

**Y Living with Christ**

**Prayer  
Journal  
2017-2018**

# *Why journal?*

SPIRITUAL JOURNALING IS a form of prayer. Far beyond recapping our life's events, the exercise of journaling helps us to express our spiritual life. Our written words capture our spiritual experiences, thoughts, struggles, victories – and essentially form a prayer through which we communicate to God what lies in our innermost self.

The exercise of spiritual journaling does not require us to be experienced in such a practice, nor are there any specific guidelines. When we journal, we need not worry about style or formalities. Just as in our regular prayers, Jesus wishes us to speak freely, simply and honestly what is in our heart.

This journal provides some guideline to your prayer exercise in the **Responding to the Word** section each day, where you find a question that is directly connected to the readings of the day. If this question is helpful, feel free to use it, but do not feel constrained by it.

Spiritual journaling will essentially enlarge our vision and lead to a greater understanding of our spiritual journey.

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# *1st Sunday of Advent*

AS WE BEGIN a new liturgical year, the four Sundays of Advent call us to look behind us, to look beside us, and to look ahead of us.

The holy time of Advent, wherein we remember joyously Jesus' first coming and wait patiently for his second, is a metaphor for our whole lifetime. Advent is always with us. From Jesus' birth, to the present, to the second coming in glory, we are always in Advent – a lifetime marked by three seasons of waiting: past, present and future.

Like our ancestors in faith who waited on the Lord in the past, we wait on the Lord in the present, preparing our lives by washing ourselves clean inside

and outside, making ready. As today's Gospel tells us, we must stay awake and alert for the dawning season of the future.

In the present, we stand like the doorkeeper on watch, waiting for the Lord to come each day, for the closing moment when God the Father will take back all his creation unto himself and we shall see his face, finally. When we take our place with him, on what Paul calls "the day of our Lord Jesus Christ," the seasons of Advent, past, present, and future will pass, for time and seasons that now obey the voice of God will be completed. At the end time, there will be only one season of pure love.

*Rev. Matthew Durham, CSB*

**People and Prayers to Remember this Week**

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***Readings of the Day***

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Isaiah 63.16b-17; 64.1, 3-8

(Canada)

Isaiah 63.16b-17, 19b; 64.2-7

(USA)

Psalm 80

1 Corinthians 1.3-9

Mark 13.33-37

**Responding to the Word**

Isaiah asks why God lets us wander, and yearns for God's return. Where has my spiritual wandering taken me this past year?

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