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ADVENT *with*  
POPE FRANCIS

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DAILY REFLECTIONS AND PRAYERS

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DAILY REFLECTIONS AND PRAYERS

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WEEK 1

*A Journey of Joy*







## Our Journey to Meet with Jesus

*In days to come  
the mountain of the LORD's house  
shall be established as the highest of the mountains. . . .  
Many peoples shall come and say,  
"Come, let us go up to the mountain of the LORD,  
to the house of the God of Jacob;  
that he may teach us his ways  
and that we may walk in his paths."*

—Isaiah 2:2–3



**T**he Prophet Isaiah speaks to us about a journey, and he says that in the latter days, at the end of the journey, the mountain of the Lord's temple shall be established as the highest mountain. He says this to tell

us that our life is a journey: we must go on this journey to arrive at the mountain of the Lord, to encounter Jesus. The most important thing that can happen to a person is to meet Jesus—this encounter with Jesus who loves us, who has saved us, who has given his life for us. Encounter Jesus. And we are journeying in order to meet Jesus.

We could ask ourselves this question: But when do I meet Jesus? Only at the end? No, no! We meet him every day. How? In prayer, when you pray, you meet Jesus. When you receive Communion, you meet Jesus in the sacraments.

*Homily, December 1, 2013*

## REFLECTION

Where am I on my journey to meet Jesus? How can I meet him today?

## PRAYER

Jesus, I long for you to come into my life. Help me to be watchful and alert to the signs of your presence.



## Meeting Jesus with Faith

*O house of Jacob,  
come, let us walk  
in the light of the LORD!*

—Isaiah 2:5



**T**he Lord marveled at the centurion. He marveled at his faith. The centurion made a journey to meet the Lord, but he made it in faith. He not only encountered the Lord, but he came to know the joy of being encountered by him. And this is precisely the sort of encounter we desire, the encounter of faith; to encounter the Lord, but also to allow ourselves to be encountered by him. . . . In the prayer at the beginning of Mass, we asked for the

grace to make this journey with several dispositions that will aid us—perseverance in prayer: to pray more; diligence in fraternal charity: to draw closer to those in need; and joy in praising the Lord. Let us begin this journey in prayer, charity, and praise, so that the Lord might come to meet us, but let us allow him to meet us with our defenses down, in openness!

*Homily, December 2, 2013*

## REFLECTION

In what practical way can I make prayer a vital part of my Advent journey?

## PRAYER

Lord, I believe in you. Strengthen my lack of faith!



## The Joy of Knowing Jesus

*At that same hour Jesus rejoiced in the Holy Spirit and said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will.”*

—Luke 10:21



Jesus was full of joy. . . . His inner joy comes precisely from this relationship with the Father in the Holy Spirit. And this is the joy he gives to us, and this joy is true peace. It is not a static, quiet, tranquil peace; Christian peace is a joyful peace. . . . A Church without joy is unthinkable, since Jesus has desired that his bride,

the Church, be joyful. The joy of the Church is to announce the name of Jesus. . . . The peace of which Isaiah speaks is a peace full of joy, a peace of praise, a peace—we might say—that is loud with praise, a peace that bears fruit in becoming a mother of new children, a peace that comes precisely from the joy of praising the Trinity, and from evangelization, of going out to people to tell them who Jesus is.

*Homily, December 3, 2013*

## REFLECTION

How can I radiate to others the joy that comes from Jesus?

## PRAYER

Jesus, as I wait for your coming anew into my heart at Christmas, fill me with the joy of your presence and help me to share it with those around me.



Week 1—Wednesday



## The Banquet of the Lord

*On this mountain the LORD of hosts will make  
for all peoples  
a feast of rich food, a feast of well-aged wines . . .*

—Isaiah 25:6



Besides physical hunger, man experiences another hunger, a hunger that cannot be satiated with ordinary food. It's a hunger for life, a hunger for love, a hunger for eternity. And the sign of *manna* . . . contains in itself this dimension: it was the symbol of a food that satisfies this deep human hunger. Jesus gives us this food, rather, *he himself is the living bread* that gives life to the world (see Jn 6:51). His Body is the true food in the

form of bread; his Blood is the true drink in the form of wine. It isn't simple nourishment to satisfy the body, like manna; the Body of Christ is the bread of the last times, capable of giving life, eternal life, because this bread is made of love. The Eucharist communicates the Lord's love for us, a love so great that it nourishes us with himself.

*Homily, June 19, 2014*

## REFLECTION

The Eucharist, the Bread of Life, gives us a pledge of eternal life. Jesus is truly present in the Eucharist. What difference can that make in my life?

## PRAYER

Jesus, thank you for the gift you have given us of yourself in the Eucharist.