

# behold

Advent with Mother Teresa



Newman Center  
St. Thomas Aquinas Church

Hey there! Happy Advent!

We've designed this Advent booklet with you in mind, knowing that the end of the semester is often busy with getting projects finished, papers written, and tests taken. But even amidst the busyness of college and the culture during this holy time, there is an invitation to come and see what the Lord is preparing. An invitation to find Him in the quiet and stillness of prayer. Maybe you can find that silence before going to bed each night or perhaps it's in the morning as you wake up. Maybe you find Him by stopping into the chapel each day on your way to or from class, pausing for a moment to adore Him in the Eucharist.

No matter when you decide to pray, that is precisely the invitation we're offering you this Advent. Will you make space for Jesus in your busy and hectic life so that in the silence you can begin to hear a baby cry and the angels break into song?

Two thousand years ago, when the most life changing event in history up until that point took place, the world slept on. God's own Son had left the comfort of Heaven to rescue us, His people, from the mess that we had created, and very few people took notice. In fact, to celebrate the birth of God, there were only a few shepherds, his peasant parents, and, much later, three kings. This Advent, will you spend time each day learning to listen to His voice so that when He comes on Christmas morning you recognize His cry, can rejoice with the angels, and have gifts prepared for Him like the kings?

in hope,  
the Newman Center Ministry Team

content team:

Fr. Ryan Kaup	Nicole Tikeppe
Fr. Alec Sasse	Victoria Fassett
Christine Cremer	

artwork by:  
Annie Timmerman

There is a candle in my soul which keeps vigil for you.  
So easily, though, the hope which it constitutes falters into  
pure ache. I reach, grasp, open wide the mouth of my being  
to try to drink down the emptiness inside. It seems  
what I long for I cannot find on my own; where are you?  
I fear this flickering flame will extinguish soon.  
Then in the dark night a voice whispers: "Peace."  
I see a father smile, a mother weep,  
I hear angels pull heaven down for you and sing,  
for in your humility is glory and in your glory is grace.  
I see small hands and small feet reach out toward me  
in desire and delight, I see incarnadine cheeks  
blush as your gaze floods with brightness my whole being.  
There is a candle you lit in my soul with which I keep vigil  
and wait, and wait with great hope, for hope is  
hope in Love which has a face.

**-ANONYMOUS**

The Twenty-fifth Day of December,

when ages beyond number had run their course  
from the creation of the world,

when God in the beginning created heaven and earth,  
and formed man in his own likeness;

when century upon century had passed  
since the Almighty set his bow in the clouds after the Great Flood,  
as a sign of covenant and peace;

in the twenty-first century since Abraham, our father in faith,  
came out of Ur of the Chaldees;

in the thirteenth century since the People of Israel were led by Moses  
in the Exodus from Egypt;

around the thousandth year since David was anointed King;

in the sixty-fifth week of the prophecy of Daniel;

in the one hundred and ninety-fourth Olympiad;

in the year seven hundred and fifty-two  
since the foundation of the City of Rome;

in the forty-second year of the reign of Caesar Octavian Augustus,  
the whole world being at peace,  
JESUS CHRIST, eternal God and Son of the eternal Father,  
desiring to consecrate the world by his most loving presence,  
was conceived by the Holy Spirit,  
and when nine months had passed since his conception,  
was born of the Virgin Mary in Bethlehem of Judah,  
and was made man:

The Nativity of Our Lord Jesus Christ according to the flesh.

**announcement of the Solemnity of the Nativity of the Lord**



FIRST WEEK OF ADVENT

# FIRST SUNDAY OF ADVENT

“The season of Advent is like springtime in nature, when everything is renewed and so is fresh and healthy. Advent is also meant to do this to us – to refresh us and make us healthy, to be able to receive Jesus in whatever form He may come to us.”

## **Do Something Beautiful for God, 116**

God in His goodness is so intentional and attentive to what we need and so it comes as no surprise that at the end of the semester as the days get shorter and darker, He would give us a season of hope and new life. “Surely He didn’t choose this time of year to be born simply to give us hope at the end of a semester,” you might say. But why not? In each time and in each place, God draws close to man and uses all at His disposal to touch our hearts with his love (CCC 1). So yes, even 2000 years ago, God had you in mind when He sent His son to be born of a virgin in a little town named Bethlehem. He knew how burnt out you would feel, how homesick, how hurt, betrayed or broken your heart would be as you enter into these last few weeks of the year. But while the rest of the world hurries about to “accomplish” Christmas, God the Father utters a simple, quiet, and gentle invitation... “Come and wait with me and see what I have prepared for you. Come and see my greatest gift.”

He is not afraid of your mess. In fact, like Mother Teresa said, this season, as we prepare for God to become man, is a time to be renewed. Renewed in hope. Renewed in our identity. Renewed in the promise that no matter how dark our lives and our hearts may feel, God is about to enter into the world in a way that will dispel ALL darkness and despair and fear. Nothing will ever be the same and in that there is great hope.

As you reflect back on the past year and look at the next four weeks until Christmas, what areas of your life need to be renewed? Where do you find yourself short on hope? If you could receive anything from Jesus this Advent, what would it be?

Today, the invitation is to tell Him about the parts of your heart that need to be seen and acknowledged. Start with the things that stirred as you read this reflection and those questions. Pay attention to what you feel and then turn toward Jesus and tell Him about it. Prayer is not complicated - it’s

simply telling God what is happening in your heart and waiting for Him to respond. So what do you want Him to know?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# MONDAY | WEEK 1

“Do we believe that God’s love is infinitely more powerful, his mercy more tender than the evil of sin, than all the hatred, conflicts, and tensions that are dividing the world? Than the most powerful bombs and guns ever made by human hands and minds?”

## Mother Teresa Her Essential Wisdom, 12

Ponder and write about some ways you see God's love revealed in your life.

Do you believe that His love and mercy have power within your own story?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# TUESDAY | WEEK 1

“There is a light in this world, a healing spirit more powerful than any darkness we may encounter. We sometimes lose sight of this force when there is suffering. The pain we witness can be overwhelming. Then suddenly, the Spirit will emerge through the lives of ordinary people who hear a call and answer with extraordinary love.”

Do Something Beautiful for God, 89

Jesus is near to the broken-hearted. As you sit down to pray, where do you find yourself? Make a list of all the things you find overwhelming in your life. One by one lay each one of those burdens next to Jesus and let His gaze of rest, peace, and hope fall upon you.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

# WEDNESDAY | WEEK 1

"Live life beautifully. You have Jesus with you, and He loves you. If we could only remember that God loves us, and we have an opportunity to love others as He loves us. Not in big things, but in small things with great love, then your country will become a haven of peace and a burning light of love in the world."

## Do Something Beautiful for God, 72

What would we do differently today if we knew wholeheartedly that God loves us and that He has a good plan for our lives? What small thing can you do for a sibling, parent, friend, or neighbor today?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

# THURSDAY | WEEK 1

“We also quench the thirst of Jesus by adoration of the Blessed Sacrament. I see some of you just flop into the chapel. You are just there, that is all. There is not that zeal to quench his thirst for you by a personal meeting with him face to face. Renew your zeal to quench his thirst.”

“We have seen that Jesus is the source of streams of living water (Jer 2:13). We might ask, what is it that allows those living streams to spring up within us? What opens up the well? The answer is faith, a faith that puts us into contact with the mystery of Jesus’ thirst in all its manifestations. Without faith, our lives and our service can become a perpetual desert. We may be working hard, but still we feel empty; we are neither satiating the Lord nor being satiated by him. Our personal desert may have its oases now and then, but we rarely make the effort to stop our rush of thought and out fevered activity to take the time to drink slowly, deeply, and fully. It is only this deep exercise of faith that can bring our desert into bloom and open our empty hearts to the fire of the Holy Spirit.”

**I Thirst: 40 days with Mother Teresa, 25**

Do you feel like your life is a race, that you never have time to stop and appreciate what’s happening in and around you?

Pause and talk to Jesus today. Tell Him how you’d like to live. Tell Him what brings you joy and then ask Him what brings Him joy. Then *wait* for Him to respond. His voice will likely sound like your own voice in your mind, but pay attention to how it makes you feel. Do you feel peaceful? Loved? A good surprised? Then trust that He is speaking with you and sharing from His heart what brings Him joy.

---

---

---

---

---

---

---

---

# FRIDAY | WEEK 1

“If you were to die today, what would others say about you? What was in you that was beautiful, that was Christlike, that helped others to pray better? Face yourself, with Jesus at your side, and do not be satisfied with just any answer. Go deep into the question. Examine your life.”

## Do Something Beautiful for God, 100

With Jesus at your side, reflect on your life this past year. What would others say about the way you lived your life? How do you feel about it?

Be honest with Jesus in telling Him where in life you've let discouragement, doubt, fear, and despair take over. Is there a particular way you desire to grow this next year? Perhaps it's building a habit of daily prayer, listening to more wholesome music, or speaking more charitably about people. Ask Jesus to show you what He's inviting you to and to give you the grace necessary to do it. Then write down what you desire to commit to doing.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# SATURDAY | WEEK 1

“Everything starts with prayer. Every good thing we do flows from prayer. Ask God to fill you with His love so you can take His love out into the world and share it with others. We talk about prayer at church, but are we praying? It is easy to talk about the poor, but talking about the poor is not the same as talking to the poor. **It is easy to talk about prayer, but talking about prayer is not that same as sitting down in a quiet place and talking to God.**”

Do Something Beautiful for God, 93

Prayer is conversation with God. God dwells within you and desires to draw near to you at every moment. Set an alarm on your phone for a specific time of day, title the alarm “God, fill me with your life so I can share it with others,” and pray aloud that short prayer to yourself. Let Jesus into the busyness of your life by taking some time to pray with the Gospel account of Mary and Martha:

“Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord’s feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, ‘Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.’ But the Lord answered her, ‘Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.’”

Luke 10:38-42

As you read through this passage, ask the Holy Spirit to highlight a word or phrase to focus on. Pay attention to where your heart is drawn or what might be stirring inside of you. Sometime that stirring feels like hope starting to sprout or anxiety coursing through your veins or a flutter of worry or fear. Whatever comes up, talk to Jesus about it - tell Him how you feel and then ask Him what He wants to say to you.

---

---

---

---

In those days a decree went out from Caesar Augustus that all the world should be enrolled. This was the first enrollment, when Quirinius was governor of Syria. And all went to be enrolled, each to his own city. And Joseph also went up from Galilee, from the city of Nazareth to Judea, to the city of David, which is called Bethlehem, because he was of the house and lineage of David, to be enrolled with Mary his betrothed, who was with child. And while they were there, the time came for her to be delivered. And she gave birth to her first-born son and wrapped him in swaddling cloths and placed him in a manger, because there was no place for them in the inn.

**Luke 2:1-7**

HUMILITY



SECOND WEEK OF ADVENT

# SECOND SUNDAY OF ADVENT

“Humility always radiates the glory and greatness of God. How wonderful are the ways of God who used humility, smallness, helplessness, and poverty to prove his love to the world. Do not be afraid to be humble, small, and helpless in order to prove your love for God.”

## Mother Teresa Her Essential Wisdom, 62

These words are so fitting for the second Sunday of Advent as we long for the coming of our savior as a little child. Mother Teresa says to not be afraid to be humble, small, and helpless, but so often that is precisely the emotion that bubbles to the surface of our hearts when we contemplate those ways of being. Humility, littleness, and need are vulnerable. They are spaces where we lack control and are unable to ensure our own safety and that is often scary. However it is in Jesus that we find true strength. Our pride, strength, and self-reliance are never as helpful as we hope they will be, but rather isolate us from the God who has promised to fight for us.

In imitation of Mother Teresa’s example of humility through simplicity and prayer, consider giving up social media this week and committing 20 minutes a day to reading the Bible. Start in chapter 1 of Matthew, Mark, or Luke and as you read, pay attention to how Jesus treats the people around Him. Make a list of qualities He seems to possess. Does He seem like someone you’d like to get to know better? Does He seem like someone you can trust? Does He seem like someone who would protect you in your littleness or weakness?

---

---

---

---

---

---

---

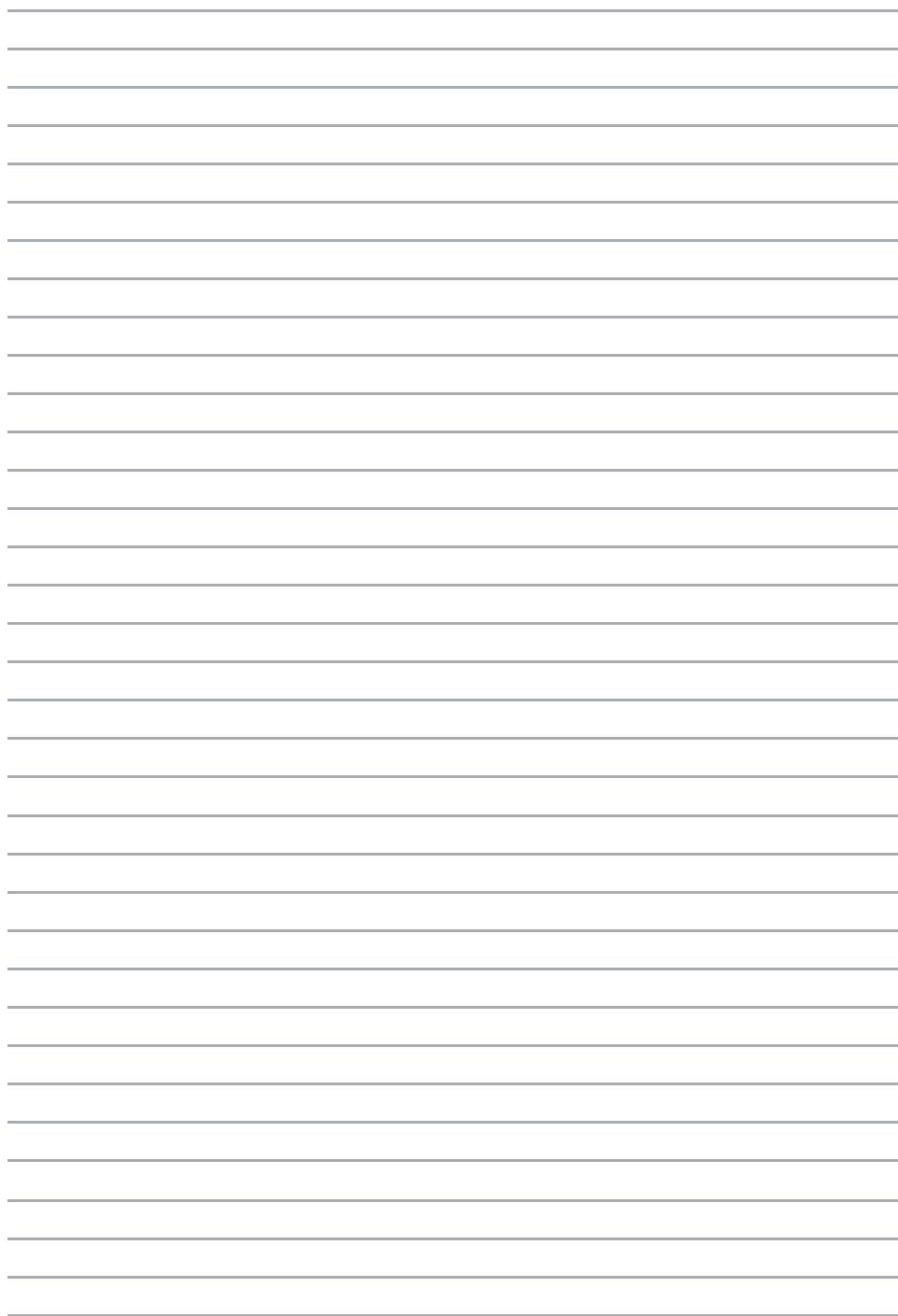
---

---

---

---





# MONDAY | WEEK 2

"If you are humble, nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed, you won't be discouraged; if anyone calls you a saint, you won't put yourself on a pedestal."

## Mother Teresa Her Essential Wisdom, 61

Pride is the root of all sin. Where in your life do you notice restlessness and the need to prove yourself? Examine your conscience and take whatever is stirring in your heart to the Father in Confession.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# MONDAY | WEEK 2

“If you are humble, nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed, you won’t be discouraged; if anyone calls you a saint, you won’t put yourself on a pedestal.”

Mother Teresa Her Essential Wisdom, 61

Pride is the root of all sin. Where in your life do you notice restlessness and the need to prove yourself? Examine your conscience and take whatever is stirring in your heart to the Father in Confession.

[illegible]

# MONDAY | WEEK 2

“If you are humble, nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed, you won’t be discouraged; if anyone calls you a saint, you won’t put yourself on a pedestal.”

Mother Teresa Her Essential Wisdom, 61

Pride is the root of all sin. Where in your life do you notice restlessness and the need to prove yourself? Examine your conscience and take whatever is stirring in your heart to the Father in Confession.

[illegible]

# MONDAY | WEEK 2

“If you are humble, nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed, you won’t be discouraged; if anyone calls you a saint, you won’t put yourself on a pedestal.”

Mother Teresa Her Essential Wisdom, 61

Pride is the root of all sin. Where in your life do you notice restlessness and the need to prove yourself? Examine your conscience and take whatever is stirring in your heart to the Father in Confession.

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings on the page.

# FRIDAY | WEEK 2

“If you want to become holy, become poor. Jesus became poor to save us, and if we really want to become poor, like Jesus, then we have to be really poor, spiritually poor.”

**Do Something Beautiful for God, 86**

“Jesus did not have to become poor; it was not pressed upon him. He consciously chose poverty for his mission. Consider how constant was the outer manifestation of his inner poverty: he was born in a stable, he spent thirty years as a humble laborer; during his public ministry he had nowhere to lay his head; he was then taken as a prisoner and nailed to the Cross as a criminal, thirsting, betrayed, and abandoned; he was finally laid to rest in a borrowed tomb. If Jesus chose to be poor in order to express his love and accomplish his mission, is it not clear that we who are to be a sign of Christ, another Christ, need to chose poverty? Achieving the degree of poverty the Lord asks involves a gradual process of inner and outer self-emptying. Interiorly we will need to live in the humility of Jesus, in detaching ourselves from ambition and the desire for possessions, in seeking the lowest places, in habitually putting aside false thirsts for temporal riches of whatever kind.”

**I Thirst: 40 days with Mother Teresa, 100**

How can you imitate Jesus in poverty this week? Where can you choose your second preference in order to deny yourself in small ways? In those moments, say a little prayer to Jesus thanking Him for bringing you closer to Himself.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# SATURDAY | WEEK 2

“I can understand the greatness of God, but I cannot understand His humility. It becomes so clear in Him being in love with each one of us separately and completely. It is as if there is no one but me in the world. He loves me so much. Each one of us can say this with great conviction.”

Mother Teresa Her Essential Wisdom, 12

# SATURDAY | WEEK 2

“I can understand the greatness of God, but I cannot understand His humility. It becomes so clear in Him being in love with each one of us separately and completely. It is as if there is no one but me in the world. He loves me so much. Each one of us can say this with great conviction.”

Mother Teresa Her Essential Wisdom, 12

# SATURDAY | WEEK 2

“I can understand the greatness of God, but I cannot understand His humility. It becomes so clear in Him being in love with each one of us separately and completely. It is as if there is no one but me in the world. He loves me so much. Each one of us can say this with great conviction.”

Mother Teresa Her Essential Wisdom, 12

**SATURDAY | WEEK 2**

“I can understand the greatness of God, but I cannot understand His humility. It becomes so clear in Him being in love with each one of us separately and completely. It is as if there is no one but me in the world. He loves me so much. Each one of us can say this with great conviction.”

**Mother Teresa Her Essential Wisdom, 12**

He loves YOU so much. He never stops rescuing you. He is your Savior. Do you believe you need a Savior? Do you believe He loves you in ALL that you are and ALL that you're not?

In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And he came to her and said, "Hail, full of grace, the Lord is with you!" But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. And the angel said to her, "Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus.

He will be great, and will be called the Son of the Most High;  
and the Lord God will give to him the throne of his father David,  
and he will reign over the house of Jacob for ever;  
and of his kingdom there will be no end."

And Mary said to the angel, "How will this be, since I do not know man?" And the angel said to her,

"The Holy Spirit will come upon you,  
and the power of the Most High will overshadow you;  
therefore the child to be born will be called holy,  
the Son of God.

And behold, your kinswoman Elizabeth in her old age has also conceived a son; and this is the sixth month with her who was called barren. For with God nothing will be impossible." And Mary said, "Behold, I am the handmaid of the Lord; let it be to me according to your word." And the angel departed from her.

**Luke 1:26-38**





THIRD WEEK OF ADVENT

# THIRD SUNDAY OF ADVENT

“No matter how far you may wander, no matter how often you forget Me, no matter how many crosses you may bear in this life; there is one thing I want you to always remember, one thing that will never change: I THIRST FOR YOU - just as you are. You don't need to change to believe in My love, for it will be your belief in My love that will change you. You forget Me, and yet I am seeking you every moment of the day - standing at the door of your heart, and knocking.”

spoken from Jesus to you

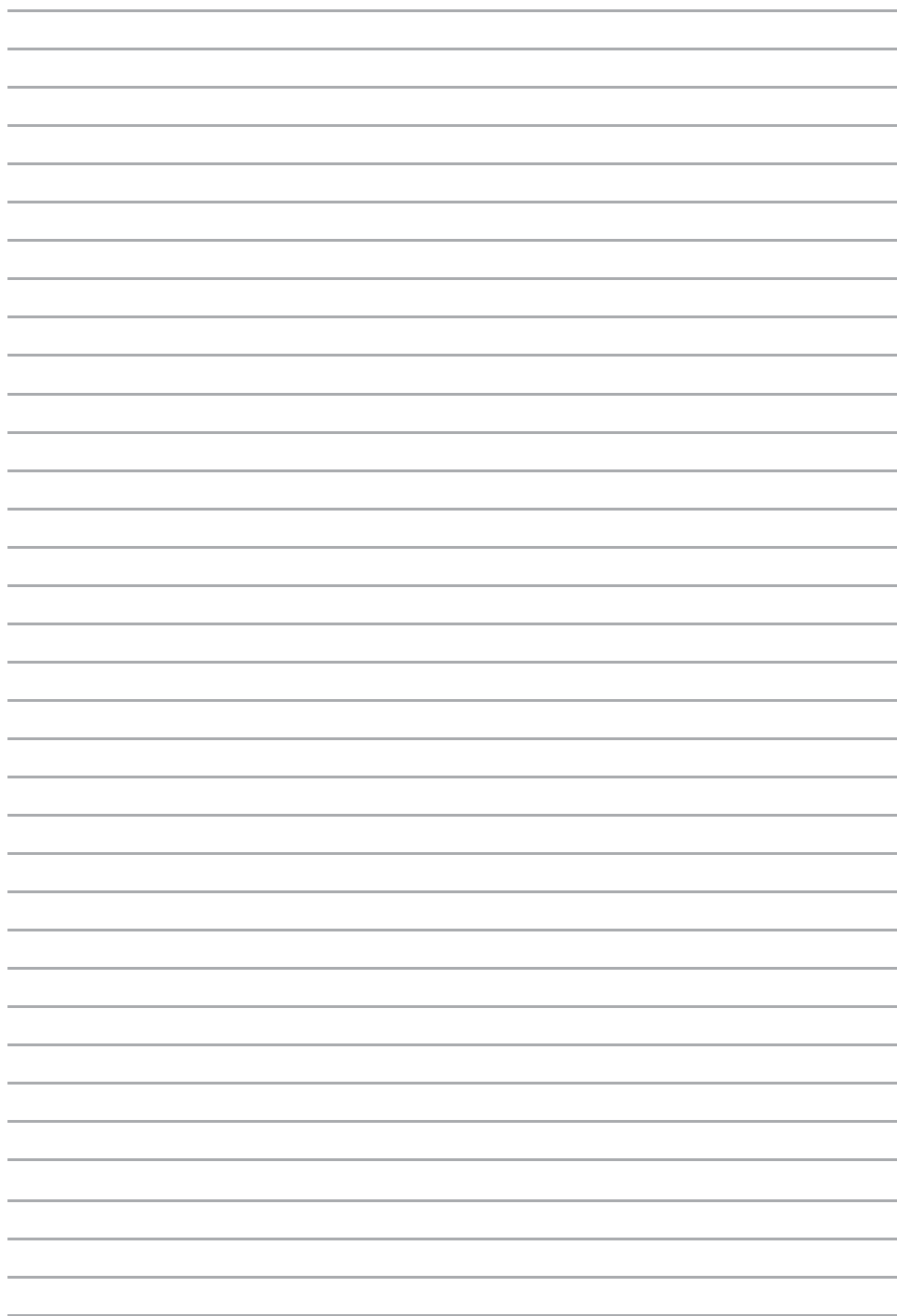
Mother Teresa wrote this meditation in a letter as she reflected on the words that Jesus spoke from the cross: “I thirst.” As we enter into the third week of Advent, spend some time reflecting on these words. What does it mean that Jesus thirsts for you and your love? Do you believe that you are worthy of that kind of love or that someone could love you that much?

Before he hung on the cross and thought of you as he uttered those words, He was invited by His Father to leave Heaven and come to earth as a helpless human baby. Imagine how humbling that would be. To trade in the glory and might of Heaven for the powerlessness and vulnerability of a human being is an incredible sacrifice and He did that for you. As you pray with this meditation today, rather than picturing Jesus on the cross, picture Him as a little baby crying out to be held. Allow yourself to pick Him up and hold him and soothe Him. Watch as He stops crying and looks up into your eyes with complete trust. He has placed Himself in your power, in your arms, just to win your heart over to trust in Him. Will you trust the one who completely trusts you? Will you accept the love of the one who aches to receive your love?

Scan the QR code to read and pray with the rest of the meditation. When a line strikes you, stick with it and allow it wash over your heart. Pay attention to what you feel and then tell Jesus what you are feeling. Don't censor your emotions because you “know” something in your head to be true. Jesus wants to help you move your head knowledge to your heart.

“I Thirst” Meditation





# MONDAY | WEEK 3

“Silence of the heart. That is what will allow you to hear God everywhere; in the closing of a door, in the person who needs you, in the birds that sing, in the flowers.”

Do Something Beautiful for God, 106

Let go of distractions and noise today. Turn off Spotify/Apple music in the car or while you are studying and let the moments of silence today reveal God's voice within.

[illegible]

## TUESDAY | WEEK 3

“Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me then, O Holy Spirit, that I always may be holy. Amen.”

## A Prayer from St. Augustine

Which line in this prayer are you drawn to? Rest there and repeat it aloud. Write down the line- in your planner, on a post-it on your bathroom mirror - somewhere you will see it everyday this week. As you come across it, lift up your heart in prayer.

[illegible]

# TUESDAY | WEEK 3

“Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me then, O Holy Spirit, that I always may be holy. Amen.”

## A Prayer from St. Augustine

Which line in this prayer are you drawn to? Rest there and repeat it aloud. Write down the line- in your planner, on a post-it on your bathroom mirror - somewhere you will see it everyday this week. As you come across it, lift up your heart in prayer.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

# THURSDAY | WEEK 3

"Choose the way of peace. Let us not use bombs and guns to overcome the world. Let us use love and compassion. Peace begins with a smile. Smile five times a day at someone you don't really want to smile at. Do it for peace. Let us radiate the peace of God. In this way let us set the world alight with His light and extinguish all hatred and love of power. Peace in the world, yes, but first peace in our hearts. Do you have peace in your heart today? If not, why not?"

Do Something Beautiful for God, 52

Do you feel like you have a sense of what true peace is like? Have you experienced it even for a moment? Take some time and write down what that experience was like for you. Then, close your eyes and picture Jesus in front of you. Tell Him that you want to experience peace and then wait for Him to respond, as long as it takes, wait for Him.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

## FRIDAY | WEEK 3

"It is easy to love the people far away. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your home for this is where our love for each other must start."

Do Something Beautiful for God, 114

How can you bring the love of Christ into your home this Advent season? Ask the Holy Spirit to show you the ways in which you are poor in love for your family. What is one way you can choose to love them (or whoever you are currently with) more intentionally today and this weekend? Maybe that looks like putting down your phone and having an uninterrupted conversation or emptying the dishwasher without being asked or giving your mom and dad a hug goodnight and telling them that you love them.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## SATURDAY | WEEK 3

"If we have no peace, it is because we have forgotten that we belong to each other."

Do Something Beautiful for God, 120

Reflect on your story. Ask the Holy Spirit to bring one specific person to mind who has brought you closer to God. What are you grateful for about their presence in your life? What about them showed you God in a deeper way? Say a prayer of thanksgiving for the gift of their life. If you're feeling really ambitious, write them a letter thanking them for the way they helped you to know God.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

And in that region there were shepherds out in the field, keeping watch over their flock by night. And an angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were filled with fear. And the angel said to them, "Be not afraid; for behold, I bring you good news of great joy which will come to all the people; for to you is born this day in the city of David a Savior, who is Christ the Lord. And this will be a sign for you: you will find a baby wrapped in swaddling clothes and lying in a manger." And suddenly there was with the angel a multitude of the heavenly host praising God and saying,

"Glory to God in the highest,  
and on earth peace among men in whom he is pleased!"

When the angels went away from them into heaven, the shepherds said to one another, "Let us go over to Bethlehem and see this thing that has happened, which the Lord has made known to us." And they went with haste, and found Mary and Joseph, and the baby lying in the manger. And when they saw it they made known the saying which has been told concerning this child; and all who heard it wondered at what the shepherds told them. But Mary kept all these things, pondering them in her heart. And the shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them.

**Luke 2:8-20**



FOURTH WEEK OF ADVENT

# FOURTH SUNDAY OF ADVENT

“‘Come and see!’ Jesus opens the door wide, saying to them, ‘My life and my ways are yours to share; my friendship is readily offered; my road of love and truth are more than available to you. Come and see, come and share, come and live with me.’ Let us remember who is saying this: not just a man, not even just a notable rabbi, but the Lord of the universe and the King of the angels. He speaks these words to every person he has brought into being: ‘Come and see what you were made for. Come and know the love of the Father. Come and see where I live. Come home!’”

**I Thirst: 40 days with Mother Teresa, 34**

Today we start the last leg of this journey to the Nativity and it's good for us to remember Jesus' invitation to us: "Come and see!" No matter how this Advent has been for you, Jesus is calling your name and making that invitation to you. As He prepares to enter into this dark and broken world as a little baby, His mind is on you. His desire is to be welcomed into your heart, to be born this Christmas in whatever place you'll offer Him. That first Christmas, all that was available was a humble stable so you can trust that He will not judge whatever space you have to share with Him.

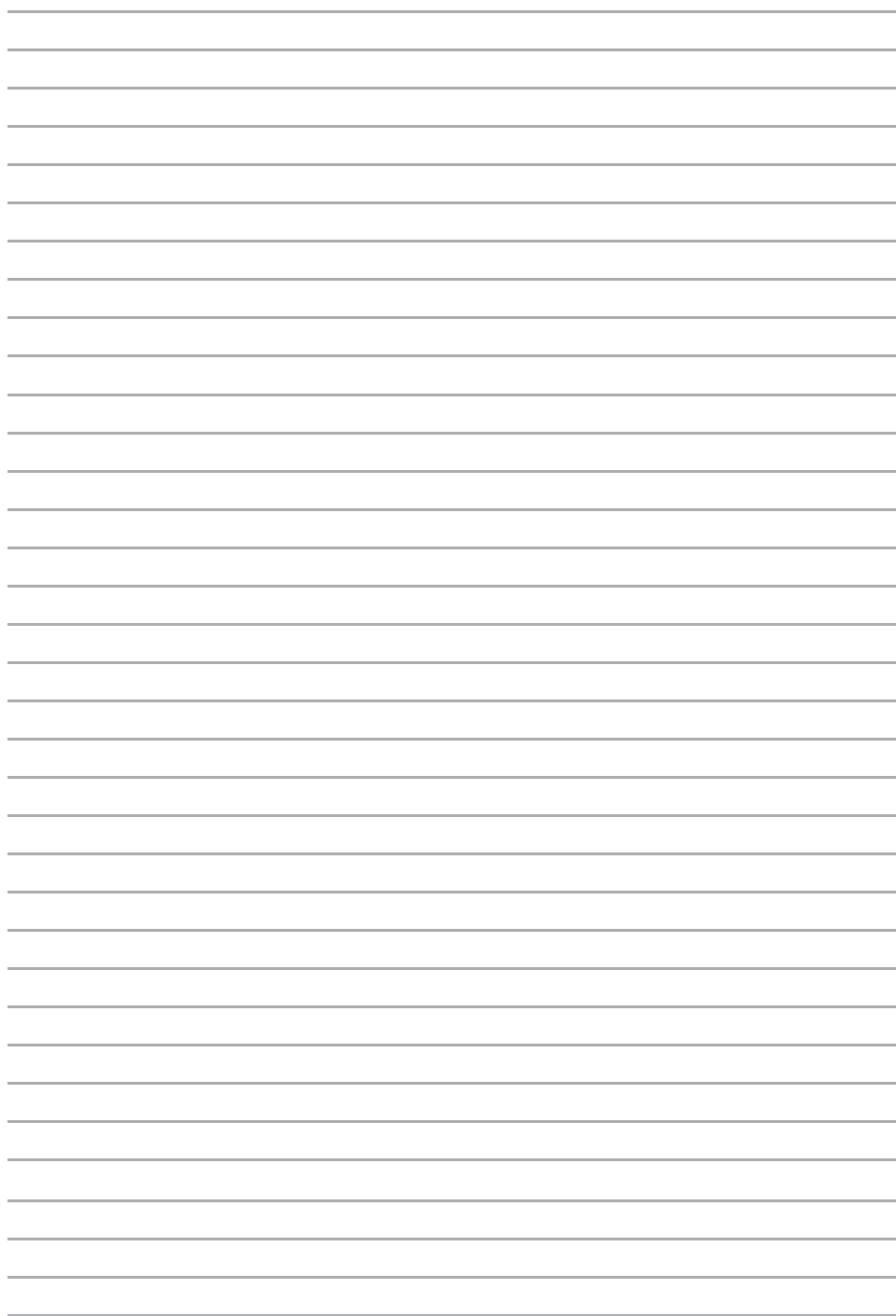
How do you desire to live these last few days before Advent? Are there any ways you desire to prepare your heart for Jesus' coming? Perhaps you feel the need to clean out the space you're preparing for Him by going to confession. Maybe you want to lay a few more pieces of straw in the manger to cushion His little body by doing acts of service for the people around you. Or maybe you want to commit to spending intentional time with Him over the next few days so that when He is born he finds a home that is light and welcoming and warm. However your heart is being moved, make a plan for how and when you'll do that this this week and keep in mind the little child about to be born as you seek to love more deeply.

---

---

---

---



# MEDITATION 1

"Life is full of paradoxes. I have found that if you love until it hurts, there can be no more hurt, only love."

Do Something Beautiful for God, 121

Where in your life is loving another uncomfortable? How can you incorporate God's love into the traditions and activities you have planned for Christmas this year?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

# MEDITATION 1

"Life is full of paradoxes. I have found that if you love until it hurts, there can be no more hurt, only love."

Do Something Beautiful for God, 121

Where in your life is loving another uncomfortable? How can you incorporate God's love into the traditions and activities you have planned for Christmas this year?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

# MEDITATION 3

“Holiness is not something extraordinary, not something for only a few. Holiness is for every one of us. It is a simple duty: the acceptance of God with a smile, at all times, anywhere and everywhere.”

## Do Something Beautiful for God, 60

In the days leading up to Christmas, how can you grow in holiness? Sit next to a Nativity scene (you can also Google an image) and meditate on the birth of Jesus. Where in your life do you desire renewal/rebirth? He is near!

[illegible]



# MEDITATION 4

"I must give myself completely to Him. I must not attempt to control God's actions. I must not desire a clear perception of my advance along the road, nor know precisely where I am on the way to holiness. I ask Him to make a saint of me, yet I must leave to Him the choice of the saintliness itself and still more the choice of the means that lead to it."

Do Something Beautiful for God, 42

Where in my life am I trying to control God's actions? Do I see Him as a "genie" who is supposed to grant my wishes? Or do I see him as a Father?

[illegible]

# MEDITATION 5

“Mary showed complete trust in God by agreeing to be used as an instrument in his plan of salvation. She trusted him in spite of her nothingness because she knew he who is mighty could do great things in her and through her. Once she said, ‘yes’ to him, she never doubted. She was just a young woman, but she belonged to God and nothing nor anyone could separate her from him.”

Do Something Beautiful for God, 62

Listen to the song Seasons by Hillsong Worship. Where in your life can you call upon Mary's intercession for greater trust in God? She wants to bring you Jesus.

[illegible]

# CHRISTMAS EVE

“Don’t search for Jesus in far lands– he is not there. He is close to you; he is with you. Just keep the lamp burning and you will always see him. Keep on filling the lamp with all these little drops of love, and you will see how sweet is the Lord you love.”

## Mother Teresa Her Essential Wisdom, 13

Emmanuel, means God is with us. He is with you on the eve of this special Feast Day, Christmas, and he is with you everyday. "O come let us adore Him!" How will you worship God's nearness today? Invite Mother Teresa to intercede for you today and teach you how to prepare for the Christ child.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# CHRISTMAS DAY

“We are here to be witnesses of love and to celebrate life, because life has been created in the image of God. Life is to love and to be loved. That’s why we all have to take a strong stand so that no child– boy or girl– will be rejected or unloved. Every child is a sign of God’s love.”

Do Something Beautiful for God, 54

# CHRISTMAS DAY

“We are here to be witnesses of love and to celebrate life, because life has been created in the image of God. Life is to love and to be loved. That’s why we all have to take a strong stand so that no child– boy or girl– will be rejected or unloved. Every child is a sign of God’s love.”

Do Something Beautiful for God, 54

# CHRISTMAS DAY

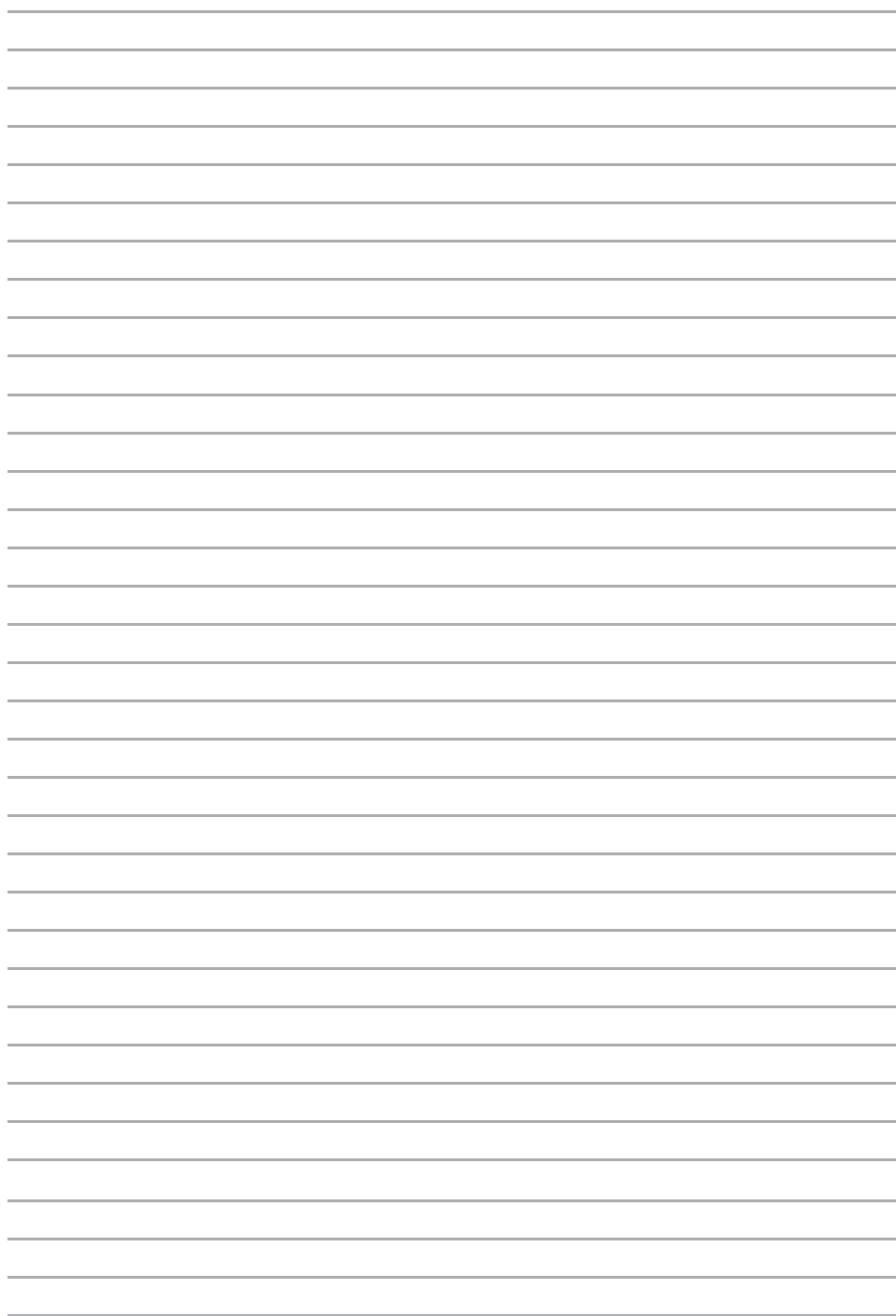
“We are here to be witnesses of love and to celebrate life, because life has been created in the image of God. Life is to love and to be loved. That’s why we all have to take a strong stand so that no child– boy or girl– will be rejected or unloved. Every child is a sign of God’s love.”

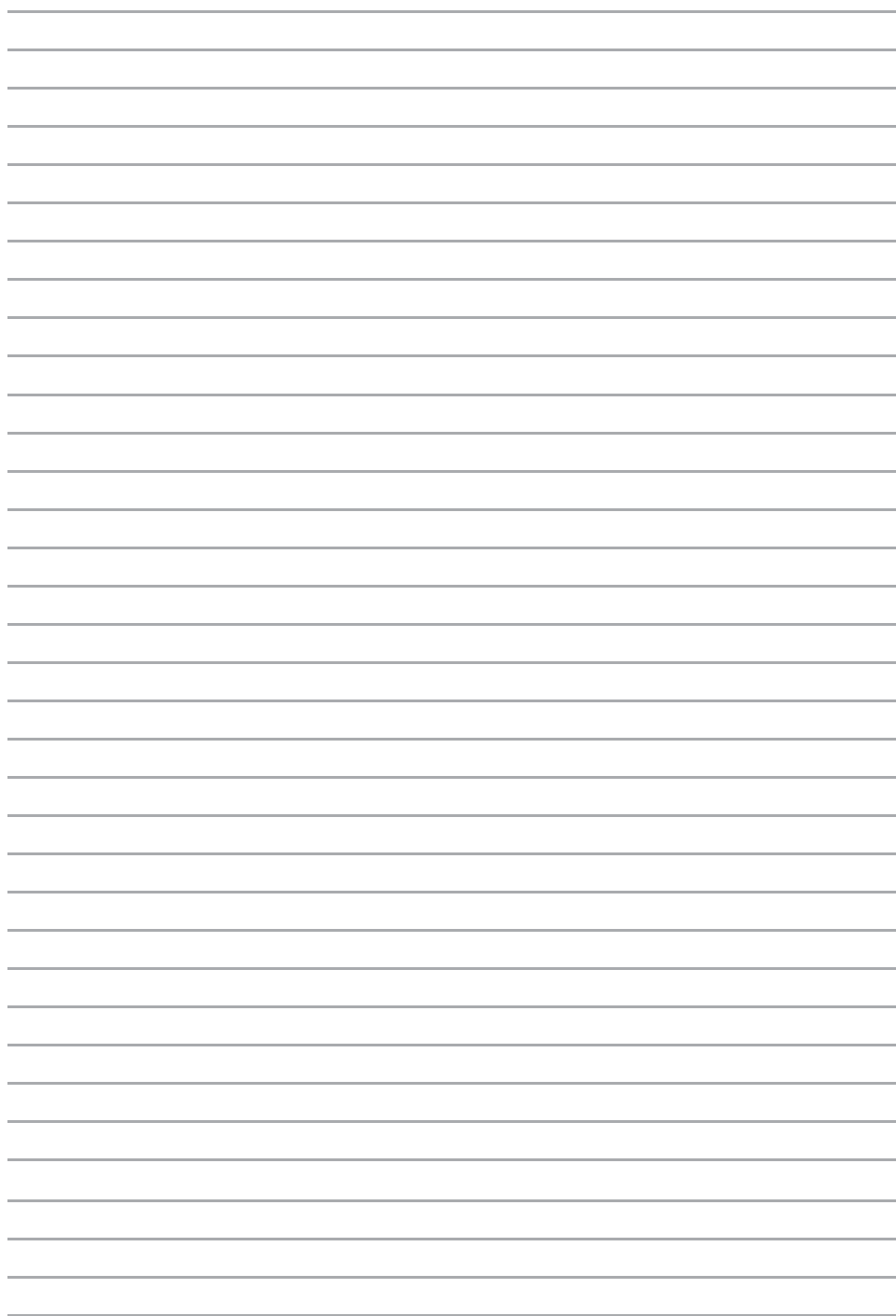
Do Something Beautiful for God, 54

What does Jesus coming to us as a child reveal about the heart of God? "We are here to love and be loved." When in your day can you share this message with another person?

Where in your heart does the truth that you are worthy of love need to be announced this Christmas?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.





*Do Something Beautiful for God: The Essential Teachings of Mother Teresa.* Blue Sparrow, 2020.

Kelly- Gangi, Carol. *Mother Teresa: Her Essential Wisdom.* Fall River Press, 2006.

Langford, Joseph. *I Thirst: Forty Days with Mother Teresa.* Augustine Institute, 2018.

