
Advent urges us to prepare for the coming of God. It reminds us that our God incarnated in the person of Jesus Christ. Our God is not impersonal. God is one of us, walking our path, eating our food. God laughs with us, suffers with us, mourns with us. There is nothing about us that God does not experience.

This season breathes into us the Spirit that incarnated in Jesus. Through us, he walks the paths of human life. He breathes into us the ability to be God-with-us. Through us he touches Earth, moves hearts, comforts, rejoices. Through Jesus, our families become one. Our friends are his friends. He sends forth the Spirit to incarnate his grace in us so that we become his visible presence on Earth.

This season of warmth and gifts is a time to think about the way Jesus, the Word of God, becomes flesh in our lives. He smiles in our smile, cries in our tears, loves in our heart. Perhaps this is time to ponder the way Jesus is visible through us.

Ask yourself what aspect of Jesus graces the world in you. Ponder how your spouse, your children, your friends incarnate an aspect of The Word Made Flesh. And, perhaps go a step further and tell them how they reveal the heart of God to you.

This is an inner Advent journey that can change the way we see each other and witness that the Incarnation is an eternal event.