

## Have you not heard?

Be aware of God's presence in your life at this very moment as you sit quietly to begin your time of reflection. Come, Lord Jesus ...

### Pray for the following grace:

Ask God to open your heart to His revealed Word and to feel His unconditional love as you listen to this Advent hymn ...

<https://www.youtube.com/watch?v=xal35DgmSUs&list=RDxal35DgmSUs&t=12>

### Scripture readings:

*Is. 40: 25-31*

"To whom will you compare me? Or who is my equal?" says the Holy One. Lift up your eyes and look to the heavens: Who created all these? He who brings out the starry host one by one and calls forth each of them by name. Because of his great power and mighty strength, not one of them is missing.

Why do you complain, Jacob? Why do you say, Israel, "My way is hidden from the LORD; my cause is disregarded by my God"? Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

*Mt. 11: 28-30*

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

### Reflection:

There is a deeper knowledge that we need if we are to be happy and know peace. Such knowledge is not obtained from a tabloid but comes from opening our hearts to the revealed word of God. And this knowledge concerns the very nature of God as the eternal, all-powerful Creator of heaven and earth. In the midst of our trials and struggles, the Lord is there to support us when we are weary, strengthen us when we are about to faint, and revive our hearts when we lose hope

The season of Advent reminds us that the eternal Wisdom of God becomes visible in the child Jesus. The Lord renews our strength and helps us to soar as with eagles' wings. The knowledge God offers us is the very foundation of all wisdom and truth. Namely, God loves us unconditionally. Have you not heard? Listen with your heart so you may be wise in the Lord.

**Questions for reflection:**

- What are the daily concerns of life that weary your spirit?
- What material needs have caused you to worry about the future?
- How have you helped to share the burden of others by Christian love?

**Concluding prayer:**

Lord Jesus, come into my human condition to provide me with rest and comfort. Seek especially those who are burdened by the trials of everyday life. Humble Heart of Jesus, offer comfort to the poor and the wretched of the earth.

*Adapted from: "My Advent Journal – A spiritual journey to Christmas" – William F. Maestri*