

Daily Disciplines

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Devotion:

In the early morning hours
when the world waits for Jesus,
the angels gather in great anticipation
and listen for the voice of God:
Fly!
In tremendous fluttering,
They're off.
Those of us who believe
Know it is time for us to fly, too!!

Ann Weems, *From Advent's Alleluia to Easter's Morning Light*

Journal Prompt:

Since the coming of Christ goes on forever—he is always he who is to come in the world and in the church—there is always an Advent going on.

--John Danielou

How is Advent always happening in your life?

Prayer Prompt:

As you prepare for prayer, ponder the Advent miracle that sets you free, releases you from all anxiety, and anticipates a hope that fulfills our deepest yearning.

Lectio Divina:

Practice lectio divina using:

O Lord, through your Son you command us, no, you counsel us to ask, and you promise that you will hear us so that our joy may be complete. Lord, I am making the request that you urge us to make through your Wonder-Counselor. Give me then what you promise to give through your truth. You, O God, are faithful; grant that I may receive my request, so that my joy may be complete.

Meanwhile, let this hope of mine be in my thoughts and on my tongue; let my heart be filled with it, my voice speak of it; let my soul hunger for it, my body thirst for it, my whole being yearn for it, until I enter into the joy of the Lord, who is Three in One, blessed for ever. Amen.

--Anselm, Eleventh century