

**BREAKING WALLS
OF TENSION**

**ADVENT WEBINAR
2024
BREAKING WALLS OF
TENSION AND OPENING
THE DOOR OF HOPE**

**MESSIAH,
JESUS CHRIST,**
— gives us the —
NEW HOPE

EVIL BRUISES US,
BUT CHRIST GIVES US THE
RESTORATION AND VICTORY

Isaiah 11: 1-10



Advent
The Season of Hope and Expectation





ADVENT SEASON



ADVENT

- It's a moment of Grace, time of hoping and waiting for Christ's birth in our live.
- It's a time of learning patience in the process as we wait the coming of the Messiah, the invisible God, the Word made flesh (Col 1:15)
- Awaited fulfilment of Christmas joys of the
and M...

- ✓ Season of waiting and preparation, journeying and hoping, focus our prayers on all the walls that separate and divide us, tear our lives apart, keep us locked up and in- themes of the season: hope, peace, love, and joy as a framework to address the essential mystery of incarnation, God-with-us, the Messiah, Emmanuel
- ✓ In Hope and faith, we await the Prince of Peace to break down the dividing walls that separate us from incarnate love (Eph 2:14). *Faith sustains Hope and Hope does not disappoint (Rom 5:5)- God has given us hope and faith that rises over disappointments , tensions and darkness.*

INTERACTIVE MOMENT

→ Tensions of life's journey in our different contexts



→ Re-awaken our memories of God's goodness-Isaiah

→ Open the Door of Hope, expected Messiah, Christmas joy



Tensions of life's journey in our different contexts

❑ Painful and uncomfortable forces in life (social, spiritual, political, and cultural).

Tensions in relationships, systems and the surroundings.

❑ The *How response* towards tensions in life is very crucial and drives us to healing, Hope, joy, inner peace, communion, development and prosperity.

❑ The Hope and Faith in Christ's resurrection and the promise of the Messiah (Malachi 3:1).

Breaking Walls of Tensions

Advent themes of Hope, Peace, Love, and Joy lead us to the great MYSTERY OF

INCARNATION

Christ Born among Us
Emmanuel

Verbum caro factum est!

“Christian Hope is a gift from God that fills our lives with joy. It is very necessary and the world needs it a lot!” Pope Francis

- Journey of hope built on pillars of faith and prayers focusing on the walls that separate and divide us, tear our lives apart, keep us locked up or locked in, keep us miserable in life-community.
- Journey of transformation and conversion from different walls of darkness and tension, moment of reflection, shift of mindset and attitude.
- Moment of facing our fears, uncertainties, anxiety, asking for willingness to accept the dark/tensional moments of our lives.
- Hope helps each one of us to re-awaken the memories of God’s goodness in our life’s journey
- It is time to cultivate Hope in our lives, communities, church, society and it’s a global necessity!!!!

- ❑ Tension in life- due to strained relationships that weigh down one's spirit; happenings from a negative perspective; Trying to be all things to all people ending in disappointments.

Pick up the tension, Throw off, pause and process with grace, look to the future with Hope

- ❑ Tensions do not just melt away during Advent- Call on the continuous presence of God in every moment of our lives. We need to learn *to pause and to process with grace*; to *have patience with ourselves and others* in this wide-open space of the process of waiting with hope in Christ born for our salvation.
- ❑ Advent speaks of peace, patience, waiting, abiding, being open to newness, allowing and accepting growth, a spirit of silence that is rich with meaning and depth. Be still, I am the Lord your God-Ps 46:10

Let's question our Hope!

1. Is your hope centered in the person of Christ or something else?
2. Are you ready to “throw off the tensions from your life” in order to embrace the Door of Hope and Prince Peace? Does the Theme of Opening the Door of Hope resonate with you considering the present need of inclusion and celebration of difference in the multi-faith, multi-cultural society of today?



Reflection Let's share the different tensions we experience in life's
Personal/ journey today?

Group
Sharing

all aspects of life

Personal, from the community, society, church, social relationships and connections, spiritual, cultural, political, psychological and emotional tensions.

1. How are we navigating into these tensions towards the Door of Hope with positive attitude and Hope of the Promised Messiah?
2. Pick one area to 'throw off' this Advent

Throw off all tensions this advent

Become a prophet of Hope, Love, Peace, Repentance and of the Incarnate Joy of Christmas.

Breaking Walls of Tensions



- ✓ Fear and Insecurity
- ✓ Blame and Victim (Right is mine and blame is the other)
- ✓ I want it now attitude especially in the young generations brings tension. People want things and need them now even when some realities do not permit! Quick things with no toil!
- ✓ Competition is fierce and survival at stake which rises communal/ societal tensions-Survival attitude
- ✓ Family Tensions
- ✓ Relationship tensions (conflicts and differences)
- ✓ Work related tensions
- ✓ Irrational thinking, biases and prejudices
- ✓ Mental health problems and personality disorders
- ✓ Political instabilities
- ✓ Chronic stress which brings health risks

OPEN THE DOOR OF HOPE

Isaiah 11: 1-10 – ADVENT CALL TO NEW LIFE

- Isaiah 11 gives us hope that new life will spring forth from an injured stump:
“A shoot shall come out from the stump of Jesse, and a branch shall grow out of his roots.”
- The concrete expression of this new life, new beginning, new hope, new happiness invites us to open our hearts and trust the work of the Holy Spirit into our daily encounters (V.2)
- Encounter with humanity-networking- unity in diversity- accepting one another’s vulnerability. It’s a communal journey as pilgrims of hope, called to cast the net with hope for abundant harvest.
- Isaiah proclaims the Vision of re-ordered creation- Think of the shift of mindset and attitude and openness to newness
- God’s new creation is our promised destiny, a place where peace, justice, and grace have the final word and its our duty in this advent to work towards this final destiny, the messianic completion of creation.
“The one who has hope lives differently” (Pope Benedict XVI)

Proclamation of God's Kingdom

“In the days of the Messiah of Israel, peace shall be multiplied in the earth. The wild and tame creatures shall agree together.”

Universal call to holiness- the kingdom of the Messiah is a kingdom of peace, righteousness; of happiness and holiness. Together in the journey to holiness

When the door of Hope opens

- **Tensions, conflicts, wars, insecurities, violence, corruption and all sorts of injustices come to an end**

AND

- **Peace, joy, love, harmony shall flourish.**
- **Communion and solidarity shall prevail,**
- **Acceptance of each one's vulnerability; appreciation of differences /creative parts of each other in the society and community will thrive into transformed society, community, systems, and self.**

Fruits of the Messianic Hope

- The messianic hope creates space for reconciliation and forgiveness, detachment-letting-go attitude, shift of mindset to peaceful co-existence as God's chosen ones. We are all pilgrims of Hope!
- Building bridges and becoming a bridge with creative - positive and meaningful relationships that go beyond human judgements/put aside comfort zones, take risks. Prophets of Hope dare to risk hope
- Celebrate and appreciate diversity and giftedness of every one in a community. Creating opportunities for collaboration and partnership as means of connecting and discoveries.
- Openness to new realities/ readiness to embrace change/ creating space to talk about it for a greater move, growth, development and prosperity. This yields greater desire for God, resiliency and spiritual joy.



Further
reflection

Do these experience resonate with Me? Do I need any of them in my life as I prepare for the coming of the Messiah in my life/community? What direction do I want to give to my life, my decisions and my actions? Am I ready to celebrate the Birth of our Savior on Christmas day?

CONCLUSION

- ❖ Be God's instrument of liberation carrying good news of love, peace and salvation to the poor in this season of advent.
- ❖ Be docile and attentive to the movement of the Spirit and the cry of the poor
- ❖ Spend intentional time and deepen your intimacy with God as we get closer to the birth of the "Light of the World." the Messiah, the Door of Hope.
- ❖ Be ready for Christmas joys of the Mystery of Incarnation, celebrate with family and friends.

Ps 118:24 - "This is the day the Lord has made, Let us rejoice and be glad in it"

Merry
Christmas Sr. M. Justine Naluggya-IHMR



**LORD,
WE PRAY THAT YOU BREAK ALL THE WALLS
OF TENSIONS IN OUR LIVES AND OPEN
THE DOOR OF HOPE TO EMBRACE WITH
CHEERFUL HEARTS THE JOYS OF CHRISTMAS
AND THE KINGDOM OF PEACE, HAPPINESS
AND HOLINESS
AMEN!**

**THANK YOU
MUCHAS GRACIAS**



As Pilgrims of Hope, we are called to cultivate and deepen prayer life, faith and charity which are the major keys to christian Hope.

Pilgrim journey of Hope, is one of rediscovering God's intimate love for humanity and self rediscovery towards new life.

Sr. M. Justine Naluggya-IHMR