



[Our Work](#)

[Donate](#)

[Get involved](#)



Based on the gospel for 5 December, Second Sunday of Advent: Luke 3:1-6

“Prepare a way for the Lord, make his paths straight.”

Out in the desert, John the Baptist preaches a message of repentance, calling people to abandon their crooked ways and prepare a straight path for the Lord. It was a challenging message for those who heard him and remains so for us today. Yet it is also a message of hope – all people, we are told, will see the “salvation of God”.

So how can we prepare a way for the Lord this Advent?

The repentance that John the Baptist calls us to is about more than simply saying “sorry” when we have got things wrong. We are called to change – to seek to live differently.

To “prepare the way for the Lord” is to renew our relationship with God, with each other and with the earth, recognising that we are all connected.

Where might God be calling you to make a change this Advent?

Merciful God,
 you sent John the Baptist
 to preach repentance.
 Forgive us for the times
 when we have done wrong,
 when we have hurt other people
 and damaged our earth.
 Lead us to make a change,
 to live differently,
 preparing a way
 and making your paths straight.
 Amen.



Advent calendar

Join us in prayer and reflection throughout the season and journey with us as we prepare for the coming of Christ.

[Explore our Advent calendar](#)



Advent Appeal

Give to our Advent Appeal and help someone like Nomita adapt to the effects of the climate crisis.

[Donate now](#)



Advent family prayer ideas

Share the hope of the Advent season with your family or families in your parish with these prayer and activity ideas.

[Find family prayers](#)

This reflection and prayer were taken from our [Advent calendar](#).



This CAFOD email includes weekly reflections on a gospel passage. To ensure your email newsletter reaches you every time, add news@email.cafod.org.uk to your address book or contacts list. We protect your privacy and don't share personal data with third parties. [Read our privacy notice](#).

The Catholic Agency for Overseas Development (CAFOD) is the official aid agency of the Catholic Church in England and Wales and part of Caritas International. Charity no 1160384 and company no 09387398. © CAFOD 2021 If you don't wish to hear from us any more, we're sorry to see you go, but you can [unsubscribe](#)

Catholic Agency for Overseas Development
Romero House, 55 Westminster Bridge Road,
London,
SE1 7JB,