



A Journey through Advent

Week 2: Thursday

If anyone has ears to hear, let him listen!

Matthew 11:15



Whoever has ears ought to be sure they haven't built barriers to hearing.

God is always talking to us but sometimes this call seems to get lost. If we get to a place where God seems distant or absent, it is because we haven't cleared out the wax from our spiritual ears. Maybe we need to seek professional help, get a holy version of a hearing aid. For most of us, however, it's more likely that we need to stop clogging ourselves up with the continuous deafening noise of our daily lives. Outer decibels and inner monologues all get in the way.

There are many times we ask God to listen to us but we have to create the silence to allow us to listen to God.

adapted from *The Catholic Messenger*, Diocese of Davenport

Music to listen to...

City of God

<https://www.youtube.com/watch?v=aYY9XyEu9Cw>

You are mine

<https://www.youtube.com/watch?v=Sgm9IkTNQmc>

A Mindful Moment...

Spend a minute on your own looking at the sky: day or night... or both!

A Thought to Carry Through the Day...

When you talk, you are only repeating what you already know. But if you listen, you may learn something new. *Dalai Lama*

How green is your Advent? If you can, try to walk or cycle instead of travelling by car.

from Jesuits and Friends Advent Calendar2020