

## *Daily Advent Reflection* DECEMBER 1: First Sunday of Advent

### **READ**

Beware that your hearts do not become drowsy from carousing and drunkenness and the anxieties of daily life. (Luke 21:24).

### **REFLECT**

Saint Padre Pio said, "Pray, hope, and don't worry." Sometime that's easier said than done. As we prepare for Jesus' coming, we know that He is already with us. What is Jesus inviting you to trust Him with this Advent?

### **PRAY**

Jesus, Emmanuel, You are always with me. Help me choose prayer over worry, trust over doubt, and courage over fear. Amen.

### **DO**

Getting ready for Christmas can be a little stressful at times. What Can you simplify during these weeks of preparation that will help you keep focus on the meaning of the season.



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