



# A Journey through Advent

Week 3: Wednesday

**The Good News is  
proclaimed to the  
poor.** Luke 7:22

When John the Baptist was in prison, he sent two of his followers to ask Jesus if he was indeed "the one" or should they be looking for somebody else. If John- who had baptised Jesus - was experiencing any doubt, it can only teach us that doubt is not to be feared.

Pope Francis has spoken openly about the role of doubt in faith. "...who among us has not experienced insecurity, loss and even doubts on their journey of faith?... Everyone! We've all experienced this, me too. It is part of the journey of faith, it is part of our lives. This should not surprise us, because we are human beings, marked by fragility and limitations. We are all weak, we all have limits: do not panic. We all have them."

"...it is necessary to listen to the word of God and understand what it teaches us," he said. "But, at the same time, an equally important path is that of living the faith as much as possible."

When faith is seen mainly as "an abstract theory," he said, "doubts multiply." Pope Francis: General Audience 23 Nov. 2016 as reported in *Crux*

## Music to listen to...

### *Shelter Me*

<https://www.youtube.com/watch?v=F3KifN7Jfpc>

### *O Come, Divine Messiah*

<https://www.youtube.com/watch?v=dzNiBdW4Le4>

## A Mindful Moment...

When was the last time you asked anyone for help?

## A Thought to Carry Through the Day...

Pray as though everything depended on God. Work as though everything depended on you. Saint Augustine



**How green is your Advent?** Wash clothes at a lower temperature and try to avoid using the tumble dryer.  
Adapted from *Jesuits and Friends Advent Calendar 2020*