



BULLETIN INSERTS

December 3, 2023 – Advent 1 (B) First Week of Advent: Saying “Yes” to the Journey

As Advent begins this week, we invite you to orient yourself to the coming of 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.

For more Advent resources related to the Way of Love, visit episcopalchurch.org/wayoflove. There, you’ll find links to the full Advent curriculum *Journeying the Way of Love*, as well as *Living the Way of Love in Community*, a nine-session curriculum for use anytime.

Sunday, December 3

WORSHIP

Read Luke 21:25-36. How do the symbols of the Advent season help you understand the story of Jesus? Where do you see them in your worship today?

Monday, December 4

TURN

Read Isaiah 58. How does this reading challenge you to think about feasts and festivals differently? How might this lesson change the way you celebrate or recognize this holy season?

Tuesday, December 5

LEARN

Read Matthew 4:18-22. How do these verses from Matthew inspire you to read Scripture with new eyes? Try reading several different translations of this passage. See how the language might change your reading of it.

Wednesday, December 6

PRAY

Pray along with the Collect for Advent 1, found on page 211 of *The Book of Common Prayer*. Set a timer for three minutes to sit in silence and hear what God might be saying back to you.

Thursday, December 7

BLESS

Call or write a letter to a family member with whom you would like to have a closer relationship. Make plans in the new year to chat on the phone or meet over Zoom or in person. Let them know how much you love them and look forward to knowing them better.

Friday, December 8

GO

Read or watch your local news. Ask God to open your heart and eyes to ways you can promote reconciliation and healing in your community.

Saturday, December 9

REST

Spend at least 45 minutes outside today, without doing yard work or fixing lights or redoing bows on the garland. Take some time to just sit outside and let the air wash over you, taking away the stress and worry of the moment. Read Psalm 100 before and after your outside time. See how this psalm may help you rest and recharge your spirit.



THE WAY OF LOVE
Practices for Jesus-Centered Life