

One-Minute Reflections *for* Advent

Redemptorist Pastoral Publication



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A Redemptorist Ministry

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Introduction

As you struggle to fit everything in this Advent and Christmas season, don't let your faith be the thing you push off to the side. These short meditations for every day of Advent just take a minute to read. Keep it with you this Advent season, and take time to pause and remember the meaning of the season.

Sunday, First Week of Advent

During these peaceful and calm Advent days, there is a mysterious presence felt in our prayers of whom little is spoken. It is the subtle, mysterious, almost incomprehensible presence of the Holy Spirit. The Holy Spirit was assigned the work of the Incarnation. It was by his mighty power that the Son of God became incarnate in the Virgin Mary. The Incarnation of God's Son, willed by the Father long before the ages

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began and totally assented by the Son himself, is the particular and unique operation of the Holy Spirit.

adapted from *Walk in His Ways* by
Brother Victor-Antoine D'Avila-Latourrette

Monday, First Week of Advent

Advent is a special time to keep close to the Holy Spirit. But Advent and Christmas are periods of abundant graces that flow from the inner life of the Blessed Trinity. These graces are channeled into our hearts through the power and grace of the Holy Spirit. Humbly, patiently, the Holy Spirit pursues each of us, gradually revealing his divine presence in us, eagerly preparing our hearts to become a worthy manger for the Savior.

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