

“ ... Be Watchful! Be Alert! ...”  
“ Be on the Watch! ... Stay Awake! ...”  
Mark 13:33

*Jesus predicts his Second Coming (Parousia), at the end of time or at the end of the world.*



3am  
6am  
8am  
Noon  
2pm  
5pm  
7pm

1

Messages I learned during my formation at Gethsemani.  
Wake Up! Stay Awake! Grow up! Clean Up!

2

These words still echo in my mind after 35 years!  
“... at dusk ... at midnight ... when the cock crows ... at early dawn.”

3

There was always anticipation that the abbot would come to my cell:  
And catch me asleep. I learned to “be on guard!”  
So that my present behavior wasn’t measuring up to my commitment to prayer.

4

These scriptures teach us the need for alertness and readiness by comparing us to the gate-keeper who did not know when the owner of the house would return, “in the evening, or at midnight, or at cockcrow, or in the morning,”

5

We must always be ready so that Christ will not find us asleep.  
If we are awake and ready, then when Christ comes we will greet Him with joy.

6

Our whole life should be a preparation to meet Our Lord.

7

“ ... when we are awake ... we are not sleeping ... we are resting...”  
(Sister Mary Goolanganda)

8

Our Lord practiced the art of resting in the arms of the Father  
Jesus prayed at the sacred hours of the day:  
“Jesus went off ... praying all night to God ...”

9

Vigils | Lauds | Terce | Sext | None | Vespers | Compline |

10

I pray that when my head hits my pillow I will”  
Resting in the arms of Christ.

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Mark 1:35  
Matt6:9-13  
Matt11:25-28  
Matt 14:23  
Luke 6:12  
Luke 22:32  
Luke27:41-44  
Luke 23 :24  
John 11 :41-42  
John 12: 27-28