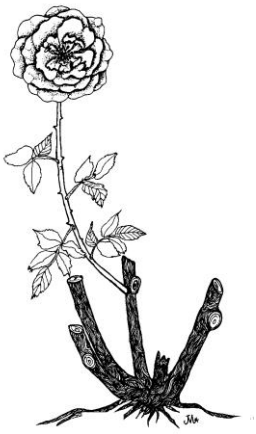
Advent 2026

Reflection

Be patient until the coming of Jesus Christ….
Steady your hearts, because the coming of Jesus is at hand. (James 5:7-8)

Once again, it is Advent, a time to wait and prepare for the coming of Jesus anew. St. James tells us to be patient, that the coming of Jesus is at hand, but do we believe? On the one hand, we know he is already here, but on the other hand, it may feel like he is far away, and we wonder if he'll ever arrive. How much do we pray and wonder why our prayers are not answered? We pray for health, for loved ones, for an end to wars, for peace with justice, and so much more both mundane and grand, and we know many others are praying for the same thing. Where is the answer? Is it a matter of us not having the patience to wait and to trust that Jesus truly is coming?

How hard it can be to be patient! Whether we're anticipating something wonderful like a new baby or a dream vacation or hoping for an end to pain and suffering, it can seem like an eternity; yet, if we are faithful, we believe despite the wait.



At Advent, we have the opportunity to practice being patient as we prepare for Christmas, for Jesus's birthday. Let's not get distracted by the turmoil of the secular season, racing around to shop and wrap and decorate and cram in all the other things that steal our time and attention from the real reason for Advent. Instead, let's step back, take a deep breath, and remember that some things are worth waiting for, some things need time and are all the better for having it—time to learn, to grow, to heal. This is time we can use to do the work that really needs to be done, joining Jesus in bringing to birth the answer to those many prayers we hold in our hearts. And let's not forget how patient God is with us. Together, our patience provides the time to receive the Prince of Peace in the world again, to cultivate his Peace in a war-torn world, and to nourish those who long for Peace.

Prayer for Patience in the Season of Preparation

Heavenly God,

In the quiet moments of Advent, teach us the virtue of patience. As the earth rests under winter's blanket, preparing in silence for the renewal of spring, so too may our hearts find rest in the promise of Your Son's coming. Help us to embrace each day with a spirit of anticipation, not anxiety; with a heart of preparation, not haste.

Loving God, guide our steps as we prepare for Christmas. Like Mary, let us ponder in our hearts the miracle of Your love. In moments of impatience, remind us of the years Your people waited with hopeful expectation for the Messiah. May this season of Advent be for us a journey of meaningful waiting, filled with lessons of tranquility and trust.

Grant us the patience to see Your hand in every moment, understanding that in Your perfect timing, all things come to fruition. Let the peace of this waiting season infiltrate our souls, teaching us to wait not just for the celebration of Christ's birth but for His glorious return.

Amen.

https://christianpure.com/learn/advent-heart-preparation-prayers/

Suggested Actions

- If you are a patient person, help others learn from your example. If you are not a patient person, seek someone who is, perhaps a family member or friend. Ask them to help you learn to be more patient. Choose one thing about which you are least patient, maybe while you're driving or waiting on line while shopping or sitting in a doctor's waiting room. Consider ways you can ease your impatience in that one situation, for example deep breathing, praying, or listening to soothing music. In time, practice what works for you in other situations, as well.
- Think about why you might not be patient. Is what you're impatient about really that urgent or that important? What could be the advantage of waiting instead?
- Put your impatience in God's hands. Trust that God is with you in the waiting. Repeat the prayer above, if that will help, or choose another prayer, one of your own or one you discover.
- Transfer your energy from impatience to some activity that you enjoy and that does good for others.
- In preparing for Christmas, if some things cause stress, feel free to let them go. Remember the true meaning of Christmas is not the material gifts, the pretty wrapping, the cards, the decorations, or the food . It is Jesus, his love, the hope he brings, and the mercy he offers.
- Be sure to open this link to our anti-war toy flier for suggestions for creative, constructive, nonviolent, and healthful gifts for the children in your lives.
- Check out the Upcoming Events page at this website for more things you can do, and also visit these other Pax Christi websites for more ways to pray, study, and act: www.paxchristiusa.org and www.nypaxchristi.org.
- Share this reflection with others.

