

1ST SUNDAY OF ADVENT

●●●● **COME ON!** ●●●●

Anne-Laure Lavagna - "Come Jesus"



Song:
[Come Lord Jesus, Maranatha](#)



READINGS

1st Reading:
Jeremiah 33:14-16

Psalm:
Psalm 24 (25):4-5ab, 8-9, 10,
14

2nd Reading:
1 Thessalonians 3:12 – 4:2

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

At that time, Jesus spoke to his disciples about his coming: "There will be signs in the sun, moon and stars. On earth the nations will be terrified by the roaring of the sea and the storm. Men will die of fear for the calamities that are coming on the world, for the powers of the heavens will be shaken. Then they will see the Son of Man coming in a cloud with great power and glory. When these things begin, stand up and lift up your heads, because your redemption is drawing near."

Be on your guard, lest your hearts become weighed down with debauchery, drunkenness and the cares of this life, and that day come upon you unexpectedly. Like a net, it will come upon all the people of the earth. Stay awake and pray always, so that you may be counted worthy to escape all these things that will happen and to stand before the Son of Man."

STAY AWAKE AND PRAY ALL THE TIME ***Dive into His heart!***

He is the first watchman, the first to watch, to hope for our presence, our gaze, our collaboration... "His open heart precedes us and awaits us unconditionally, without requiring any prerequisite to love us and offer us his friendship: "He loved us first" (1 Jn 4:19). *Dilexit Nos I*

Delve into His heart. He is the place of our REST and our WATCH, he leads us to the adoration of the Father and the love of his children...

Song: [Harpa Dei | Wait for the Lord - Taizé](#)



Let us be inspired by women who have been victims of human trafficking ("Maison Magdalena 77")

When we hear the noise, lift your head... it's difficult to do if we do not have our head on the heart of Jesus. We need the calm of Jesus. We cannot lift our heads alone. Deep within our souls, there must be a profound place where we can rest our heads on the heart of Jesus.

The love of Jesus for me does not vary.

I know fear. On the boat crossing the Mediterranean, when water entered the boat, some prayed, others cried. I was also afraid at night, in the dark. How do I see the heart of Jesus? A Lord who is always present. He has infinite love for me.

Rich people think that it is when they have lost everything that they are truly alive. But when you have nothing left, you can still panic. You are truly alive when you can finally rest your head on the heart of Jesus. There, in that point of calm, you are truly alive. Our very lives do not belong to us. What matters is what God will do with us. It is better for me to let God manage things. He is ready to walk with us every day. It is up to us to say: come Lord, I place all my trust in you. And it is when I reach this stage that I finally become peaceful in my life.

Jesus warns us not to be preoccupied with the worries of the world.

[\(http://www.maisonmagdalena77.fr/\)](http://www.maisonmagdalena77.fr/)

"Saint Francis de Sales was enlightened by Jesus' request: "Learn from me, for I am gentle and humble of heart" (Mt 11:29).

In this way, he said, in the simplest and most ordinary things, we steal the Lord's heart: "We must take great care to serve him well, in great and lofty things and in small and abject things, since we can equally, and by both, steal his heart out of love [...]. These little daily charities, this headache, this toothache, this deflux, this oddity of the husband or wife, this breaking of a glass, this contempt or this pout, this loss of gloves, of a ring, of a handkerchief, this little inconvenience that one makes oneself, of going to bed early and getting up in the morning to pray, to take communion, this little shame that one has to do certain acts of devotion in public: in short, all these little sufferings, being taken and embraced with love, extremely please the divine Goodness." [180]

But ultimately, the key to our response to the love of the Heart of Christ is the love of our neighbor: "The mark that I give you to know if you love God well, is that you also love your neighbor well [...] with a pure, solid, firm, constant and invariable love, which does not attach itself to the qualities or condition of persons [...] which will not be subject to change or aversions. [...] Our Lord loves us without interruption, He supports us in our faults and in our imperfections; it is therefore necessary that we do the same towards our brothers, never tiring of supporting them ." *Dilexit Nos n°178*

**How do I receive these words ? What touched me ?
What call do I hear for that entry in Advent time ?**



The encyclical through the senses

This week we invite you to pay attention to the LOOK, to the way in which we are going to LOOK, CONTEMPLATE, and allow ourselves to be moved:

Many Gospel texts show us how Jesus is attentive to people, to their concerns, to their sufferings. Jesus is attentive in such a way that he admires the good things he recognizes in us.

This week, how can I 'admire the good things' that surrounded me ?



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