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My sons are not little boys any longer. They are young men. But, when Christmas comes around, their "little" boy instincts come rushing back and they get so excited about Christmas just like they were when they were little boys. How can we experience this same excitement every day?

We can start by strengthening or renewing our relationship with Jesus. Today's responsorial psalm says: "Lord, make us turn to You; let us see Your face and we shall be saved." This is a great reminder that it is time to start thinking about others, serve others; it is a time to turn back to Christ and ask for forgiveness. It is excitement but in a different way.

I had a huge turn around in my life when someone gave me a simple instruction. Simple to say but not to do. I was harboring bad feelings and could not get past it. I learned about surrender and how it can truly change your life. I was instructed to say the person's name and surrender that person to God. I was also told it may take one time or one hundred times, it may take one day or every day, but keep doing it. Since then, I have shared this simple tool with several friends and they have all come to me later and said, it does work!

Simple?? It can be. Simply say what you are trying to control, give it a voice and give it to God. He already knows what is on your heart and he is waiting on you to give it all to Him. Use this time during Advent to get excited when you see the face of Jesus in others. What an awesome Christmas gift to give yourself!

Happy Advent and Christmas blessings from my family to yours!