

Sunday Gospel Reflection

First Sunday of Advent

1. Sign of the Cross

2. Gospel: Luke 21:25-28, 34-36

“Be on guard so that your hearts are not weighed down...”



The Coming of the Son of Man

²⁵ “There will be signs in the sun, the moon, and the stars, and on the earth distress among nations confused by the roaring of the sea and the waves. ²⁶ People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken. ²⁷ Then they will see ‘the Son of Man coming in a cloud’ with power and great glory. ²⁸ Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near.”

Exhortation to Watch

³⁴ “Be on guard so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life, and that day does not catch you unexpectedly, ³⁵ like a trap. For it will come upon all who live on the face of the whole earth. ³⁶ Be alert at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man.”

3. Reflection: (reflect on your own or share together if with others)

1. What things in the world or church today weigh down your heart?
2. What can we do to help “Be alert at all times”?
3. What is a source of encouragement for you in the world or church today?

4. Share petitions that you would like to pray for: Finish with the Special Petition.

Special Petition: For those struggling with depression and anxiety.

5. Lord's Prayer

6. Sign of the Cross.