

FILLED  
*with* YOUR  
PRAISE



ADVENT DEVOTIONS  
*for* CATHOLIC SENIORS

# Introduction

The holy season of Advent begins long after holiday decorations are put on display and the Christmas music has begun blaring throughout every department store. Compared to the rest of the world, it may seem like our religious observations are starting a bit late. Yes, there's less time in Advent than what is set aside for commercial preparations, but this Advent time is significantly more meaningful.

The opportunity to step away and reflect on the celebration of Jesus coming to dwell among us is a great blessing. While being a senior may bring aches, pains, losses and sorrows that have slowed you down, you can grow closer to God quickly enough. With age, we are more able to see that what we may have stressed over so many years ago is not so important after all. If we are focused on the season, Advent provides plenty of time—time for reflection, time to examine how we may have drifted from God, time to know that we can seek him anew. May the Scripture, prayers and reflections on the following pages assist you in those efforts. And even if it's considered short notice by some, Advent allows us to be ready when the Christ child comes!

TERENCE HEGARTY, *editor*

# Walking with Us

*For the LORD is a great God,  
and a great King above all gods. PSALM 95:3*

We do not know what trials, temptations or sorrows we will face in the days ahead, but on our Advent journey, we will not be walking the King's highway alone. Christ our King walks with us every step of the way. Along the way, we will pause for rest stops, to light a candle and to receive hope, love, joy and peace.

We will have friends walking with us to love us, to bring us joy and peace and to give us new hope as we share God's word with each other. We forgive and love each other even as Christ forgives and loves us and binds us into one holy family. We will sing Advent songs of joy along the way, resounding with our alleluias on Christmas Day. Advent, here we come!

*Lord, open thou my heart to hear. Through these  
Advent messages now draw near. Wipe away my every  
fear. O Lord, to me you are so dear. Amen.*

**LISTEN:** Take a walk with a neighbor, and, along the way, listen to what he or she has to say.

**READ:** Psalm 91

# The Day Is Closer

*You know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers.* **ROMANS 13:11**

It is so easy to become complacent. A friend could use a phone call, but I will call tomorrow. There are books I've been meaning to read, but the TV is already on. Prayer is calling to me, but I doze in my chair instead. There will not always be more hours. Someday, salvation will come, and that day is nearer today than it was yesterday.

Every year, Christmas reminds us that Christ came to our world to show us how to live. Advent is our reminder that he is coming again. Now is the time to live the life that God has called you to live. When we live this way, we not only ensure that we will be ready when we get to meet Jesus face to face, but we will begin living the joy of heaven now.

*Jesus, catch us in our procrastination and wake us up. Help us to choose the life that you have imagined for us. Amen.*

**GO GENTLY:** Pay attention to the moments when you can choose to be awake to your life.

**READ:** Matthew 24:37-44

# Seeing the Blessings

*Blessed are the eyes that see what you see!* LUKE 10:23

The disciples are blessed because of all that they have had the opportunity to witness. We, too, are witnesses of God's glory. Think of all the times and ways that God has worked in your life. When have you seen the power of God on display?

When everything is going well in your life, when you are healthy and have enough money and your heart is filled with love and joy, it is easy to feel blessed. It's easy to praise God. When we are going through challenging times, we often wonder where God is hiding. Why does he seem missing at our moment of greatest need? Yet, looking back, we often see how God supported us through those times. We can see how some of the trials of life led to great gifts. We are blessed to be able to know God and experience his glory in our daily lives.

*Thank you, God, for working in my life in both good times and bad. Help me to always realize how blessed I am. Amen.*

**REFLECTION:** How have you experienced God in your life today?

**READ:** Deuteronomy 10:21; Matthew 19:26

# A Pitcher Awaits

*For I will pour water on the thirsty land,  
and streams on the dry ground;  
I will pour my spirit upon your descendants,  
and my blessing on your offspring. ISAIAH 44:3*

Each year our family gathers around the Christmas tree to watch the oldest child hang the ceramic pitcher ornament. This generation is the sixth to honor the miniature decoration. Those of us old enough to imagine our ancestors hanging this same piece rejoice that they, too, anticipated Jesus' birth together.

This empty pitcher represents our thirst for Jesus' presence always. During Advent, we look at it excitedly, knowing it will soon be filled with the blessing of Jesus' arrival. He is coming to pour out blessings on us all!

*Father, thank you for sending your son to fill our emptiness with love and everlasting peace. Amen.*

**HOLD:** Cradle a cup or pitcher and wait with God for a few moments, praising him for the gift of his son and his promised Spirit.

**READ:** John 4:13-14; Joel 2:28-29

# Sights and Sounds

*Blessed are the eyes that see what you see! For I tell you that many prophets and kings desired to see what you see, but did not see it, and to hear what you hear, but did not hear it.* **LUKE 10:23-24**

Somewhere along our life journey, the Advent season is no longer so oriented toward a visit from Santa or toward Christmas festivities. Later in life, we've gotten lots of practice waiting. Hopefully, we've learned to enjoy the journey, even when there have been bumps or boredom along the way.

Jesus is calling his disciples—including us—to a greater attentiveness in following him. His presence in Galilee was the fulfillment of centuries of anticipation. He was there not to be a wonder-worker, but to show others that the time of their deliverance was near—the kingdom of God is at hand!

*Jesus, help me prepare to better see you and hear you this Advent season. Amen.*

**REFLECT:** Stop during this Advent and really strive to grasp the cosmic significance of Christ's presence here among us. He changed the course of all history!

**READ:** Isaiah 11:1-10



Written especially for seniors, *Filled with Your Praise* will inspire you and help you to rejoice in prayer! Presented in a LARGE PRINT format for easy reading, this devotional will prepare your heart for this holy season. Original reflections present you with the variety of ways in which the Holy Spirit will accompany you through Advent.

The reflections, along with Scripture passages, will gently guide you to become “filled” with praise for the Lord and allow you to enjoy a more blessed Christmas season.

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

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