

Second Week of Advent

A voice cries out, "Prepare in the wilderness a road for the Lord! Clear the way in the desert for our God! Fill every valley; level every mountain. The hills will become a plain, and the rough country will be made smooth. Then the glory of the Lord will be revealed, and all people will see it. The Lord himself has promised this."

(Isaiah 40:3-5)



The gift God offers this second week of Advent is reassuring words of comfort in the midst of our discontent and longing. In this quiet season, a season we tend to fill with a lot of noise and frantic activity, make time to listen daily for the comforting words of God in your life. A quick way to begin hearing those words is to create a daily gratitude list. Set aside five minutes each morning or evening and take a few deep breaths. When you are settled, start jotting down whatever comes to your mind. With a heart full of gratitude, everything else in your life will change. You will begin to see, even in the demands of Christmas preparations, the real purpose of those efforts – celebrating the Lord's arrival in your life and the lives of those you love.

God Speaks Words of Comfort



The prophet Isaiah spoke God's words to the Jewish people in the midst of their exile in Babylon between 597 and 537 B.C. Their lives were shattered; the Temple had been destroyed, and the memory of it was fading among their children. In the midst of a discouraging time came words of comfort. God speaks words of comfort to us today. We can only hear them if we are open to listening.

They are words that come to us in the midst of our pain and confusion. These words will lead us to a sense of God's presence in our lives and the lives of our families and friends.

Give yourself time this week to write a daily gratitude list. In each item you write, recognize God's comforting presence in your life and the lives of those around you. Speak to God, and then listen to God's response in the quiet of your heart.