



Advent Reflection for Sunday, November 28

Ann Mellow

You can listen to the reading and reflection by clicking [here](#).

Romans 13.11-14

Besides this, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armor of light; let us live honorably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

I have always connected to the imagery of “waking from sleep” as a reminder of how little connection I have to all of creation and all of consciousness, including the divine presence of God.

I remember learning, sometime in middle school, I think, about how little of our brain we actually use. And I remember learning about Buddhist and Hindu notions of reality - what is real and what is not? - and how our human condition holds us back from perceiving and being one with the great Eternal. There was a time when I related more to these ideas than to my own Christian heritage, which seemed at times, well, a bit mean and dramatic, what with all the talk about destruction and lechery and debauchery (hey, I’m just not that bad!!) and no provision for the flesh (what?? No chocolate??).

But now, in my latter years, I connect deeply not only to my Christian faith but to Jesus as my guide. And the dramatic language reminds me that we, in our human frailty, do in fact live lots of our days in darkness. And putting on armor of light - yes, a battle image - may be just what it takes to open our eyes and awake from a spiritual sleep.

For it is truly difficult (at least for me!) to “live honorably...not in quarreling or jealousy.” It is truly difficult to resist gratifying desires, that is, being selfish and petty, choosing short-term “gain” and yet missing out on long-term meaning and connection to the Great A-ha!

And so, as we enter Advent, let us turn once again to the teachings of Christ. I for one will aim to embrace this season of reflection and the victory of light over darkness. Let us put on our armor and, perhaps, find joy and meaning, connection to God, and love and compassion to all, including ourselves.

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