

1st Sunday ADVENT year B

Be on your guard, stay awake

I am sure I had more money than that in my account.

Take out the standard payments

What are you spending your money upon.

We all like to think we are in control

Do you pay an extra 20% on the credit card

Do you have a wardrobe full of stuff you will never wear

Do you buy it because you want it, but do not need it

Then lie to yourself

Do you appreciate the food you eat

Or in your wealth waste

Be on your guard, stay awake

How do you spend your time

Be on your guard, stay awake

In this strange never never land of covid

How many hours do you sit before a TV screen letting others live your life

What time do you get out of bed

Then how do you spend the time when you are wakening and entering the day

Do you have rituals or do you just drift away

What time do you go to bed

Does your body or mind decide

How much time do you share with those you love

And how much time are you simply alone in their company

Do you give time to anything that matters

What is it

Think pray

Be on your guard, stay awake

In the strange patterns of isolation imposed by covid

Be on your guard, stay awake

How much are you eating, when are you eating, and what are you eating.

Worse still how much do you actually drink a week

Add it up this week

What form of exercise do you consciously take

You don't need a dog to walk

You don't need a job to get out of the house

How are you exercising your brain

What puzzles, what books what conversations

Now there is a lack of clear daily timetable

It is all too easy to slip into one long day of doing nothing

Yet we still need to be active to be healthy

Be on you guard, stay awake

Of all the things I have said today

Answer at least one question

Of your money

Of your time

Of your health

As we approach the birth of he who gave all life

What are you doing with yours?

Be on your guard, stay awake