

## Daily Disciplines

### Devotion:

Night is drawing nigh. How long the road is. But for all the time the journey has already taken, how you have needed every second of it in order to learn what the road passes by.

--Dag Hammarskjold

### Journal Prompt:

Journal what comes to mind when you sit without expectation or anticipation. What comes to mind as you sit still and listen for the still, small voice of God.

### Prayer Prompt:

Practice slow walking- We often find ourselves caught up in the hustle and bustle of this time of year, forgetting the need to slow our hearts and minds and spend time preparing for the birth of the Messiah. Take a slow walk through your neighborhood or around where you work. Be intentionally silent. Notice what you see, hear, smell, and feel.

### Lectio Divina:

Practice lectio divina using this from the writing of Pierre Teilhard de Chardin:

Everything beyond a certain distance is dark, and yet everything is full of being around us. This is the darkness, heavy with promises and threats, which the Christian will have to illuminate and animate with the divine presence.