**First Sunday of Advent**

December 2nd 2018

**Watch yourselves**

So it's the beginning of the Church’s new year! At the turning of a new year it is natural to think ahead to the future. And so the Church has given us some beautiful readings to reflect on. In the First Reading we see the prophet Jeremiah looking ahead to Jesus...it is Jesus who is “The Lord our integrity”. Maybe at the beginning of this Advent you are looking ahead to Christmas **BUT** it’s super important to stop and actually experience Advent first. Advent is a season of opportunity! Like we hear in the Second Reading today, Advent can be the time where we “make more and more progress in the kind of life that you are meant to live: the life that God wants”. Jesus tells us in the Gospel to “**Watch yourselves**”. What do you need to watch of yourself this Advent? Maybe it’s to stop yourself from getting caught up in the chaos that can surround us in the run up to Christmas. Maybe it’s to really reflect on who you are and make the choice to go to Confession. Jesus urges us to “Stay awake and pray at all times”. Let’s take His advice as we begin our Advent. Let’s be awake to God’s call in our lives and to always lean on Him in prayer.

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