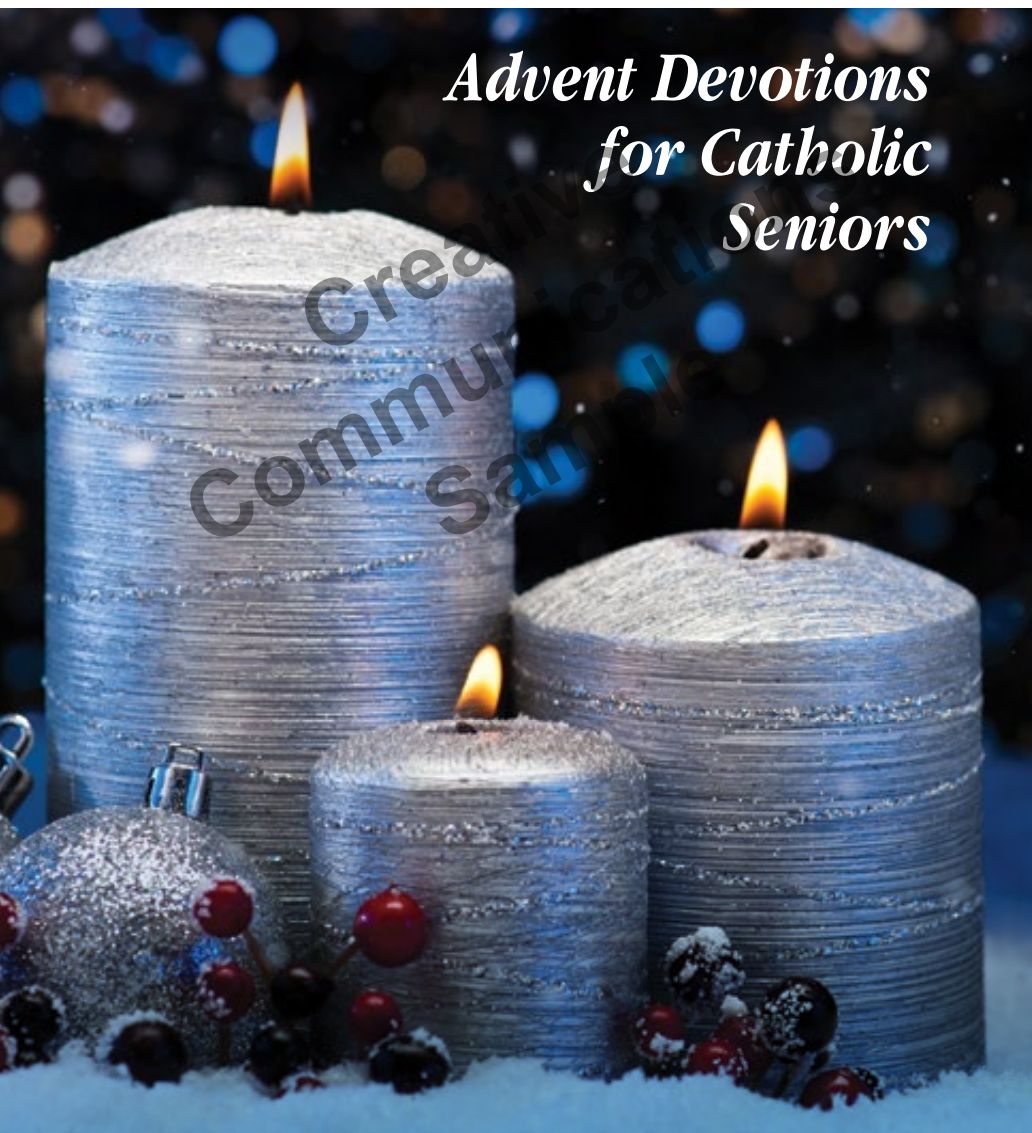


# LET US REJOICE

*Advent Devotions  
for Catholic  
Seniors*



# Introduction

After a certain age, patience becomes more and more a part of life. Age may have forced us to slow down physically, but slowing down can also be a good thing. Becoming more patient naturally leads us to consider what is truly important. We gain greater peace of mind and often become more aware of the movements of God in our lives.

So perhaps, if we are fortunate, we may come to better appreciate that Advent, a time especially designed for waiting, is a great gift from the Church. Advent is putting our patience into practice as we await the savior's birth, prepare for Christmas and recall the very first Christmas.

In the pages that follow, you will be invited to remember Christmases past and to share the joys of the present. Hopefully, you will patiently consider that God, in his infinite love and mercy, sent his only son to be among us. You will have the opportunity to experience Advent while looking forward to giving “glory to the newborn king” at Christmastime as the popular hymn proclaims. Advent has arrived. And so, with hope and joy, we wait patiently.

*Terence Hegarty, editor*



Sunday, the First Week of Advent

## Come on Down

*I came that they may have life, and have it abundantly.*

JOHN 10:10

The word *Advent* means come or coming. Today we hear the word “come” when we watch “The Price Is Right” television game show when the announcer says, “Come on down!” God announced the good news that a Savior, his son Jesus, would “Come on down!” to this earth. True to his promise, Jesus did come down. Jesus delivers an invitation to you, “Come to me.” Come to me and find out what kind of heavenly Father you have. Come to me and learn that your sins are forgiven. Come to me and find eternal life. Come to me to find purpose for living.

Jesus lives in us. He has come to us. We have his promise—“I will come again and you will come into my presence forever.” Jesus came down. He comes to us. He will come again for us. That is why we celebrate Advent.

*Thank you, Jesus, for coming to this earth and into my life. Come again soon! Amen.*

**Reflection:** *How will the three comings of Jesus make a difference in your life today?*

**Read:** *Matthew 28:5-7; Matthew 14:28-29*

*Ken Holdorf  
Frisco, TX*

Monday, the First Week of Advent

## Make Firm Feeble Knees

*Strengthen the weak hands, and make firm the feeble knees. Say to those who are of a fearful heart, "Be strong, do not fear!"*

ISAIAH 35:3-4

These words of the prophet may strike some of us as a bit too personal. Our joints are wearing out. However, it isn't just age and disease that makes us "weak kneed." Sometimes it's a fearful heart. We tremble on account of what may lie ahead in our future.

"Fear not!" says the prophet. Why? "[Your God] will come...He will come and save you" (Isaiah 35:4). That's the promise of Advent. Our God kept that promise and came to us in Jesus. He died and rose again to save us. He continues to come with aid in time of need. He will come again to usher us into eternal life—with new knees!

*Grant us strong faith and bold hearts, dear Jesus, as we await your coming. Amen.*

**Think:** *What is worrying you most this day? What do you need Jesus to do for you?*

**Read:** *Isaiah 35:1-10; Philippians 4:4-7*

*Ted Zimmerman  
Napa, CA*

Tuesday, the First Week of Advent

# Passing on the Light

*The LORD is my light and my salvation.*

PSALM 27:1

At our church, a family gathers around the Advent wreath in the chancel. The father holds his daughter as she extends her arm to light the first Advent candle, the candle of hope. On successive Sundays, the candles of love, joy and peace are lit. On Christmas, the Christ candle in the center is lit. Jesus is the true light.

Advent reminds us that, even as the father held his daughter in his arms to light the Advent candle, so our heavenly Father holds us as we reach out to touch the lives of others. We touch them with the news of God's hope, love, joy and peace. That is our calling. What an honor that God has chosen us as his messengers! What an Advent blessing!

*Lord of Light, dispel the darkness in my life and in the lives of those with whom I share the good news of your love and the peace that it gives us. Amen.*

**Gift:** Give a candle to someone as a reminder that Christ has called us out of darkness into his wonderful life. What peace he brings!

**Read:** 1 Peter 2:9-10

Leo Symmank  
Seabrook, TX

Wednesday, the First Week of Advent

## Come Closer

*And all of them ate and were filled; and they took up the broken pieces left over, seven baskets full.*

MATTHEW 15:37

An astonishing sight that has all the makings of a soap opera: Jesus at the top of a mountain. A hungry mob sprawled out on the ground at his feet. A crowd made up of those offering assistance and those welcoming a helping hand. Healing happens. People are amazed and fed.

That's not the end of the story. When Jesus gazes into the crowd, he sees us, he sees that we are all, every one of us, wounded in some way. We are all hungry and longing to be filled with both bread and God. So with tenderness and care, the fragments, the broken pieces, are gathered and brought home to Jesus. And in that returning, in that drawing near, we are all made whole.

*Loving God, help me to accept whatever feels incomplete or flawed in my life and rest in your grace. Amen.*

**Act on your prayer:** *Savor a slice of bread today and reflect on what it is for which you truly hunger.*

**Read:** *Isaiah 25:6-10; Psalm 23:1-6*

*Sr. Chris Koellhoffer, I.H.M.  
Carbondale, PA*

Thursday, the First Week of Advent

## Waiting Room

*I wait for the LORD, my soul waits, and in his word I hope.*

PSALM 130:5

Last Sunday, our pastor told us to watch and wait during this Advent season. Does he have any idea how much time I spend waiting each week? Doctor's offices are the worst. I understand that doctors are busy people, but I am never there less than two hours. I am lucky if he spends 15 minutes with me.

Waiting for the Lord to come is a little different. During Advent, we mark the weeks until Christmas with our Advent wreath by adding a candle each week. On Christmas, we light the white center candle and we know that the important day is here, when God came to earth in the form of a baby in a manger. The light has come into our world. That's worth waiting for!

*Lord, help me to be patient as I wait for the baby in a manger and for him to come and take me home to be with him in heaven someday. Amen.*

**Count:** *How many hours did you spend waiting this week?*

**Read:** *1 John 1:6-9*

*Margaret Hinchey  
Englewood, CO*

# LET US REJOICE

*Let Us Rejoice* was written especially for seniors to inspire them to better appreciate the everyday joys of life. Especially in the beautiful season of Advent, the gospel message comes alive through simple but thought-provoking messages that are accompanied by Scripture, prayers and suggested actions for each day. Treat yourself to a daily dose of the infinite ways that God shows his love for us and enjoy sharing it with others!



This book, along with many other Creative Communications for the Parish products, is available on [amazonkindle](#) and [nook](#)

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