

This Advent season provides an opportunity for new ways of being and connecting that are lighter on the earth and promote the life and dignity of all creation. (Unsplash/Ray Hennessy)



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Editor's Note: *Welcome to Simple Advent, Abundant Life. These daily Advent reflections will explore connections between simple living and abundant life on the earth. They are inspired by the Advent Simplicity Challenge at the Ignatian Solidarity Network. Sign up here to receive the reflections each day in your inbox.*

First week of Advent theme—Time

Day 1: Sunday, Nov. 29

REFLECT

> I have come that they may have life, and have life abundantly.
>
> -John 10:10

As we begin our journey of hope in this Advent season, we remember God's abundance, from the Garden of Eden to the gift of Jesus' life to the world. The abundant life that God promises is not dependent on material goods, often a focus leading up to Christmas, but centers on loving relationships and justice.

While many of us prepare to enter into Advent in a uniquely new way due to COVID-19, we begin this season with a new perspective on what is most essential in our lives. We have an opportunity to shift our gaze from what, for many, is the "normal" frenzy of holiday shopping and busyness, to new ways of being and connecting that are lighter on the earth and that promote the life and dignity of all creation.

As you wait in joyful hope for Christmas, how are you being called to simplify and live abundantly during this Advent season?

ACT

Set your intention for living simply and abundantly this Advent.

For more ideas on how to live abundantly and gently on the earth this Advent, sign up for the Advent Simplicity Challenge with the Ignatian Solidarity Network to access a daily Advent calendar with tips and inspiration for simple living that leads to an abundant life.

Simple Advent, Abundant Life

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Sign up to receive daily emails for this Advent reflection series.

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