

How do I receive



this gift of God?

How is your *Heart*?

In the week that has passed, we pondered on God's great gift to us at Christmas – that of His Son, Hope of our lives and of the world.

This week, let us move to contemplate more deeply on the **state of our hearts**, as we continue to prepare ourselves to receive the gift of Jesus. May we **take courage** to check-in with ourselves, **honestly and intentionally**, thus making room for Jesus to enter again into our lives.

What, exactly, does the gift of Christ mean to me? How do I feel about receiving this gift this Advent?

Do I feel *Ignorant*?

Perhaps you recognise an internal disposition of *ignorance* towards this Advent season.

You might feel like it is difficult, or as if there is no need, to contemplate on the meaning of Christmas. Maybe you feel unsure or uninformed about the season, and the significance of it all. There is a sort of resistance towards seeking to discover the wonder of the Christ Child, and it feels more comfortable to remain where you are than to move.

Do I feel *I*ndifferent?

This Advent, perhaps you identify an internal disposition of *apathy or indifference* towards the season.

Christmas is more so characterised by festivities than the happenings of the Nativity story. Perhaps you acknowledge the birth of Christ as head knowledge, but struggle to allow Jesus to sink into and change your heart. Or, perhaps, this is ‘just another Advent’ – a period of time that merely happens once a year.

Do I feel *Intrigued?*

Do you feel a stirring in your heart – an **ache**, almost – to receive **more** of Jesus as we move through this season? Is there a feeling of **curiosity**, a sensing that there is more in store, that is urging you to desire God?

Perhaps you recognise an internal disposition of *intrigue* towards Advent this year. The voice of God reaching out to the depths of your heart, yearning to be born to you again, is being responded to. There is a desire to draw near, and a bubbling excitement of receiving Hope anew.

Do I feel *Joyful*?

Perhaps, this Advent, you identify within you an internal disposition of *joy and gratitude*, as you wait in hopeful anticipation of the gift of Jesus you are about to receive.

By the grace of God, a childlike freedom, awe, and wonder grows within. A longing blooms in you to actively prepare your heart for Christmas day; moving you to **make active changes** in your life, realigning your heart with God's. It is with peace within you that you gratefully look back at the year that has passed, and look forward to the fullness of joy to come.

These are but a few dispositions we might find ourselves in, as we move deeper into Advent. **Do one or more of them resonate with you?**

Take the time this week to ponder on the state of your heart, and your inner disposition(s) towards receiving the gift of Jesus. Begin to ask yourself **if you desire to move in concrete ways** to make room for God in your life. Let us not be afraid to be honest with God – His birth, after all, is for *you*.

“A voice cries, ‘In the wilderness prepare the way of the Lord, make straight in the desert a highway for our God.’” Isaiah 40:3

Reflect:

1. What is your inner disposition towards receiving the gift of Jesus at Christmas? Do you feel ignorant, indifferent, intrigued, or joyful?
2. Do you desire to invite God into whatever the state of your heart, so that He may bring you to a deeper encounter with Himself this Christmas?

Invitations

for the week:

1. **Pray: The Joyful Mysteries:**
<https://www.catholic.sg/our-faith/praying-the-rosary/>