Today, we live in a world of endless tasks and responsibilities. Many of us rely on apps like a "To-Do List" to manage our daily lives. These lists remind us of what needs attention and help us prioritize.

In today's gospel reading, we hear John the Baptist proclaiming a spiritual *To-Do List:* "Prepare the way of the Lord, make straight his paths." "Every valley shall be filled and every mountain and hill shall be made low."

John is giving us a clear guide on how to ready our hearts this Advent for the coming of Christ. Let us reflect on this *To-Do List* and discover what it means to prepare the valleys, mountains, roads, and paths in our spiritual lives.

1. Fill the valleys: They are the low points in our spiritual lives – the areas of despair, neglect or emptiness. It can be the valley of discontent, created by a constant longing for more: more possessions, more success, more recognition. Maybe it is the valley of loneliness, where past failures or disappointments have left us feeling abandoned or unworthy of God's love. Or it is the valley of restlessness, where we feel life lacks purpose or meaning.

How do we fill these valleys? By inviting God's grace into our lives.

Spend time in prayer, rediscover the Sacraments, and fill your days with acts of kindness, works of mercy, and gestures of love. When we allow God to work in us, these valleys are transformed into places of hope and joy.

2. Level the mountains and hills: They represent the obstacles of pride, arrogance, and self-importance that block our relationship with God and others. Pride makes us see ourselves as superior, while resentment or bitterness hardens our hearts toward forgiveness Mountains of prejudice, bigotry, and selfish ambition isolate us and destroy relationships.

The way to level these heights is through humility. As St. Augustine said, "It was pride that changed angels into devils; it is humility that makes men as angels."

When we acknowledge our dependence on God and see others as equals, we begin to dismantle these barriers.

Advent calls us to repentance and conversion. True repentance is more than just feeling sorry for our sins – it requires action. It is allowing God to embrace you with his mercy. We cannot just talk about change; we must live it.

This Advent, let us take John the Baptist's *To-Do List* to heart:

- Fill the valleys of despair with God's hope and grace.
- Level the mountains of pride with humility.

With God's help, we can prepare our hearts and make room for the Lord. As we journey through Advent, may we embrace this call to repentance and renewal, trusting that God will complete the good work he has begun in us.