

Daughters  
of  
Light

An Advent Study

Heart of Mary Women's Fellowship

H.

---

# About This Study

Heart of Mary Women's Fellowship is filled with JOY to bring you this bible study for the Advent 2015 season.

*We hope that you'll dive in, grow in the Lord, and share with others what beauty God reveals to you through it. If you are doing this study independently, know that we at HOM are here for you & that you also have a LARGE community of women through our website and social media that are participating too! You are truly never alone!*

*If you are completing this study in a group setting - we are excited that you have found a local community to grow with, on top of our online sisterhood. Please use this study journal for your reference, resource, and more during your meetings and the personal time leading up to it.*

*Looking for a group? Please visit [www.heartofmarywf.com/groups](http://www.heartofmarywf.com/groups) to find a meet up near you.*

*Are you already in one but not listed on our website? Looking to start one? Please contact us for more information about our "HOM Ambassador" program. We have team members available specifically to help you grow a local group and lead other women through community, prayer, and devotion. Their support is available at all times. We also want to help you grow! We will advertise your group on our website & social media! And we have free resources for you as well. Please email us at [heartofmarywf@aol.com](mailto:heartofmarywf@aol.com)*

*Note: All written content has been reviewed by a Catholic spiritual director to cross check that all statements align with the teachings and tenants of the Roman Catholic Church.*

*© 2015 Heart of Mary Women's Fellowship. The "Daughters of Light" devotions, along with other bible studies, Marian Consecration, Catholic Talks, and other free downloads can be found at [heartofmarywf.com](http://heartofmarywf.com),*

---

# The "Daughters Of Light" Team



Writer  
*Rachel  
Peñate*



Writer  
*Elizabeth  
Imms*



Writer  
*Monique  
Ocampo*



Writer  
*Emma  
Moran*



Photography\*  
*Cailin  
Valente*



Cover Artist  
*Marta Maria  
of Messiharts  
messiharts.com*



Journal Designer  
*Kristina  
Markford*



Writing Director  
*Michelle  
Workman*

\*all photography in this journal is Cailin Valente, or commercial Stock imagery.

This journal can be printed and reproduced freely. This journal is not for sale or profit. If you would like to be an art, photography, or writing contributor, please contact us at [heartofmarywf@aol.com](mailto:heartofmarywf@aol.com)



# Daughters of *Light*

Day 13// The Joy of the Moment

Today's Scripture | Zephaniah 3: 14-17  
Luke 10: 38-42

Have you ever had something that you seriously looked forward to? Think of graduation or your wedding day or a certain birthday. The anticipation for Christmas is one that most of us can relate to. But we spend so much time hyping up the holiday that by the time Christmas actually comes around, it doesn't feel as good as when we were waiting for it.

We can get so caught up in the holiday rush. We have people to visit or people coming to visit. We have to plan meals and budgets and hunt for the best sales. We have flights to catch and deadlines and...in the midst of this rush, God can get lost in the shuffle. It's a cliché but it's true. We end up being like Martha in today's passage from Luke, worried and distracted about many things.

---

**Even as we make our plans & deal with traffic, lines, and the everyday inconveniences, we can have joy knowing that we are going to celebrate the birth of our Lord.**

It's not a bad thing to work. But in this world where we constantly rush and cut corners, where social media constantly keeps us up to date on everything, who are we giving our time and listening to? Do we listen to our endless stream of worries? Or do we listen to the Lord? When we take a step back from everything, we can listen to God and begin to properly anticipate the coming season.

One wonderful thing about being Catholic is that Christmas lasts for more than just one day. The revelry and celebration last long enough for us to properly enjoy the holiday so that by the time the actual Christmas season is over, we are ready to go back into reality. Until then, there is a certain joy in anticipa-

tion, as seen in today's passage from Zephaniah. Even as we make our plans and deal with traffic, lines, and the everyday inconveniences, we can have joy knowing that we are going to celebrate the birth of our Lord

To me, the passage comes of as a celebration of being rescued. The book of Zephaniah talks of Jerusalem being restored after Israel turns away from false idols and comes back to God. In a sense, it's as if God is rescuing Israel from itself.

Today, take some time to pray. Let God rescue you from the holiday rush. Think of all the things that God did for you this year and anticipate what He will do for you in the future. Take a moment to sit and listen to Him. Then return to the action and go forth with the joy of anticipation. I pray that you will find joy today.

- Monique Ocampo

---

a blank space to write, draw, paint, stamp, or express yourself  
share on social media with #myfavoriteverse

*my favorite verse*

# *study questions:*

**Q: How do you think we can turn everyday annoyances into opportunities to be joyful?**

---

---

---

---

---

---

---

---

---

---

**Q: Was there ever a time when you enjoyed the anticipation of something more than the actual event? How do you think you can actually enjoy the moment?**

---

---

---

---

---

---

---

---

---

---

**Q: Where do your thoughts wander to when you're idle? What are ways that we can be more aware of God when we feel bored?**

---

---

---

---

---

---

---

---

---

---





# Daughters of *Light*

Day 14// Let Nothing Disturb You

Today's Scripture

Sirach 30: 21-24

John 15: 1-11

Psalm 61

Today's passage from Sirach tells us not to give into our sorrow, anger, or jealousy. It's not an easy thing to do, even in this holiday season. Some people have to deal with Seasonal Affective Disorder, which affects their mood this time of year. Some people are angry at all the long lines and delays. Some are jealous of those who have more. We may feel sorrowful or angry about the past and jealous or regretful about what we could've done better.

In all this negative thinking, we forget the good of the present moment. Something I learned from handling anxiety is that when we become more aware of our thoughts, we can change them. That means learning how to focus on the present moment, which is not an easy thing to do.

Being aware of the present moment doesn't mean distracting ourselves with television or going on the computer. It means to be aware of God being with us in the moment. The passage from John is a familiar one: **"I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing."**

So if you're feeling sorrow, anger, or jealousy right now, go into a state of prayer. Meditate on today's passages or this quote from St. Teresa of Avila:

**Let nothing disturb you,  
Let nothing frighten you,  
All things are passing away:  
God never changes.**

---

**There is a certain joy  
in knowing that we  
can abide in the Lord,  
resting in His arms.**

**Patience obtains all things  
Whoever has God lacks nothing;  
God alone suffices.**

When we rest with the Lord, we find the joy of His presence. We remember that He is more than enough. There's a certain joy in knowing that we can abide in the Lord, resting in his arms like it says in Psalm 61. I pray that today, you will find joy and peace in the presence of the Lord.

- Monique Ocampo

---

a blank space to write, draw, paint, stamp, or express yourself  
share on social media with #myfavoriteverse

*my favorite verse*

# study questions:

**Q: Are there times during the holiday season when you feel sad or angry or resentful? What are some ways you can change that way of thinking?**

---

---

---

---

---

---

---

---

---

---

**Q: How can you apply what St. Teresa of Avila said to the times when we feel sad, jealous, or angry?**

---

---

---

---

---

---

---

---

---

---

**Q: Psalm 61 was written for David. How do you think verse 6 & 7 can apply to us even though we're not royalty?**

---

---

---

---

---

---

---

---

---

---





# Daughters of Light

Day 15// The Lord Guides Us to Joy

Today's Scripture | Psalm 16  
Matthew 10: 29-31

This particular Psalm is a favorite of mine. It reminds me that no matter what happens, I can always trust in the Lord and take refuge with him. In an ideal situation, we always keep the Lord in our hearts. It's especially relevant during Advent. Even in the midst of all the rushing, the Lord is with us. We can see it in the children playing in the snow. We can see it in people who volunteer to help the homeless. We can see it in the smiles of our family and friends.

Some of us may find it hard to trust in the Lord. But as the Psalm says "those who choose another god multiply their sorrows." We may not bow down before statues of cows, but many of us would rather find comfort in things such as wealth, pleasure, power and honor. In this time of year, wealth and pleasure are especially tempting idols. Like Ebenezer Scrooge, we can hold onto our things like a miser. We can also overindulge in shopping or eating too much or drooling over attractive actors. None of these things are bad in and of themselves, but none of them will fulfill us the way that God does.

**There is a certain joy in knowing that we can abide in the Lord, resting in His arms.**

There's a beautiful song by Audrey Assad called "Sparrow" which is inspired by today's passage from the Gospel of Matthew. It's a song that expresses the joy of knowing that God is always with us. We have joy in the Lord because we are truly free with Him.

This type of freedom can seem limiting at first. So many rules. And yet, how many of us had to learn the various rules and techniques of cooking or playing an instrument? Once we learn how to play the basic scales and chords of a piano, for example, we are free to learn how to play jazz and rock and pop melodies. When we learn how to

cook, we are free to make whatever kinds of meals we want. When we trust in the Lord, we find joy in the fact that the Lord gives us the freedom to be the best version of ourselves.

Today, I pray that you will find the joy of trusting in the Lord and that in his freedom, you will grow into the best version of yourself.

- Monique Ocampo

---

a blank space to write, draw, paint, stamp, or express yourself  
share on social media with #myfavoriteverse

*my favorite verse*

# *study questions:*

**Q: What are things that we allow to be the center of our lives instead of God?**

---

---

---

---

---

---

---

---

---

---

**Q: Why do you think giving ourselves to God is what allows us to be completely free?**

---

---

---

---

---

---

---

---

---

---

**Q: What are some ways that God can guide us to joy?**

---

---

---

---

---

---

---

---

---

---





# Daughters of Light

## Day 16 // A Joyful Heart

Today's Scripture | Psalm 126  
Colossians 1: 12-20  
1 Thessalonians 5: 23-24  
Luke 1: 46-55

Today's passages come from tonight's Evening Prayer in the Liturgy of the Hours (also known as the Divine Office). For those who don't know, the Liturgy of the Hours is a series of prayers dating back to the times of St. Benedict. Most religious orders pray the Liturgy of the Hours on a daily basis. Leah Libresco, author of *Arriving at Amen*, prays the Liturgy of the Hours as part of her daily commute. During Advent, the prayers in the Liturgy of the Hours take on a joyful tone.

---

**We can have a joyful heart and become daughters of Light by being made perfect in holiness.**

Psalm 126 is a joyful song of captives being set free. These particular verses resonate with me: "Those who are sowing in tears will sing when they reap. They go out, they go out, full of tears, carrying seed for the sowing: they come back, they come back, full of song, carrying their sheaves." (Psalm 126:6) We've all been working hard this year in different ways. Our hearts can rejoice that the Lord will reward us for our hard work and that we have this time of rest from the usual daily grind.

The passage from Colossians praises Jesus as the firstborn of all creation. "He himself is before all things, and in him all things hold together." (Colossians 1:17) It also reminds us that Jesus is the one who brought us out of the dark and that through Him, we find redemption and forgiveness. Rejoice, dearest sisters in Christ, and hold yourself together with Him. We can have a joyful heart and become daughters of light by being made perfect in holiness. Through Christ, we can be made whole in spirit, soul, and body, as it says in Thessalonians.

The Evening Prayer of the Liturgy of the Hours usually ends with the Magnificat. In praying the Magnificat, we pray that we can be like Mary. The prayer helps us show our joyful hearts by magnifying the Lord and rejoicing in our Savior. We find joy in the great things that the Almighty has done for us. We find joy in His mercy and in his strength. We find joy in humility and in His providence. Most of all we can pray in the answered prayers that God has delivered into our lives.

If you've never prayed the Liturgy of the Hours before, I highly encourage you to do so today. It's a great way to find joy in the moment and will definitely help you in the process of becoming a daughter of light.

- Monique Ocampo

---

a blank space to write, draw, paint, stamp, or express yourself  
share on social media with #myfavoriteverse

*my favorite verse*

# *study questions:*

**Q: There are other times that people pray the Liturgy of the Hours. If you made time to pray them, when would be the best time for you?**

---

---

---

---

---

---

---

---

---

---

**Q: How do you think you can incorporate prayer into your daily commute or drive?**

---

---

---

---

---

---

---

---

---

---

**Q: Which part of Liturgy of the Hours resonate with you the most?**

---

---

---

---

---

---

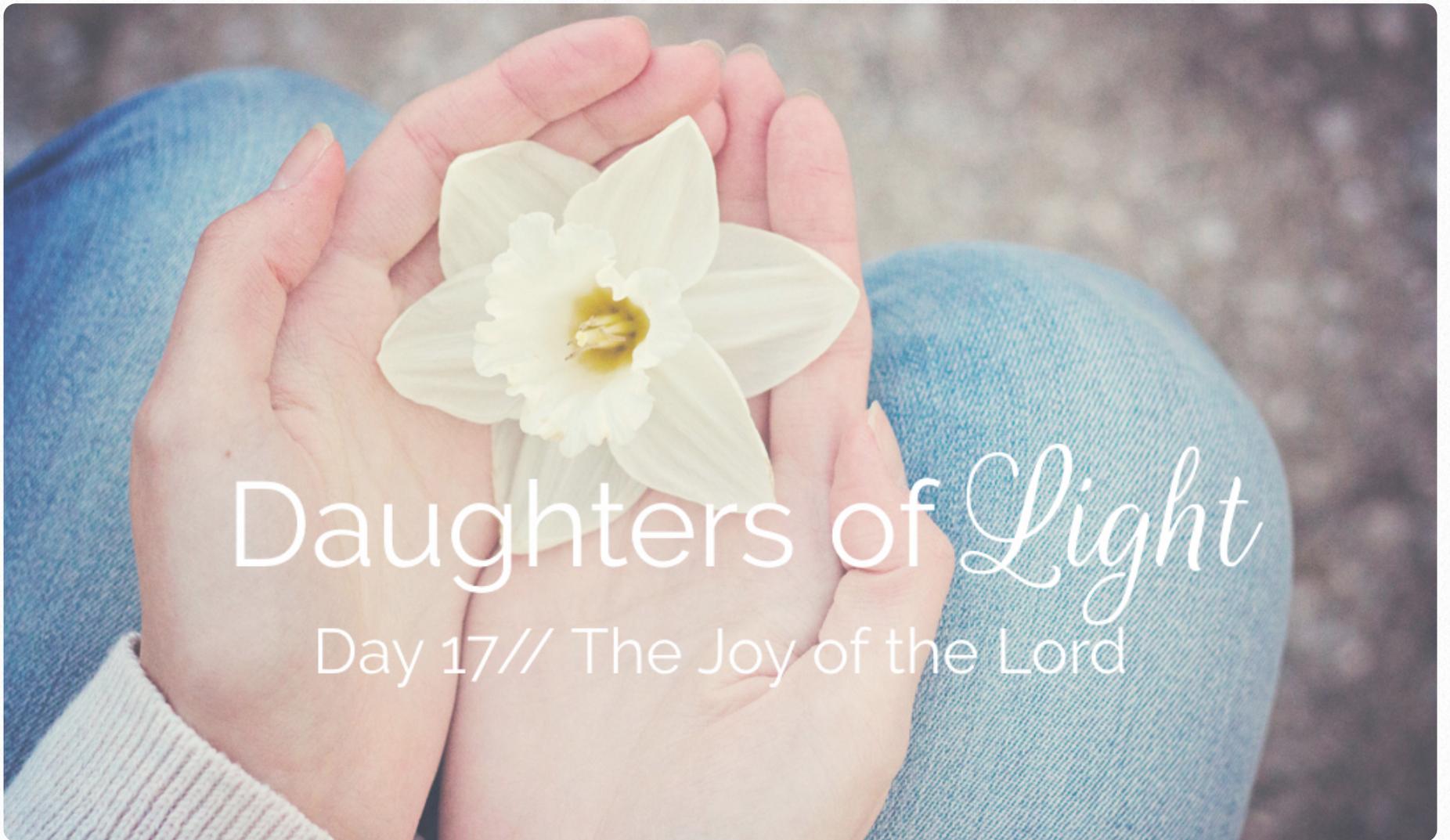
---

---

---

---





# Daughters of *Light*

## Day 17// The Joy of the Lord

Today's Scripture | Nehemiah 8: 10  
2 Corinthians 9: 7

There was a time in my life where I thought that I would be a prisoner of my own fears and anxiety. But through some retreats and a lot of prayer, the Lord gave me His strength that helped me to handle my anxieties and fears and brought me out of what I felt were the worst days of my life. It is through that strength that I found the joy that I have now.

After regaining my joy, I paid it forward by serving as a volunteer at the same retreats that I attended. This time of year is a great time to do volunteer work, but if you choose to do so, do it with a cheerful heart and not out of obligation.

---

**God is carrying you through whatever adversities or trials you are undergoing right now.**

I don't know what kind of year you had, but I'm certain that there are times that God brought you out of the dark. If you feel like you're still in the dark, know that God is already rescuing you from that. You may not see it, but like the famous Footprints poem, God is carrying you through whatever adversities or trials you are undergoing right now.

One way that we can get out of this dark place is through helping others. When we give ourselves to others, the act of serving gives us a new sense of perspective. We also realize that when we serve others, God is with us.

God is always with us, even as we wait for the day that He comes. I pray that no matter what you're going through right now, that God will give you strength and lead you to joy. Here's the good news about right now: You're already halfway out of the dark.

- Monique Ocampo

---

a blank space to write, draw, paint, stamp, or express yourself  
share on social media with #myfavoriteverse

*my favorite verse*







Photo by Cailin Valente

Today's Scripture

Revelation 4

Usually, when we go to the movies, we sit through a series of trailers that advertise movies coming soon. The best trailers catch our interest and make us want to see the actual movie. Today's passages from Revelations is like a really good trailer, showing a city made of gold and jewels, four creatures that look like they came out of a fantasy novel, and the King of Kings on the throne with a throng of subjects singing his praises.

The best thing, though, is that this passage is not just hyping up a movie, but something that will actually happen someday. Advent doesn't just make us anticipate the coming of Jesus in the world as a child, but His second coming into our world.

When we hear the word "Apocalypse" we usually think of those movie trailers that show people in a gritty, futuristic world, complete with shaky cam and photogenic young adults. Revelations, however, shows that the actual apocalypse is a joyful one. When you get past the plagues and demons, the actual story of Revelations is a sneak preview of Heaven.

It's a lot to take in, I know. Some of the stuff in Revelation seems too bizarre to be true. But the point of the text is that great things are still to come. As long as our lives are, they are still temporary compared to the eternal life that we will have in Heaven.

So how the heck can we make the most of our lives until then? By living with joy. When we lead joyful lives, we lead others into the light of the Lord's salvation. Through leading joyful lives, we become daughters of light and can anticipate the Savior's coming and our eternal lives in Heaven.

---

**Great things are still  
to come.**

Rejoice, sisters in Christ, because the Lord is coming soon.

- Monique Ocampo

---

a blank space to write, draw, paint, stamp, or express yourself  
share on social media with #myfavoriteverse

*my favorite verse*



