

23. December 2025
THE ADVENT JOURNEY
Day 24: “Why should I be afraid?”

With the Child of Bethlehem, a new era begins: the hour of grace.
Everyone is called, everyone is invited to welcome it.

God makes it easy for us to come to Him.
The tenderness of the Child proclaims: “Do not be afraid! I am here!”
So, **why should I continue to be afraid?**

The Heavenly Father sends His Son and tells us:
“I am so close to you...”
*“Be not afraid;
for to you is born a Savior”* (cf. Lk 2:10–11).

“Even if everyone else forgets you, I will not forget you” (cf. Is 49:15).
*“How can I give you up, O Ephraim!
How can I hand you over, O Israel!”* (Hos 11:8).

So, **why should I continue to fear?**

“The light shines in the darkness” (Jn 1:5).

*“O death, where is thy victory?
O death, where is thy sting?”* (1 Cor 15:55).

You escaped Herod,
you were taken to Egypt (cf. Mt 2:13–15),
you proclaimed the Gospel (cf. Mk 1:14–15)...
Why should I continue to fear?

“Thou hast cast all my sins behind thy back” (cf. Is 38:17).
You opened the gates of eternity for me.
You revealed our Beloved Father to us.
You gave us the Virgin Mary as our Mother (cf. Jn 19:27).

Why should I continue to fear?

You defeated Satan (cf. 1 Jn 3:8);

You broke the power of darkness;

You lifted up the humble and humbled the proud (cf. Lk 1:52).

Why should I continue to fear?

Together with the Father, You sent us the Holy Spirit, the Comforter (cf. Jn 15:26).

You raised the dead (cf. Mk 5:35–42);

You healed the lepers (cf. Mt 8:2–3);

and on the cross You offered Your love and forgiveness to all people.

Why should I continue to be afraid?

Lord, help our unbelief (cf. Mk 9:24)!

Lord, make us like You!

Lord, save us from ourselves and grant us boundless trust!

Then, Lord, we will no longer fear...

Meditación sobre la antífona O del 23 de diciembre:

<https://en.elijamission.net/seventh-antiphon-o-o-emmanuel-3/>