

“Retreats on the Run”

with the daily Advent Scriptures

A five-to-ten minute retreat
for people on the go...



1. Find a place that offers you some quiet.
2. Take a moment to be conscious that you are in the loving presence of God.

“My God, you love me. Help me to spend these few moments with you in prayerful reflection. Help me to sense whatever you desire to stir in my heart.”

3. Read slowly and prayerfully the reflection offered for the day, until a word or idea touches your heart.
4. In the silence of your heart, speak with God about whatever is stirred up in your heart. Stay with this silent prayer for awhile.
5. As your prayer-time draws to a close, offer thanks for God’s loving presence with you during this time.
6. Take a word or phrase from your prayer-time and turn it over in your heart as you go about the activities of your day. In this way you can remain recollected and focused in the midst of all your activities.

November 28 – First Sunday of Advent (A)

“Our salvation is nearer now than when we first believed. . . Put on the Lord Jesus Christ, and make no provision for the desires of the flesh.” (Romans 13. 12,14)

Jesus, as I begin this Advent season, I want to spend these days listening to the prophets who foretold your coming as my Savior. My desire is to become more like you. May hopeful expectation fill my heart, so that I may better appreciate that you, my Savior, are nearer now.

November 29 - Advent Monday

“Come and save us, Lord our God; let your face shine on us, that we may be saved.” (Ps. 80. 4)

Jesus, as I look at your face, I see the face of God, filled with love and mercy. As your eyes look deeply into my heart, you can see my deepest desire: to be saved and transformed into an image of you. May I learn to see your face reflected in all I meet today.

November 30 - Andrew, Apostle

“As Jesus was walking by the Sea of Galilee, he saw two brothers, Simon who is called Peter and his brother Andrew, casting a net into the sea; they were fishermen. He said to them, “Come after me, and I will make you fishers of men.” At once they left their nets and followed him.” (Mt. 4. 18-19)

Jesus, you saw the potential in these two brothers and called them to follow you. They left everything to be with you. You see my potential. Help me to have the courage to follow you generously.

December 1 - Advent Wednesday

“The Lord God will wipe away the tears from all faces; the reproach of his people he will remove from the whole earth; for the Lord has spoken.” (Isaiah 25. 9)

Jesus, I am in awe at the powerful love and mercy you show to us. You speak and tears are wiped away and sins are forgiven. Help me to keep that sense of awe as I go about my day, for you will be speaking.

December 2 - Advent Thursday

“Trust in the Lord forever! For the Lord is an eternal Rock. He humbles those in high places, and the lofty city he brings down.” (Isaiah 26. 4-5)

Jesus, you know how often I need to be encouraged to trust in you as my eternal Rock. You remind me not to seek high and lofty places. Help me to find my joy in you, being who I am and where you want me to be today for this is the way of my salvation.

December 3 - Francis Xavier, priest

“Out of the gloom and darkness, the eyes of the blind shall see. The lowly will ever find joy in the Lord, and the poor rejoice in the Holy One of Israel.” (Isaiah 29. 18-19)

Jesus, you are the Light that brings me out of the gloom and darkness. You enlighten me to be able to see with your eyes. Help me to bring some of your light into the lives of the lowly and poor who cross my path each day.

December 4 - John of Damascus, priest and Doctor of the Church

"Mary said, 'Behold, I am the handmaid of the Lord. May it be done to me according to your word.'" (Luke 1. 37)

Jesus, these humble words of your mother opened her womb to receive you into the world. Her humble words of acceptance of God's will for her have changed history. May I follow her example and humbly accept God's will as it is revealed to me today.

December 5 - Second Sunday of Advent (A)

"May the God of endurance and encouragement grant you to think in harmony with one another, in keeping with Christ Jesus, that with one accord you may with one voice glorify the God and Father of our Lord Jesus Christ." (Romans 15. 5-6)

Jesus, each time you call us together to celebrate Eucharist, you want us to be in harmony with one another as a community of faith. Then, we are able to glorify the Father with one voice. Keep me mindful of the harmony you desire in the communities in which I live and work and worship – so that I will do my part to create this harmony as I prepare for your coming.

December 6 - Nicholas, bishop

"Say to those hearts that are frightened: Be strong, fear not! Here is your God; he comes with vindication; with divine recompense he comes to save you." (Isaiah 35. 4-5)

Jesus, your prophet Isaiah speaks your words of encouragement to me. I have no reason to fear. You are with me to save me. Help my heart to be strong in faith and love each day, so that I will experience divine recompense on the day of your return.

December 7 - Ambrose, Doctor of the Church

"Here comes with power, the Lord God. . . . Like a shepherd, he feeds his flock; in his arms he gathers the lambs, carrying them in his bosom, and leading the ewes with care." (Isaiah 40. 10-11)

Jesus, Isaiah writes of your Father's power in such loving, tender images. You have shown me the same loving power each day, taking me by the hand and walking with me. May I never lose sight of your powerful, yet tender care.

December 8 - Immaculate Conception

"A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. She was with child." (Revelation 12. 1-2)

Jesus, today we celebrate another great sign in our history – your Mother appeared to the humble Juan Diego. She left her image on his cloak to remind us of her special care for the poor. Help me to be a faithful child of my Mother and reach out my hands to help the poor and disadvantaged.

December 9 - Juan Diego, hermit

"I am the Lord, your God, who grasp your right hand. . . . I will help you, says the Lord; your redeemer is the Holy One of Israel." (Isaiah 41. 13-14)

Jesus, again your prophet Isaiah reminds me that you have taken my right hand and redeemed me in your great love and mercy. May my hands be as your hand, reaching out to others with the Good News of your loving mercy.

December 10 - Advent Friday

"Thus says the Lord, your redeemer, the Holy One of Israel: I, the Lord, your God, teach you what is for your good and lead you on the way you should go." (Isaiah 48. 17)

Jesus, you have told me that you are the Way to the Father. I know that you have redeemed me to follow you, the Way. May I continue to learn what is for my good and follow the way you show me each day.

December 11 - Damasus I, pope

"I tell you that Elijah has already come, and they did not recognize him but did to him whatever they pleased. So also will the Son of Man suffer at their hands." (Matthew 17. 11-12)

Jesus, how can I be so blind that I don't recognize the people and signs in my life that are meant to draw me closer to you? Heal me of my blindness so that I can walk in your light today.

December 12 - Third Sunday of Advent (A)

"Be patient, brothers and sisters, until the coming of the Lord. . . Take as an example of hardship and patience, the prophets who spoke in the name of the Lord." (James 5. 7,10)

Jesus, I am preparing myself for your coming – not just at Christmas, but each day and at the end of my life. May my daily preparing be marked by hope-filled expectation and patient persistence in both my prayer and my daily living.

December 13 - Lucy, virgin and martyr

"I see him, though not now; I behold him, though not near: a star shall advance from Jacob, and a staff shall rise from Israel." (Num. 24. 17)

Jesus, you are the star and hold the scepter spoken of so long ago by Balaam. Lead me by your lights, as you did St. Lucy, so that I may follow the path you have made for me.

December 14 - John of the Cross, priest and Doctor of the Church

"I will leave a remnant in your midst, a people humble and lowly, who shall take refuge in the name of the Lord." (Zeph. 3. 10)

Jesus, you have chosen me to be part of that remnant. Help me today to be humble and find my refuge in your holy Name.

December 15 - Advent Wednesday

"Let justice descend, O heavens, like dew from above, like gentle rain let the skies drop it down. Let the earth open and salvation bud forth." (Is. 45. 8)

Jesus, your great desire is to bring justice and peace to all God's people. Help me to open my heart to receive your peace and give me the courage to work for justice for every person.

December 16 - Advent Thursday

"Though the mountains leave their place and the hills be shaken, my love shall never leave you nor my covenant of peace be shaken." (Is. 54.10)

Jesus, you remind me again and again that you love me. Your peace is in my heart. Help me today to be mindful of your presence in me so that your peace will be with me during the day.

December 17 - Advent Friday

"O Wisdom of our God Most High, guiding creation with power and love: come to teach us the path of knowledge!"
(O Antiphon)

Jesus, you are the Wisdom of God made flesh. You have come with power and love to guide all creation back to the Father. Keep my heart open each day so that I will learn the path meant for me on my journey to the Father.

December 18 - Advent Saturday

"O leader of the House of Israel, giver of the Law to Moses on Sinai: come to rescue us with your mighty power!"
(O Antiphon)

Jesus, as I draw closer to the celebration of your birth, stir up a deeper sense of expectation in my heart. With joyful hope, I do want to cry out: "Come to rescue me with your mighty power!" May the power of your rescuing grace help me to reach out and assist you in rescuing my sisters and brothers.

December 19 - Fourth Sunday of Advent (A)

"Behold, the virgin shall conceive and bear a son, and they shall name him Emmanuel, which means 'God is with us!'"
(Matthew 1. 23)

Jesus, how startled Joseph must have been when he learned that Mary was to be the person chosen to fulfill this prophecy of Isaiah. With loving obedience, he took Mary into his home as his wife. There are always surprising ways that you work in my life. May I accept your working as Joseph did – with loving obedience.

December 20 - Advent Monday

"O Key of David, opening the gates of God's eternal kingdom: come and free the prisoners of darkness!"
(O Antiphon)

Jesus, your death and resurrection is the key that has opened the gates of eternal life with our God. Too often, I have let myself become a prisoner to the darkness in our world. Remind me each day to take hold of you, for you can free me from this darkness.

December 21 - Peter Canisius, priest and Doctor of the Church

"O Emmanuel, our King and Giver of the Law: come to save us, Lord our God!" (O Antiphon)

Jesus, you are God-among-us. I rejoice with your relative Elizabeth as she recognized your presence in the womb of your Mother, Mary. You desire to live in my heart and in the hearts of all your sisters and brothers. May I learn to reverence you in me and in them.

December 22 - Advent Wednesday

"O King of all nations, and keystone of the Church: come and save us, whom you have formed from the dust!" (O Antiphon)

Jesus, I honor you as the Keystone of the Church. I want you to be the Rock on which I build my life. You have formed me from dust and breathed into me your life-giving Spirit. May I grow to your honor and glory.

December 23 - John of Kanty, priest

"I stand at the door and knock, says the Lord. If anyone hears my voice and opens the door, I will come in and sit down to supper with him and he with me." (Rev. 3. 20)

Jesus, how often you have knocked at my door. Help me to hear your voice and open the door of my heart, so that we may share a meal together.

December 24 – The Eve of Christmas

"O Radiant Dawn, splendor of eternal light, sun of justice: come and shine on those who dwell in darkness and in the shadow of death!" (O Antiphon)

Jesus, I eagerly await the celebration of your birth tomorrow. As I contemplate your titles -- Radiant Dawn, Splendor of eternal light, Sun of Justice -- I am reminded of the wonder we celebrate tomorrow.

December 25 - The Birth of Jesus

"The people who walked in darkness have seen a great light." (Isaiah 9. 1)
"And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father's only Son, full of grace and truth." (John 1. 18)

Jesus, as I see you lying as an infant in the manger, I bow before you, recognizing you as the Son of God become human like me. I bow in wonder at the Father's great love for me – for all the world. May my wonder be transformed into gratitude, and my gratitude express itself in deeper love for you and for my brothers and sisters each day.