

IN EXCELSIS DEO

ADVENT 2024

Tuesday, December 3

Read: Psalm 131

Reflection:

As we enter the Advent season, a time of anticipation and preparation, Psalm 131 offers us a model of humility, trust, and peace. In this brief yet profound passage, David speaks of a heart that has let go of pride and ambition, choosing instead to rest in God's presence with the simplicity and trust of a child.

During the holiday season, our lives often become overwhelmed with the busyness of buying gifts, attending gatherings, preparing for the arrival of family or guests, and hosting Christmas festivities. Amidst this whirlwind, we can also find ourselves burdened by the weight of the world's great problems—issues that are too complex or overwhelming for us to resolve on our own. Yet, David reminds us not to fret over these matters but to rest in the Lord's care, trusting that He is in control.

In a world often filled with noise, complexity, and challenges, this psalm invites us to quiet our souls and release the need to have all the answers. Like a weaned child who no longer frets or demands but simply rests in the loving care of its mother, we too are called to find contentment in God's presence. Advent is a time to set aside our striving, to release our need to solve every problem, and to embrace the peace that comes from trusting in God's timing and goodness.

As we light the Advent candles, each flame represents hope, peace, joy, and love—the same qualities that David embodies in this psalm. His message to Israel, and to us, is simple yet powerful: "Put your hope in the Lord both now and forevermore." In this season of waiting, may we find our hope renewed as we rest in the quiet assurance that God is with us, Emmanuel.

Prayer:

Lord, in this Advent season, help us to quiet our hearts and minds, letting go of pride, worry, and the weight of the world's great problems. Teach us to trust in Your wisdom and to find contentment in Your presence, just as a child rests in the arms of its mother. May our hope be firmly placed in You, both now and forevermore. Amen.

Questions for Contemplation:

How can you cultivate a heart of humility and contentment during this Advent season? What steps can you take to quiet your soul, release your concerns, and place your hope fully in the Lord?

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