

# Living the Word

MEDITATING ON THE SUNDAY GOSPEL

Year C - 1st Sunday of Advent

A resource for personal, family and community prayer.

*“Stay awake,  
pray at all times...”*

*Gospel: Luke 21:25-28, 34-36.*

*You are invited to read the Gospel passage attentively, respectfully and reverently as a gift of God.*

<sup>25</sup>Jesus said to his disciples: “There will be signs in the sun, moon and stars; on earth nations in agony, bewildered by the clamour of the ocean and its waves; <sup>26</sup>men dying of fear as they await what menaces the world, for the powers of heaven will be shaken. <sup>27</sup>And then they will see the Son of Man coming in a cloud with power and great glory.

<sup>28</sup>When these things begin to take place, stand erect, hold your heads high, because your liberation is near at hand. <sup>34</sup>Watch yourselves, or your hearts will be coarsened with debauchery and drunkenness and the cares of life, and that day will be sprung on you suddenly like a trap. <sup>35</sup>For it will come down on every living man on the face of the earth. <sup>36</sup>Stay awake, praying at all times for the strength to survive all that is going to happen, and to stand with confidence before the Son of Man.”

## Background to Gospel passage

**Where does it happen?** Jesus is in the vicinity of the Temple in Jerusalem.

**When does it happen?** Jesus has just spoken of the future destruction of the Temple and of Jerusalem itself. It is Passover time and Jesus’ own death is imminent.

**Who is there?** Jesus and some of his disciples who are greatly troubled at the prospect of the destruction that lies ahead.

**What happens?** Jesus describes in apocalyptic language (referring to the end of the world) the inevitability of future disasters, destruction and death. Even as we will experience the old certainties and securities in life collapsing around us, Jesus exhorts us not to lose heart but to wait with a courageous trust for the dawn of our liberation.

In the second section Jesus warns of the dangers of becoming disconnected from the truth of God’s saving love, thus leaving us overwhelmed by hopelessness when the crises come. At these times, prayerful contact with God will keep us inwardly strong and secure.

From a Lectio point of view, we can enter into these passages by remembering our own ‘end of the world’ experiences, (loss, tragedy, failure, grief, brokenness) and how the Son of Man, God’s love, came to save us- so will it be at the end of the world.

**Suggested Guidelines** to help you recognise this passage in your life experience.

**“There were signs in the sun, moon and stars...”** Can you remember a time of great distress in your own life when your whole world, with all its old securities, began to crumble and it felt like the end of everything?

**“the Son of Man coming in all his power and glory to save you.”** Who or what, for you, was the “Son of Man” coming to save you – a person or an event or an experience in prayer, that gave you new hope and the courage not to lose heart or to give up?

**“Stay awake, praying at all times for the strength to survive.”** Can you remember a time of crisis in your life when, now, you can see that it was prayer that sustained you and helped you through it?

**“Watch yourselves or your hearts will be coarsened by debauchery and drunkenness.”** Can you remember a time when your heart was hardened by selfishness and self-indulgence and you were in danger of losing touch with what really mattered in life- your friendship with God and with others?

**What does this gospel remind me of? Where was it? When was it? Who was there? What happened?**

*Now I see that God was in that life experience!*

**Prayer Response** - you are invited to respond in prayer in your own words.

*Heavenly Father, I thank you...*

*Heavenly Father, I am sorry...*

*Heavenly Father, please help me...*



You are invited to deepen this prayer experience by resting your heart silently in God's presence and love. The quiet repetition of a word or phrase from the passage may help you on this journey to stillness and silence.

### **An Invitation to Reflect**

What new insight has the Gospel opened my eyes to see?

### **Action**

This week I will try to live the Gospel by...

### **Thought for the week**

Those who wait with trust for the dawn of liberation will never be disappointed.

*Rest in this truth, hold it in prayer and trust that it will bear fruit in your life.*

# Children

Jesus tells us that it is hard to be patient when we know that something good will happen soon. Jesus teaches us that, while

the wait may be long, we must not lose hope that good things will happen. The wait will be worth it.

Draw or write about this 'Jesus person' and how they taught you to have patience.



Father, I thank you for the gift of this story which, through the teaching of Your son, has opened my eyes to see the importance of having patience.

**Action: this week I will try to show love by...**

For more information check out our website: [lectio.newrydominican.com](http://lectio.newrydominican.com)

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