

To You, O Lord, I Lift Up My Soul

What use is our faith...if we have no intention of using it?
What use is the Bible...if we have no desire to allow God's Word to guide us?
What use is our Creed...if we only recite it?
What use is our lives...if we have no passion to live to our potential?

How often do days become routine and change becomes our greatest enemy? Has there ever been a time in our lives, when we have taken the time to seriously contemplate the purpose of Advent with God? If not, then only one question remains...why?

Year after year, we hear the same old line time and time again: "Make this time a time for quiet, forget about the shopping and the chaos all around us at this time of the year." How often does it fall on deaf ears? There's the shopping, the gifts, the food, the parties, the decorating, all the preparation and our souls fall short on the list of things to do.

To lift up your soul, is to give it completely and entirely to God, no exceptions. God knows our lives and our obligations better than we do. He does not ask that we give up all that is beautiful in our lives. He wishes to increase that beauty by drawing us closer to His love.

The perfect example of how to live Advent can be found in our mother, Mary, who carried Christ within her, as we are called to carry Christ within us. Would that all people, like Elizabeth & John the Baptist, know that Christ dwells within us the moment they encounter us.

"Mary, moreover, guides us as we journey towards Christmas, teaching us how to live this time of Advent..."
Pope Francis

Lord Jesus, this Advent I vow to give to You. Though I may not be perfect in my vow, I ask that You help me to succeed in my intent to truly lift my soul to You, to surrender my wants and desires, for the desires of Your heart and that which You long for me to do. You know that my soul longs to delve into the endless depths of Your love, to know what it means to be a child of God and live as a child of God for the benefit of the world and not only for myself. Teach me to be compassionate to all people everywhere, especially those who irritate me the most. O Lord, may this Advent be nothing less than endless grace that prepares me for my daily encounter with You in the eyes and hearts of all people. This is my hope, let this be my only desire, let this become my and them and may it be my truest passion. In Your holy and perfect name.

AMEN

**"To you, O
Lord, I lift up
my soul."
Psalm 25:1**