

# Advent Spirituality: What Are YOU Waiting For?

Adventus: Latin word for coming

Advent is not about preparing for the coming of the child Jesus

Advent preparation is for the 2 comings of Christ:

1. Personal coming: kingdom of God (my kingdom go)
2. Second coming: final judgment (open hands)

Time for reflection on the Incarnation

- Historical unfolding of this gift (c.f. Scriptures)
- Prayer, fasting, spiritual practice
- How is Christ growing in you? (Mary)

Two major Advent figures: Mary (inner attitude) and John the Baptist (outer response)—They point us to Jesus--cradle to cross

4 weeks: symbol: journey together as a people

Four aspects to Advent spirituality:

- Awareness
- Way of peace
- Prepare the way
- Self-emptying

1.) Awareness: Open your eyes; stay awake; watch  
(examen, regular discernment of choices)  
What are you looking for?

2.) Way of peace: wait for his coming (centering, prayer  
of silence, meditation, listening)  
How is Christ growing in you?

3.) Prepare the way: Guard your heart (HEAL, lectio  
divina, audio divina, visio divina, lectio on life)  
What do you need to do to prepare for Christ's  
coming?

4.) Self-emptying: Let go of selfishness (service, care for  
the poor, creating harmony)  
What is your task to do in life?