

**December 2, 2018 – Advent 1 (C)**  
**First Week of Advent: Saying “Yes” to the Journey**

As Advent begins this week, we invite you to orient yourself to the coming of the Jesus at Christmas through the practices of *Journeying the Way of Love*. This journey begins by saying “yes” to God’s call to birth new life into the world—a call that is both powerful and gentle, a call that will, if fully embraced, grow beyond our imaginations, spilling out of ourselves and into our family, friends, community, and the whole world.

Over the course of this holy season, we invite you to respond to that call using these daily practices and encourage you to offer them to your friends, family, and neighbors.

**Sunday, December 2**  
**WORSHIP**

Pay attention during worship today. What part of the service fills your heart?

**Monday, December 3**  
**GO**

Take time to listen closely to someone you may not ordinarily take seriously, or who has a different perspective than you.

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Tuesday, December 4

**LEARN**

Take time to read Luke 1:26-38. What is God calling you to say “yes” to?

Wednesday, December 5

**PRAY**

Set a timer for five minutes. Silently repeat this prayer: “Come, Lord Jesus.”

Thursday, December 6

**BLESS**

In the spirit of St. Nicholas, practice a random act of kindness today.

Friday, December 7

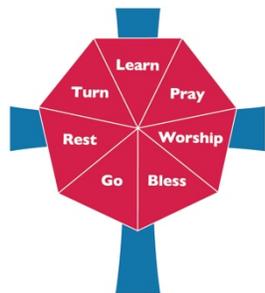
**TURN**

Reflect: Where have I fallen short this week? How can I make amends?

Saturday, December 8

**REST**

Do something today that replenishes your spirit.



**THE WAY OF LOVE**  
*Practices for Jesus-Centered Life*

For more Advent resources related to the Way of Love, visit [episcopalchurch.org/wayoflove](http://episcopalchurch.org/wayoflove). There, you’ll find links to the full Advent curriculum *Journeying the Way of Love*, as well as a nine-session curriculum for use anytime, a printable Advent calendar, video, and much more.

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