



A Journey through Advent

Week 3: Monday

**Let us see, O Lord,
your mercy and give
us your saving help.**

Psalm 85



In today's psalm, God leads the humble to do what is right and teaches the humble His truths. Here "humble" does not mean timid or meek. We know we cannot travel through life without God's guidance – the journey is too dangerous and uncertain. Therefore, the humble rely on God for direction, and they are not disappointed.

Last week, Pope Francis proclaimed the coming year to be the Year of St Joseph. Sometimes called the silent saint, Joseph is an image of humility yet clearly a man of strength. He followed God's direction and provided essential support for Mary on her journey to motherhood.

adapted from *BibleRef.com* and from *Vatican News*

Music to listen to...

Earthen Vessels

<https://www.youtube.com/watch?v=IAZhIw49ULc>

Joseph's Song

<https://www.youtube.com/watch?v=UGnI0Bm8pbU>

A Mindful Moment...

Today's target: Be patient with everyone, including yourself.

A Thought to Carry Through the Day...

Humility is not thinking less of yourself; it's thinking of yourself less.
C S Lewis

How green is your Advent? Remember to switch off lights when leaving a room.

Adapted from *Jesuits and Friends Advent Calendar 2020*