

What does Advent mean to you? Advent is a time set aside to remember the coming of our Lord into the world. It is a time of waiting in hope for His coming back again one day. The word Advent actually means “coming.”

So often, the busyness of the holiday season causes us to lose site of this amazing time of year. With all the shopping, parties, and responsibilities that tend to weigh heavy on us each year during the holiday season, it is easy to forget the real reason we celebrate this time of year.

I receive a daily email from a Catholic website with a daily devotional and inspirational quote. The quote for the day when I sat down to write my reflection was by St. Francis de Sales, which I believe very beautifully sums up how I try to approach the Advent season. St. Francis states, “Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset.”

Jesus is our inner peace. He brings a calmness and peace to our souls that nothing on this earth can equal. So, this time of year, when we can easily become overly frustrated and lose our patience; may we direct, and focus on Jesus. If we keep redirecting our thoughts and prayers toward Him, we will find that inner peace. With that peace, it becomes so much easier to carry the spirit of Advent beyond the Christmas event and into the rest of the year.

So, I encourage you to get in the spirit by reflecting on the question, “What does Advent mean to you?”