

AdventWord—Week One

November 27th to December 4th



AdventWord
NOVEMBER 27 - DECEMBER 25
2022

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adventword.org 

AdventWords come from the Sunday Lectionary Readings during the four Sunday's of Advent.

Use this material however you wish.
There will also be a daily post on the Makar Facebook page and church website.

This prayer poem includes all the words of this year's AdventWord. You might like to begin each day slowly saying/praying this. You might like to light a candle as, or before you say the prayer.

Come together,
breathe delight,
wilderness traveller,
thirsty stranger;
Let us walk the mountains
through rain and fire
in beloved unity, welcome sign.
Obedience ready may we flourish,
through these Advent days;
as we hear the messenger
And chose to restore God's Majesty
Purify our winnowing
to teach Emmanuel.
Make 'God with us' take birth.
Amen.

On the following pages you will find the verse that day's word comes from, a starting point for you to contemplate the word should you need it, and an activity for each day. There is also an optional extra each day. You can do them at any time of day, all at once, or spread out..

Sunday 27th November - WALK

Today's word comes from Isaiah 2:5
Come, descendants of Jacob, let us walk in the light of the Lord!

Day 1

When we are born we can not walk, we lie on our back kicking our legs in the air, our feet are grabbed and our toes wondered at.

Time passes and the urge to move grows, to get around and explore, first we use our legs to crawl, then we discover that by

pulling ourselves up we can get on our feet, and slowly, steadily, with a few stumbles, we learn to walk.

Suddenly we are taking walking for granted, we find new forms, skipping, running, jumping, walking becomes just walking, we forget the wonder it once held, the goal and achievement of those first steps.

Isaiah encourages not just to walk, but to walk on in the Light of the Lord, to walk with those who have walked before us, we journey through Advent in community with each other and with all our ancestors.

Moses was told to take off his sandals for he stood on Holy Ground, each step we take is walking on God's holy ground, this Advent and always.

Activity

Today, if you are able, take the time to simply stand and think about walking, don't walk, just think about it.

Think about lifting your foot and placing it, look at the ground in front of you, where would you place it? Why is that a good place to put your foot, what would make it a bad place?

Now go for a walk, even if it is only a couple of steps around your home.

Be intentional think about lifting your foot, where you are going to place it, feel how your body knows what it is doing, how your body is reacting.

God, in the form of Jesus, stepped just as you do. Jesus felt the ground beneath human feet, knew the pain of stepping on a stone, although not a lego brick! Knew the tiredness of feet that had been on the go all day. Knew that our very bones could ache as he hung on the cross.

Spend some time if you can giving thanks for the gift of walking, a simple thing most of us take for granted.

You may wish to journal some of your thoughts or prayers for those less able to walk on bottom of this page. Or maybe doodle something about walking.

Extra

You might want to think about what it means to walk in the Light of the Lord. Where is God's light currently shining brightest in your life?

Monday 28th November - **T**OGETHER

Today's word come from Psalm 122:3
'Jerusalem built as a city that is bound firmly together.'

Day 2

We don't live in Jerusalem, but we have streets as they do, we have neighbours as those then and now in Jerusalem do. There are those who make their livings in local workplaces, schools, hospitals, shops.

We are closer to those ancient Jerusalem inhabitants than we first might think.

Even if we live alone, we live together in community with others. When you are out today, take time to notice and give thanks for those who are around you, be they friend or stranger.

Those drivers in other cars, or in the bus or train with you, those in shops, those working outside in the chill. Those who grew the food you eat today, those who work on the national grid providing your electricity from its source to the other end of the switch you flick.

Being together is not only about being in close physical proximity, our lives are inter-connected to people throughout the world. Together we live and breathe.

Activity

Take time to think about the things that make up the main meal of this day. Think about every single ingredient even the seasonings. Think about how and where it grew, how it got to you, who made it. Give thanks for all those people, who together provided your meal.

Extra

Write a prayer for all those - in real life or via the internet in it's various guises - you met, or spoke to, or had mail, even if it was a bill, from today.

Tuesday 29th - TEACH

Today's word comes from Isaiah 2:3

'Many peoples shall come and say, "Come, let us go up to the mountain of the LORD, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths." For out of Zion shall go forth instruction, and the word of the LORD from Jerusalem.'

Day 3

Isaiah is suggesting in this verse that we can not learn about God away from God. We need to make the effort to go to where God is. Now of course we know, this side of Jesus' birth, death and resurrection; that God is everywhere. However, even in the knowing of that we all know places, sometimes referred to as, 'thin places', where God seems more present.

Take time today to visit one such place if you can, or if you can't to set aside some time to think about the last time you visited such a place.

Think about how you felt, in your body, in your soul.

Think about how it felt to leave that place.

What did God teach you when you were there?

Was it a new teaching or the affirmation of something you had forgotten?

Activity

Tell someone, who you haven't told before, about one of those places you feel God. If you can tell them about how it makes you feel.

Extra

Ask someone if they have a special place, where they feel close to God. If it is possible go and visit it.

You might like to write or draw something about the place.

Wednesday 30th - MOUNTAINS

Today's word comes from Isaiah 2:2

'In days to come the mountain of the Lord's house shall be established as the highest of the mountains, and shall be raised above the hills; all the nations shall stream to it.'

Day 4

When you climb a mountains you get the most wonderful of views, You can see all around, on a clear day for miles. The places and things that seemed so big and busy when you were amongst them, become specks in a much bigger landscape.

During Advent we step back and look at our lives, are we ready for Christ's return?

As we take some time today to look at our lives, not close up in details, but from a distance, from a mountain top, we might realise something that has been taking a lot of time and attention isn't actually where God wants us to be spending out time and attention.

Look around, is there something that we have been missing, our busyness blinkering us to where God wants us to be streaming to?

Activity

If you can find a high place, it doesn't need to be a mountain, it could be a hill or even the top floor of a tall building. Look and see just how far you can see. Try and find something that you know is definitely out there. How difficult was it to find? If it was difficult to find something you were looking for imagine how difficult it would be to find something you didn't know was there.

Extra

If you see something new that peeks your curiosity, go and seek it out.

How did you feel finding it?

Thursday 1st December - **MAKE**

Today's word comes from Romans 13:14
'Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.'

Day 5

As someone who likes to craft and bake and paint and well do anything creative, the word Make immediately says to me, to engage with something to make it into something else. Be it an egg into an omelette, a ball of wool into a seafarers hat or a lump of clay into a star.

We are wonderfully and marvellously made. (Psalm 139) Paul wants us to remember that is how we started, things went awry, more than once, until God' sent Jesus, now ... it is up to us not to mess it up again.

We have been made in the image of the Maker, wonderfully and marvellously, Paul is reminding us that God only wants that which is best for us for we are beloved children of God.

Activity

Whenever you meet someone today, marvel at their uniqueness. If it is someone you know tell them what you think is wonderful about God's creation in them. Maybe a physical feature, maybe an attribute, maybe a characteristic custom they have, or a gift of some kind they have. If you don't meet anyone in person, get out some family photos and look through them remembering the special things about those people and give thanks to God for them.

Extra

Do the same for yourself. That can often be the hardest thing to do, try and take time to think and give thanks to God, for all the wonderfully marvellous things there are about you, yes you.

Friday 2nd December - **READY**

Today's word comes from Matthew 24:44
'Therefore you also must be ready, for the Son of Man is coming at an unexpected hour.'

Day 6

Robert Baden-Powell explains: "The Scout Motto is: BE PREPARED which means you are always in a state of readiness in mind and body to do your duty."

To be prepared, ready, out of duty is one thing, however for the Christian we are called to be ready not out of duty but out of love. The love of God for us. The love of us for God. The love of God for all. The love of us for God in all. This is what we are called to do through our baptism and through our regular receiving of the Eucharist. In loving as God loves, as Jesus exemplified, we are as ready as we ever can be.

To be ready means being ready even at the least expected of times. The eucharistic liturgy is set out that we receive forgiveness either just before we hear the word of God, before the readings, or just before we receive the Eucharist. Either way there is an acknowledgement that we aren't always quite as prepared as we could be, We need to seek forgiveness before we receive word or sacrament if we are fully to understand and absorb the wonder we are engaging with.

Jesus warns us that we might not always have that opportunity, that time, that last gasp rescue, if we rely on human ways.

While we should be prepared at all times because we do not know the century, year, month, week, day, time, hours, minutes, second, we probably won't be ... yet.

While we are flawed and as such there is a big chance we might not be ready and waiting in full confidence. We are not called to be perfect only ready. God knows we will struggle, even fail, and God also loves, so will forgive our unpreparedness if it is not a constant state but rather a blip in our journey of faith. We are called to be ready, not perfect, God doesn't require that of us we can not attain. Jesus was the only one to wear human flesh who was perfect.

All that being said there is still hope, there is always hope, for

those who wish to trust in God's promises. If we love, strive to love as God loves, then we will always be ready even in our unpreparedness. For to love is to reflect God and if we love in the face of all and any then we are ready.

Activity

Try and stop every hour on the hour and imagine how prepared you would be if Jesus had just appeared in front of you. Do you find yourself being more aware of the up coming hour as the day progresses?

Extra

Re-read some of the Bible stories that you remember about encounters people have with God. How ready do you think they were?

Saturday 3rd December - **U**NITY

Today's word comes from Psalm 122:7

'Peace be within your walls, and unity within your towers.'

Day 7

Without unity there is no peace. Without peace there is no unity. We can not be united with those we are not at peace with. Yes we can be at unity with those who we disagree with, but not with those we are not at peace with. Unity and peace go hand in hand. In peace we put aside the things that seek to separate, divide, destroy. In unity we say such things will not win for we are one with God and God is one with us and in unity all will be well, all will be well, all will be well.

Activity

The thoughts above end with an adaptation of Julian of Norwich's famous words, the full quote is:

"It is true that sin is cause of all this suffering, but all shall be well, and all shall be well, and all manner of things shall be well. These words were said very tenderly, indicating no kind of blame."

Think about a situation where there is no peace or unity, how could/would removing blame from the situation help?

Extra

Read Julian of Norwich's book, Revelations of Divine Love, You can read it for free here

[The Project Gutenberg eBook of Revelations Of Divine Love, by Julian of Norwich.](#)

or listen to a narration of it free, here [Revelations of Divine Love : Julian of Norwich : Free Download, Borrow, and Streaming : Internet Archive](#)

Sunday 4th December - DELIGHT

Today's word comes from Isaiah 11:3

'He will delight in obeying the Lord. He will not judge by appearance nor make a decision based on hearsay.'

Day 8

This verse is part of Isaiah's prophecy concerning Jesus. Jesus is different from all others who have lived in flesh and blood, because he not only doesn't judge, he does not judge by appearance, or on the account of what others say or think. Jesus delights in following God's ways, ways of love and justice, ways of peace and forgiveness, ways of understanding and acceptance. All too often the world looks at those of faith and only sees judgement. Judgement isn't the reflection of God whom we are called to reflect. Our delight, just like Jesus' delight, should be in following God's greatest commandment. To love God with all our heart, all our soul, all our mind and all our strength, and, *and, and*, our neighbour as ourselves.

As we await, praying for God's Kingdom to come and the world to know God's hope, peace, joy and love

Activity

The first 8 words were:

Walk, Together, Teach, Mountains
Make, Ready, Unity, Delight

Using these words and what you have discovered on this first week of journeying write a prayer of thanksgiving.