

Fr. Romeo Evangelista Homily
Sunday, December 7, 2025
Second Sunday of Advent
Cycle A

Noise-cancelling headsets block out the world's clamor so we can hear clearly. Advent invites us to do the same in our hearts –turning down the volume of distractions to listen for God's voice.

Our hearts are often crowded with noise: endless messages, urgent demands, and swirling anxieties. This is why Advent calls us to a spiritual “noise-cancelling” experience, silencing the competing voices so that God's gentle whisper can be heard clearly and guide our lives.

John the Baptist, in today's gospel reading, appears in the Judean desert proclaiming, “Repent, for the kingdom of heaven is at hand!” Matthew explicitly connects him to Isaiah's prophecy: “A voice of one crying out in the desert, ‘Prepare the way of the Lord, make straight his paths.’” John's message is urgent but simple. The desert – a place of silence, solitude, and emptiness – is the setting where God's voice can be most clearly heard and discerned. John warns against distractions that dull the human spirit. He reminds us: Preparation for God is not just about moral correction but about creating space and clarity in the heart.

Advent, like the desert, is a time to reduce spiritual noise. Too often, our hearts are cluttered not merely by sin, but by overstimulation: endless social

media feeds, consumerist pressures, anxiety about the future, or the seductive promises of “false saviors” – things we hope will fill or fix us. These competing voices can drown out God’s whisper of love, mercy, and guidance.

John shows us that God’s presence is most easily recognized when we silence what distracts us. The desert is not only a physical place. It is also a metaphor for the interior quiet we must cultivate if we hope to perceive the Lord’s coming in our lives. Advent calls us to deliberate spiritual quiet. That is to put our hearts on what truly matters-our relationship with God.

In doing so, we make our hearts more receptive to God’s grace. Just as a microphone picks up sound more clearly in a quiet room, our souls hear God’s whisper more distinctly when we silence competing voices. Each of us carries noise in different forms. Maybe it is the anxiety of work deadlines or family pressures. Perhaps it is the constant buzz of entertainment or the unrelenting pace of social media. Or it may be internal – guilt, shame, fear, or unresolved conflict. If we do not pause, we risk living in a constant state of spiritual background noise, unable to recognize God’s invitation, God’s comfort, or God’s guidance.

Advent offers a remedy: intentional quiet.

Imagine sitting with God without distractions – just listening attentively. What might he say to you? Perhaps reassurance for your worries, courage for your

challenges, or gentle reminders of his love. The choice to silence competing voices is also a choice to encounter God more deeply.

Advent is a season of preparation, not just for Christmas, but for the transformation of the heart. John the Baptist cries out from the desert: “Prepare the way of the Lord, make straight his paths.” The spiritual desert reminds us that God’s voice is clearest in quiet.

This season, let us embrace a “noise-cancelling Advent. May we all use this Advent to embrace silence, clear our hearts, and listen deeply... so that when Christ comes, he finds a home ready, open, and attentive.