

Advent 2022 | Series

While We Wait

Week Two : Light

Fully Engaged.
Fully Immersed.

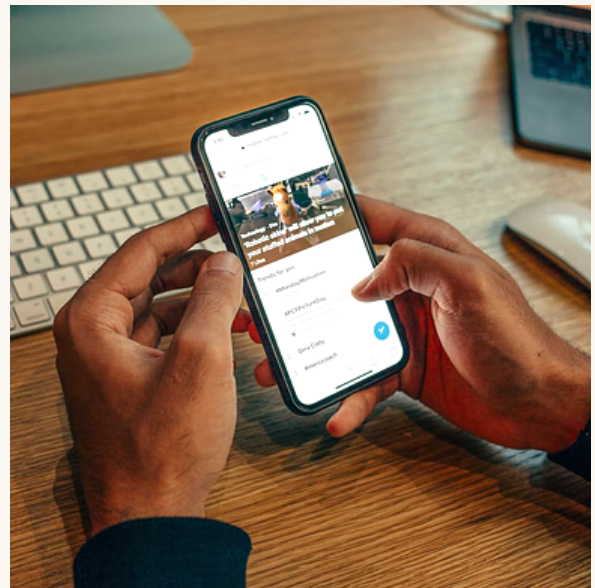
Introduction

| Week Two: Light

"Instead, I have learned things in the dark that I could never have learned in the light, things that have saved my life over and over again, so that there is really only one logical conclusion. I need darkness as much as I need light."

Barbara Brown Taylor, Learning to Walk in the Dark

At this particular time and place in history, it's easy to believe that the darkness is winning. Coming out of a global pandemic with all the uncertainty it has brought, combined with watching the chaos of the world as reported in the morning and evening news, it's difficult not to wonder where God is in all of this. If ever we needed God to speak and intervene in the happenings of the world, it is now. It feels very dark.



It doesn't help that we are also entering into the season of winter where the days are short and the nights are long. How does a person stay positive and hopeful? What do peace and joy look like in the midst of all the disruption around us?

All of this makes one wonder...are we asking the right questions? Instead of asking God where he is and why he is not doing something about all the chaos, perhaps we need to ask ourselves a different question.

What story are you living in?

There is this story of darkness that gets told every day through news, social media, advertising and often in conversation. It's just chaos and bad news all around and quite depressing and hopeless with no end in sight.

But then there is God's Story. A story of a Creator who longed for a world he could share with humans bearing his image, filled with animals and infinitely designed nature. So he created a beautiful garden (world) where everything and everyone flourished. It's a story of the unrelenting love of God toward people who continually rejected and disobeyed him and then his faithfulness to those same people in the face of exile. Ultimately, it is a story where at just the right time, when all hope was lost, a light pierced the darkness - the arrival of the long awaited Messiah. This is a story of a God who always fulfills his promises.

Every day we have a choice of which story we will pay attention to and live into. And the story we choose will shape our day and eventually shape our whole life.

The Story of Jesus tells us that he is the light of the world (John 8:12) and that his light shines in the darkness and the darkness has not overcome it (John 1:1-5).

When there is a power outage and our homes are in darkness, we light a candle so we can see. It is amazing how that tiny flame can light up a whole room. It's also amazing how when we see that little bit of light, we are put at ease and our anxiety dissipates. Living into God's Story tells us that we are deeply loved, so much so, that he left the splendour of heaven and came to us in the person of Jesus to rescue us. That Story says darkness will not win. The Light of Christ will always shine through the darkness. The kicker in all of this is...Jesus has chosen to shine his light to the world through his people - the church. Us. Let's name this story HOPE because that's what is woven throughout the entire Story of God.



So back to the question. Which story will you choose to live into?

Preparation

Preparation requires a bit of time, but it is well worth the effort.



As you prepare for the week, make sure to look over the Daily & Weekly Practices section below in order to help you get organized for the week. The various symbols, readings and activities help us to pay attention, looking for signs of God's presence in our world and for opportunities to join him in his work.

- Candles** Light the first and second candle.
- Decor** Add some Christmas decor around your house in preparation for the coming King.
- Playlist** Download the Week #2 Advent playlist, LIGHT! See "Weekly Playlist" below and scan code or click to listen.
- Planning** Check out the resources and events offered around your neighbourhood and city.

Weekly Playlist

Here is this week's playlist, "LIGHT". Download and listen. Use this music to help you lean into your time with the Lord or to quiet your soul and aid with your reflection work. *For the longer, entire Advent Series playlist, go to the Introduction booklet "Preparation" page.*

SPOTIFY



APPLE MUSIC



Scan the QR codes with phone camera or click!

Weekly Practices

Strength | Caring for the Earth

- Look for opportunities to support more sustainable living and reducing waste.
- Rather than using paper plates and plastic cups and cutlery, would you consider using real glasses and dishes this year while entertaining? Ask friends how they reduce their footprint.

Strength | Caring for our Body



Are you getting enough sleep? Sleep restores our bodies. God has not missed a thing when he created us. He designed our body to restore itself which happens through sleep and rest. During this time of year, our schedules tend to become busier than usual so sleep is an important part of taking care of ourselves. Regularly getting good sleep supports both our mental and physical health. While we sleep, our bodies repair cells, restore energy, nerve cells communicate and organize, getting rid of toxic waste, improving brain function. Through sleep, our immune systems are strengthened, we have better focus and attention, we can regulate our emotions better. Our work and school output is increased. Sleep helps lessen the risk for anxiety and depression. Some suggestions for getting a good sleep include:

- Establish a sleep routine, going to sleep and waking up at the same time every day.
- Shut off screens at least one hour before bedtime.
- Read a book or magazine before bed.
- Practicing Daily Examen prior to going to bed.

Strength | Sabbath

- Recognizing the importance of placing God in the centre of all we do, make sure to include Sabbath in your weekly rhythms.
- Prepare your heart and your home ahead of time so when Sabbath comes you are freed up to rest, remember and feast.
- Make room to gather for worship and to participate in something life giving on this day.



One Another | Living in Community

How can we love one another well this week? Living together on mission can sometimes be difficult but we are called to love one another in all circumstances.

Here are some suggestions for bringing about healthy relationships and caring for each other:

- Bless 2 people this week - one whom you know and one whom you don't know.
- Visit someone who is injured or sick or simply cannot get out. Or take someone out for a coffee.
- Is there anyone you need to forgive or ask forgiveness from? Is there a conversation that needs to happen to sort out a misunderstanding?
- Can you think of a way to love someone that is difficult to love? Maybe take some time to pray for them or to even call or get together and ask them how they are doing.



Neighbour | The Practice of Hospitality

Because we have been welcomed into the love of Christ, we in turn are able to offer others a place of safety and healing. Hospitality is not about having a well decorated home and a gourmet meal. It is about loving others the same way God loves us. Parker Palmer describes hospitality as receiving one another, our struggles and our ideas with openness and care. We are called to create an environment in which a community of love, grace and truth can form. Think of some ways you can practice hospitality this week. Remember it can be casual and imperfect! Here are some suggestions:

- Grab a coffee with someone or invite them for a walk.
- Offer a listening ear by asking someone to tell you about themselves. Be present to their story and ask questions.
- Check out the activities below for some fun activities. Here is an invite you can use for hosting something. [**Download here.**](#)

Fun Activity for Family & Friends



- **FOR ALL THE KIDS & ADULTS:** In keeping with the theme of "LIGHT", make a point of going out and looking at Christmas lights. Take a walk through your own neighbourhood with a warm beverage. Invite your neighbours to walk with you. Check out your city website to see where Christmas light displays are:
- **PAY ATTENTION!** Look for places that God is at work even in these activities. Take photos of your outing and where you see God at work. Share them with your church community and ask them to do the same.
- **REFLECT:** How did the Holy Spirit guide your time with your family and friends? Where did you experience God at work in you and with you?

Sunday



The Second Advent

Welcome to our 2nd Advent Feast Day! We celebrate who God is by gathering together with one another and bringing our offering of worship to him. We remember what the Lord has done for us throughout the ages and offer our gratitude to him. It is also a day to rest... from our work, our chores and from our worry! Pay attention to your body and what it needs. Perhaps a nap is in order or maybe an activity is preferred. Today is also an opportunity to practice hospitality. Consider doing something with a friend today, whether inviting them to your home or going for walk with them. Whatever you do, make sure it is life-giving.

| Sabbath Reflection

Take a few moments to reflect once again on Isaiah 9:2 and Luke 2:11:

- What new insights have you gained this week about the coming of Jesus as Messiah?
- If Jesus is the light of the world and his light shines through us, how can you cultivate that "light" within you?
- What can you be thankful for today in light of the Messiah coming?

Evening Prayers | Psalm 112:1-8

Before heading to bed, spend a few minutes in a quiet place and reflect back on the day. What can you give thanks to the Lord for? Where do you need forgiveness? Is there anything you are worried about that you need to surrender to the Lord for safekeeping while you sleep.

Meditate on Psalm 112:1-8.

Which verse spoke to you? Out of all the attributes and gifts from God mentioned in this Psalm, which one resonates most with you? Why do you think that is? As you enter into the second week of Advent, ask the Lord to show where you can offer this attribute to others.

End your time with the following prayer:

*Walk in the light, the beautiful light
Come where the dewdrops of mercy shine bright.
Shine all around us by day and by night.
Jesus the Light of the World.*

*Now as we come the setting of the sun,
And our eyes behold the evening light
We sing your praises, O God: Father, Son and Holy Spirit*

(Common Prayer: A Liturgy for Ordinary Radicals by Shane Claiborne, Jonathan Wilson-Hartgrove and Enuma Okuro (Zondervan: Michigan, 2010), p 2

Monday

Morning Prayers | Psalm 36:5-9

Pray this Psalm each morning this week. Take a few moments to pray this Psalm over your day. Ask the Lord to bless the day, to show you where He is at work and how you can join him. Thank him for his gift a new day to live out his love, compassion and grace wherever you go today.

Think of someone you know who does not know Jesus. Pray for them today. Allow Christ's light to shine through you as you go about your day today.

*Your love, Lord, reaches to the heavens, your faithfulness to the skies.
Your righteousness is like the highest mountains, your justice like the great deep.
You, Lord preserve both people and animals.
How priceless is your unfailing love O God!
People take refuge in the shadow of your wings.
They feast on the abundance of your house, you give them drink from your river of delights.
For with you is the fountain of life, in your light, we see light.*

Scripture Reading

You can do all your reading at once or feel free to divide your scripture reading into two parts - morning and evening.

Old Testament - Christ Will Come: Isaiah 8:19 - 9:2

New Testament - Christ Has Come: John 8:12, 1 John 1:5-9

Read through these passages of Scripture. Try to read them in a few different translations. Notice the different words used in different translations. What stands out to you in these passages of Scripture?

*Holy Spirit Come
Open my heart to receive Your grace
Open my mind to learn Your truth
Open my eyes to the wonder of Your world
Open my ears to Hear Your voice
May You use me to extend Your love to everyone I meet.
Come, Lord Jesus, Come
Amen*

How do the New Testament texts connect with the Old Testament? Where do you see God's promises fulfilled?



Reflection

How does the Isaiah text compare to the world today? How often do people seek out truth in every place other than God? Whether people look to new age spirituality, psychics, or even looking inside themselves to find their own “truth”, it will not satisfy their spiritual hunger. We can see all around us, that by seeking other kinds of spirituality or rejecting the idea of a loving God completely, the world is becoming darker. Even in this darkness, where can you see the light of Christ shining in the darkness? Where do you need Jesus to shine his light?

What strikes you about Jesus’ statement in John 8:12?

“Whoever follows me will never walk in darkness, but will have the light of life.”

How does this play out in your life? Do you believe this statement is true? Why or Why not?

What stands out to you in 1 John 1:5-9? If you are struggling to see Christ’s light or to be his light in the world, why not take some time to talk to him about that? Ask him to meet you in this struggle and help you to believe.



Evening Prayers | Examen

Take a few minutes at the end of the day to pray through this scripture passage and reflect on where you have experienced Jesus’ presence, power and pleasure in your day. Record these in your journal.

- What was life giving today? What brought you joy?
- Were you able to practice loving others today? What did this look like?
- What was challenging today? Where did you go your own way today instead of following Jesus? Take time to ask forgiveness.
- Where did you see God at work?
- What do you need to surrender to him?

*“You, Lord, are my lamp;
the Lord turns my darkness into light.
With your help I can advance against a
troop; with my God I can scale a wall.
As for God, his way is perfect; the Lord’s
word is flawless;
he shields all who take refuge in him.
For who is God besides the Lord?
And who is the Rock except our God?
It is God who arms me with strength
and keeps my way secure.”*

2 Samuel 22:29-33

*Walk in the light, the beautiful light
Come where the dewdrops of mercy shine bright.
Shine all around us by day and by night.
Jesus the Light of the World.*

*Now as we come the setting of the sun,
And our eyes behold the evening light
We sing your praises, O God: Father, Son and Holy Spirit*

CLOSING
PRAYER



(Common Prayer: A Liturgy for Ordinary Radicals by Shane Claiborne, Jonathan Wilson-Hartgrove and Enuma Okuro (Zondervan: Michigan, 2010), p 2

Tuesday

BIBLE VIDEO DAY!

Morning Prayers | Psalm 36:5-9

Take a few moments to pray this Psalm over your day. Ask the Lord to bless the day, to show you where He is at work and how you can join him. Thank him for his gift a new day to live out his love, compassion and grace wherever you go today.

*Your love, Lord, reaches to the heavens, your faithfulness to the skies.
Your righteousness is like the highest mountains, your justice like the great deep.
You, Lord preserve both people and animals.
How priceless is your unfailing love O God! People take refuge in the shadow of your wings.
They feast on the abundance of your house, you give them drink from your river of delights.
For with you is the fountain of life, in your light, we see light.*

Scripture | Bible Video

Think of someone you know who does not know Jesus. Pray for them today. Allow Christ's light to shine through you as you go about your day today.

*Holy Spirit Come
Open my heart to receive Your grace
Open my mind to learn Your truth
Open my eyes to the wonder of Your world
Open my ears to Hear Your voice
May You use me to extend Your love to everyone I meet.
Come, Lord Jesus, Come*

Amen

Links

HOPE



Scan the QR code
with phone camera,
or click!

Today we get to “watch” the Bible passage! You will find the link above. It is approximately 5 minutes in duration. Get out your pen and be ready to take notes on what stands out to you in the videos. Write down any questions you may have. Perhaps you might want to discuss them with a friend or in a small group.



Reflection

Take some time to go through the questions below. Consider discussing these with a friend or small group.

1. How does the arrival of Jesus change everything? How does he bring relief and assurance?
2. How do you think disappointment or despair might lead to anger or even violence and corruption? Consider how hope and waiting on God might diffuse these emotions and reactions and change the direction of life?
3. Consider your own questions and worries that you carry. How might these things you are carrying actually be a "waiting for God"? Is it enough to know that God will be with you in them? Why or why not?



Evening Prayers | Examen

Take a few minutes at the end of the day to pray through this scripture passage and reflect on where you have experienced Jesus' presence, power and pleasure in your day. Record these in your journal.

- What was life giving today? What brought you joy?
- Were you able to shine Christ's light to others today? What did this look like?
- What was challenging today? Where did you go your own way today instead of following Jesus? Take time to ask forgiveness.
- Where did you see God at work?
- What do you need to surrender to him?

*"You, Lord, are my lamp;
the Lord turns my darkness into light.
With your help I can advance against a
troop; with my God I can scale a wall.
As for God, his way is perfect; the Lord's
word is flawless;
he shields all who take refuge in him.
For who is God besides the Lord?
And who is the Rock except our God?
It is God who arms me with strength
and keeps my way secure."*

2 Samuel 22:29-33

*Walk in the light, the beautiful light
Come where the dewdrops of mercy shine bright.
Shine all around us by day and by night.
Jesus the Light of the World.*

*Now as we come the setting of the sun,
And our eyes behold the evening light
We sing your praises, O God: Father, Son and Holy Spirit*

*(Common Prayer: A Liturgy for Ordinary Radicals by Shane Claiborne, Jonathan Wilson-Hartgrove and
Enuma Okuro (Zondervan: Michigan, 2010), p 2*

CLOSING
PRAYER



Wednesday

Morning Prayers | Psalm 36:5-9

Take a few moments to pray this Psalm over your day. Ask the Lord to bless the day, to show you where He is at work and how you can join him. Thank him for his gift a new day to live out his love, compassion and grace wherever you go today.

Think of someone you know who does not know Jesus. Pray for them today. Allow Christ's light to shine through you as you go about your day today.

*Your love, Lord, reaches to the heavens, your
faithfulness to the skies.
Your righteousness is like the highest
mountains, your justice like the great deep.
You, Lord preserve both people and animals.
How priceless is your unfailing love O God!
People take refuge in the shadow of your wings.
They feast on the abundance of your house, you
give them drink from your river of delights.
For with you is the fountain of life, in your light,
we see light.*

Scripture | While We Wait - Lectio Divina

Christ Will Come Again: John 8:12, Matthew 5:14-16.

The "While We Wait" portion of our readings is intended to attach action to the scriptures texts. Rather than merely reflecting and absorbing the words, how will we live these words out in real life?

As we enter into these passages of scripture, let's take the posture of "receiving" rather than conquering the scripture. We often rush through our reading as part of our "to do" list. Instead, let's give the Lord the next 15 minutes to listen to him so he can reveal himself to us, to show us what is important to him and discover what he is inviting us to do with him. Read through the texts 2 - 3 times with a short pause in between each reading, allowing the words to sink into your heart. Begin with the following prayer:

*Holy Spirit Come
Open my heart to receive Your grace
Open my mind to learn Your truth
Open my eyes to the wonder of Your world
Open my ears to Hear Your voice
May You use me to extend Your love to everyone I meet.
Come, Lord Jesus, Come
Amen*



Reflection

1. What words or phrases jumped out at you as you read these texts?
2. Why do you think the Holy Spirit drew your attention to these words or phrases?
3. Where do you see the relationship between the texts and our time and place in the world?
4. How do you think God might be guiding you into living into these texts?
5. What does this look like in your neighbourhood, workplace, school or other affinity groups you are part of?

Write down your thoughts and then thank the Lord for speaking to you. If you are struggling with hearing from him, don't stress. Simply take these texts with you throughout the day and see what unfolds. Allow the scripture to stir in you organically (again... don't try to conquer it!)

Weekly Practices - Light

Take another look at this week's practices through the lens of shining Christ's light in the world?

1. What can you be doing to care for the earth?
2. Have you thought further about sleep, how it affects your body and practices that will help you get a good sleep?
3. How will you practice hospitality?
4. What activities can you be doing in your neighbourhood, with your friends or co-workers?
5. How will you bless two people this week?

It is important to be intentional and make a plan so these ideas turn into action.



Evening Prayers | Examen

*"You, Lord, keep my lamp burning;
my God turns my darkness into light.
With your help I can advance against a troop; with my God I can scale a wall.
As for God, his way is perfect; the Lord's word is flawless;
he shields all who take refuge in him.
For who is God besides the Lord?
And who is the Rock except our God?
It is God who arms me with strength and keeps my way secure."*

Psalm 18:28-32

Take a few minutes at the end of the day to pray through this scripture passage and reflect on where you have experienced Jesus presence, power and pleasure in your day. Record these.

- What was life giving today? What brought you joy?
- Were you able to shine Christ's light to others today?
- What was challenging today? Where did you go your own way today instead of following Jesus? Take time to ask forgiveness.
- Where did you see God at work?
- What do you need to surrender to him?

*Walk in the light, the beautiful light
Come where the dewdrops of mercy shine bright.
Shine all around us by day and by night.
Jesus the Light of the World.*

*Now as we come the setting of the sun,
And our eyes behold the evening light
We sing your praises, O God: Father, Son and Holy Spirit*

*(Common Prayer: A Liturgy for Ordinary Radicals by Shane Claiborne, Jonathan Wilson-Hartgrove and Enuma Okuro
(Zondervan: Michigan, 2010), p 2*

CLOSING
PRAYER



Thursday



Morning Prayers | Psalm 36:5-9

Take a few moments to pray this Psalm over your day. Ask the Lord to bless the day, to show you where He is at work and how you can join him. Thank him for his gift a new day to live out his love, compassion and grace wherever you go today.

*Your love, Lord, reaches to the heavens, your faithfulness to the skies.
Your righteousness is like the highest mountains, your justice like the great deep.
You, Lord preserve both people and animals.
How priceless is your unfailing love O God! People take refuge in the shadow of your wings.
They feast on the abundance of your house, you give them drink from your river of delights.
For with you is the fountain of life, in your light, we see light.*

Think of someone you know who does not know Jesus. Pray for them today. Allow Christ's light to shine through you as you go about your day today.



Scripture | Lectio Divina

Old Testament - Christ Will Come: Isaiah 8:19 - 9:2

Let's re-visit these Old Testament texts. Again, the posture is to listen and receive. What is the Lord saying to you through these texts? Is there a translation you prefer to read so you can better understand what the Lord might be saying to you? It's good to change things up! Begin again with this prayer:

*Holy Spirit Come
Open my heart to receive Your grace
Open my mind to learn Your truth
Open my eyes to the wonder of Your world
Open my ears to Hear Your voice
May You use me to extend Your love to everyone I meet.
Come, Lord Jesus, Come
Amen*



Reflection

1. What words or phrases jumped out at you as you read these texts?
2. Why do you think the Holy Spirit drew your attention to these words or phrases?
3. Where do you see the relationship between the texts and our time and place in the world?
4. How do you think God might be guiding you into living into these texts?

Write down your thoughts and your questions. Take them with you throughout the day, paying attention to where you see God at work. Try to make the connection between what you have read and heard in scripture and how it is displayed in the world around you. What is God showing you?




Evening Prayers | Examen

Take a few minutes at the end of the day to pray through this scripture passage and reflect on where you have experienced Jesus presence, power and pleasure in your day. Record these.

- What was life giving today? What brought you joy?
- Were you able to shine Christ's light to others today?
- What was challenging today? Where did you go your own way today instead of following Jesus? Take time to ask forgiveness.
- Where did you see God at work?
- What do you need to surrender to him?

CLOSING PRAYER



*Walk in the light, the beautiful light
Come where the dewdrops of mercy shine bright.
Shine all around us by day and by night.
Jesus the Light of the World.*

*Now as we come the setting of the sun,
And our eyes behold the evening light
We sing your praises, O God: Father, Son and Holy Spirit*

(Common Prayer: A Liturgy for Ordinary Radicals by Shane Claiborne, Jonathan Wilson-Hartgrove and Enuma Okuro (Zondervan: Michigan, 2010), p 2

Friday

Morning Prayers | Psalm 36:5-9

Take a few moments to pray this Psalm over your day. Ask the Lord to bless the day, to show you where He is at work and how you can join him. Thank him for his gift a new day to live out his love, compassion and grace wherever you go today.

*Your love, Lord, reaches to the heavens, your faithfulness to the skies.
Your righteousness is like the highest mountains, your justice like the great deep.
You, Lord preserve both people and animals.
How priceless is your unfailing love O God! People take refuge in the shadow of your wings.
They feast on the abundance of your house, you give them drink from your river of delights.
For with you is the fountain of life, in your light, we see light.*

Think of someone you know who does not know Jesus. Pray for them today. Allow Christ's light to shine through you as you go about your day today.

Scripture | Lectio Divina

New Testament - Christ Has Come: John 8:12, 1 John 1:5-9

Today we re-visit the New Testament texts. Again, the posture is to listen and receive. What is the Lord saying to you through these texts? Perhaps you will want to use your favourite translation again. Begin again with this prayer:

*Holy Spirit Come
Open my heart to receive Your grace
Open my mind to learn Your truth
Open my eyes to the wonder of Your world
Open my ears to Hear Your voice
May You use me to extend Your love to everyone I meet.
Come, Lord Jesus, Come*

Amen

Reflection | Part One

1. What words or phrases jumped out at you as you read these texts?
2. Why do you think the Holy Spirit drew your attention to these words or phrases?
3. Where do you see the relationship between the texts and our time and place in the world?
4. How do you think God might be guiding you into living into these texts?

Reflection | Part Two

Take all that you have heard and discovered so far this week through all the various practices, prayers, videos readings and discussions.

- What are you learning?
- What key themes have captured your attention?
- How can you tangibly live these themes out in your life? What would it look like?

You might consider reaching out to trusted friend to discuss your thoughts and questions.

Evening Prayers | Examen

Take a few minutes at the end of the day to meditate on this scripture and reflect on where you have experienced Jesus presence, power and pleasure in your day. Record these.

- What was life giving today? What brought you joy?
- Were you able to shine Christ's light to others today?
- What was challenging today? Where did you go your own way today instead of following Jesus? Take time to ask forgiveness.
- Where did you see God at work?
- What do you need to surrender to him?

CLOSING PRAYER



*For God, who said
"let light shine out
of darkness,"
made his light
shine in our
hearts to give us
the light
of the knowledge
of God's glory
displayed in the
face of Christ.*

2 Corinthians 4:6

*Walk in the light, the beautiful light
Come where the dewdrops of mercy shine bright.
Shine all around us by day and by night.
Jesus the Light of the World.*

*Now as we come the setting of the sun,
And our eyes behold the evening light
We sing your praises, O God: Father, Son and Holy Spirit*

*(Common Prayer: A Liturgy for Ordinary Radicals by Shane Claiborne,
Jonathan Wilson-Hartgrove and Enuma Okuro (Zondervan: Michigan,
2010), p 2*

Saturday

Morning Prayers | Psalm 36:3-9

Take a few moments to pray this Psalm over your day. Ask the Lord to bless the day, to show you where He is at work and how you can join him. Thank him for his gift a new day to live out his love, compassion and grace wherever you go today.

Think of someone you know who does not know Jesus. Pray for them today. Allow Christ's light to shine through you as you go about your day today.

*Your love, Lord, reaches to the heavens, your
faithfulness to the skies.
Your righteousness is like the highest
mountains, your justice like the great deep.
You, Lord preserve both people and animals.
How priceless is your unfailing love O God!
People take refuge in the shadow of your wings.
They feast on the abundance of your house, you
give them drink from your river of delights.
For with you is the fountain of life, in your light,
we see light.*

Scripture | Lectio Divina

While We Wait - Christ Will
Come Again:

- John 8:12
- Matthew 5:14-16

*Holy Spirit Come
Open my heart to receive Your grace
Open my mind to learn Your truth
Open my eyes to the wonder of Your world
Open my ears to Hear Your voice
May You use me to extend Your love to everyone I meet.
Come, Lord Jesus, Come*

Amen

Reflection | Part One

1. What words or phrases caught your attention?
2. How do these words and phrases connect with all you have learned and discovered this week?
3. If we are to let our light shine before others, what will that look like in your life? How will you be the light that shines in the darkness so others can see the hope of Jesus?

Jesus, Light of the world, I yield myself to Your invitation to be full of light. Today may my light shine before others, that they may see good deeds and glorify our Father in heaven.

Amen

Yielding Prayer (Lectio 365, November 29, 2022)



Reflection | Part Two

Tomorrow is Sabbath. Reflect on the following questions:

- What do you need to do today in order to prepare your heart for gathering with your church community in worship?
- What do you need to do around your home to prepare for Sabbath?
- What Advent activity can you engage in today or tomorrow?
- Who can you invite along with you?



Evening Prayers | Examen

For God, who said "let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of God's glory displayed in the face of Christ.

2 Corinthians 4:6

Take a few minutes at the end of the day to reflect on where you have experienced Jesus presence, power and pleasure in your day. Record these.

- What was life giving today? What brought you joy?
- Were you able to shine Christ's light to others today?
- What was challenging today? Where did you go your own way today instead of following Jesus? Take time to ask forgiveness.
- Where did you see God at work?
- What do you need to surrender to him?

PRAYER FOR SABBATH REST

Lord Jesus, Come

*Thank you for your presence in my life and in the world this week.
As I prepare my heart for Sabbath tomorrow, would you meet me in this place?
Would you gently show me how you want me to worship you tomorrow?
Will you tenderly guide me into your presence?
Will you instil courage in me to let go of my need to be in control
so that I may be present to you tomorrow?
Will you restore my soul?*

Amen