

# Encountering the Word

with Jeff Cavins

## First Sunday of Advent (A)

Isaiah 2:1–5 • Psalm 122:1–2, 3–4, 4–5, 6–7, 8–9  
Romans 13:11–14 • Matthew 24:37–44



## Are We Prepared for Christ?

Imagine receiving news that you would soon meet someone of profound significance. How would you prepare? Everything in your life would change—your schedule, your priorities, even how you present yourself. This is how Advent invites us to live as we prepare to encounter Christ.

In Matthew 24:42, Jesus calls us to “stay awake” because we do not know the hour of his return. St. Paul echoes this in today’s Second Reading, urging us to “awake from sleep” and “put on the Lord Jesus Christ” because “the night is advanced, the day is at hand” (Romans 13:11, 14, 12). Advent is not merely a remembrance of Christ’s birth but an opportunity for a fresh start, a time to ready our hearts for his Second Coming.



To “put on Christ” is not a passive reflection—it is an active way of life. St. Paul’s call to “throw off the works of darkness” and wear “the armor of light” challenges us to live intentionally and to choose righteousness, both in our words and our actions (Romans 13:12). We prepare for Christ not by decorating our homes or buying gifts but by living with faith, hope, and charity.

As we journey through Advent, let us “put on Christ” with hearts awakened by faith, living each moment with joyful expectation of his coming. Let us also remember to examine how we live each day. Are we aware of Christ’s presence in our daily lives? Do our actions reflect his love and truth? The joy of seeing God face-to-face for eternity begins with our preparation and anticipation today.

## Living the Gospel

Are you spiritually awake? Advent invites us to prepare for Christ’s coming—not just by buying gifts or decorating but by putting on the virtues of Christ. St. Paul reminds us to “put on the armor of light”—to choose righteousness instead of indulgence, love instead of self-interest (Romans 13:12). This week, take a moment to reflect: What does it mean for you to “put on Christ” in your thoughts, words, and actions? Prepare your heart with intentional acts of love and kindness as you await his coming.

## Dive Deeper

Scan this code to watch:



Or go to:

[https://www.youtube.com/watch?v=Liui\\_-O84V0](https://www.youtube.com/watch?v=Liui_-O84V0)

## Ponder and Pray

- » Reflect on your Advent preparations. Along with your preparation for upcoming family gatherings and worldly events, how are you spiritually preparing for Advent? What can you do to “put on Christ” this season?

- » If Jesus were to return today, would you feel ready to meet him? What areas of your life need transformation to help you be at peace with his return?

- » What “works of darkness” in your life do you need to cast off so that you can be more prepared for Christ’s coming?

## Make It Your Own

You and others in your household may use this space to write anything about today’s Mass. It might be your view of Jeff Cavins’ reflection, your priest’s homily, your answers to the questions on this page—anything to help you and your household get the most out of today’s Mass.

“ **So too, you also must be prepared, for at an hour you do not expect, the Son of Man will come.**  
– **Matthew 24:44** ”