

First Sunday of Advent



This Sunday begins both Advent and a new liturgical year: a season of renewal, readiness, and hope. For those recovering from lust addiction, this invitation to “begin again” holds special meaning. Advent reminds us that God enters our mess with compassion, not condemnation, and calls us to stay spiritually awake as He continues healing our hearts.

Jesus begins the season with urgency (Matthew 24:37, 42):

*Jesus says to His disciples:
“As it was in the days of Noah,
so it will be at the coming of the Son of Man...
Therefore, stay awake!
For you do not know on which day your Lord will
come.”*

Before recovery, many of us lived spiritually asleep—drifting into secrecy, fantasy, or emotional numbness. Advent's call to “stay awake” echoes our recovery work: pay attention, be honest, and remain vigilant about our spiritual condition.

Jesus continues (Matthew 24:43–44):

*Be sure of this: if the master of the house
had known the hour of night when the thief was
coming,
he would have stayed awake
and not let his house be broken into.
So too, you also must be prepared,
for at an hour you do not expect, the Son of Man will
come.*

In lust recovery, “staying awake” means recognizing when we’re in danger of slipping into old patterns. It means noticing loneliness, resentment, stress, or entitlement before they pull us back into destructive behaviors. Preparation looks like prayer, accountability, connection, and humility.

Many of us experienced the collapse of our own personal kingdoms—the false kingdoms built on self-will, control, and secret behaviors—before we surrendered to God. This collapse was painful, yet it was also the doorway to freedom. When we admitted our powerlessness, God met us with mercy.

Saint Paul offers the same invitation to awaken in Sunday's second reading (Romans 13:11–14):

*It is the hour now for you to awake from sleep.
For our salvation is nearer now than when we first
believed;
the night is advanced, the day is at hand.
Let us then throw off the works of darkness
and put on the armor of light;
let us conduct ourselves properly as in the day,
not in orgies and drunkenness,
not in promiscuity and lust,
not in rivalry and jealousy.
But put on the Lord Jesus Christ,
and make no provision for the desires of the flesh.*

Paul's words speak directly to our recovery. Lust once covered us in darkness—shame, secrecy, and disconnection from God and others. Advent calls us to step into the light and invite God to clothe us in His strength. The Steps help us do this through daily surrender, inventory, amends, and service.

Advent is a season of watchfulness—not out of fear, but out of hope. We wait for Christ to enter our lives again today, just as He did at our moment of surrender. The same God who began our healing continues to guide us, gently and faithfully.

We prepare our hearts not through perfection, but through willingness. Not through self-reliance, but through trust. And as we do, Christ forms in us new habits of living—habits rooted in honesty, chastity, compassion, and dependence on His grace.

Reflection Questions

- What does “staying spiritually awake” look like for you in lust recovery?
- What signs help you recognize when you're drifting back toward old behaviors or spiritual sleep?
- How will you allow Advent to deepen your surrender and readiness for Christ's healing presence?

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A Thanksgiving Message of Hope

During this season of gratitude, we thank God for the gift of recovery and the grace that meets us each day. We give thanks for those who walk beside us, for the courage to grow, and for the hope that gently restores our hearts. May gratitude deepen our trust in God's care and strengthen our desire to serve others. With thankful hearts, we continue forward one day at a time.

Sunday Mass Readings this Week

First Reading: Isaiah 2:1-5

Responsorial Psalm: Psalm 19:8, 9, 10, 11

Second Reading: Romans 13:11-14

Gospel: Matthew 24:37-44