

Wednesday 7th December 2022

Reading 1, Isaiah 40:25-31; Responsorial Psalm, Psalm 102:1-4, 8, 10;

Gospel, Matthew 11:28-30

Today's readings remind me of how many times I have been inspired or uplifted by words of comfort or praise which have been delivered genuinely and sincerely when I have least expected it. In this second week of Advent, as we wait in expectation for the arrival of the baby Jesus we do so in the absolute assurance of the risen Christ. We earnestly wait with patience, hope and trust as we reflect upon Isaiah's encouraging words that the Lord God gives strength to the wearied and strengthens the powerless. This is both comforting and uplifting as we contemplate on a world of turbulence and reflect upon the many unfulfilled promises it seeks to make.

The Jesus we see in our cribs today invites us to draw nearer to him and gently beckons us into his service giving us the opportunity to echo his gentleness and humility. In contrast to the burdens of the world Jesus calls us to rest in him and find rest for our souls. These are exactly the comforting words we need to hear as we tentatively approach the new year ahead of us.

We turn to God as in the Psalm today and implore Him to answer us speedily in times of trouble feeling reassured that He will listen to us and guide us through perplexing times. His promise of rest from our labour and burdens is inspiring and uplifting, genuine and sincere and we are thankful for a relationship that offers us that sanctuary of love, comfort and hope.

As we reflect upon the baby in the crib and the life and ministry of the adult Jesus, we know that the risen Christ gives us much needed sustenance for the months and years ahead. We wait in expectation, hope and trust and we journey forward in life with the confidence and conviction that we are loved unconditionally by our Trinitarian God. It is through such love that we ourselves are able to offer support and encouragement to the many others who journey alongside us yet who are still waiting for the comforting words we can sometimes unknowingly bring them, just at the right time.

Reflection written by: Trisha Tindall, St Mary's, Forest Hall