

Advent Reflections



A chance to pause and reflect as we approach Christmas

Week 1 Stars

What do stars mean to you?



Look at the star and remember we are all created from atoms that were born in stars.

Each of us are individuals, who shine as a bright star to God.

Rest with God, knowing you are loved.

The Star is an important symbol of travelling in the Christmas story, we begin our Advent journey with a star.

Light a candle and pause. Breath in and out and settle before God.

God of time and God of eternity,

For you we wait.

God of outer space and God closer than we can imagine

For you we wait.

God of the roaring noise
of the world and God of
silence

For you we wait.

In this place and in this
time

For you we wait.

Stars were a symbol in
God's relationship with
one of the parents of the
faith, Abraham. They
symbolised a promise.

**May the God of
Advent, the God of
waiting, the God
with us, bless us all
now and evermore.**

God said to Abraham,

*“I will make your
offspring as numerous
as the stars of heaven
and will give to your
offspring all these lands;
and all the nations of the
earth shall gain blessing
for themselves through*

*your offspring because
Abraham obeyed my
voice and kept my
charge, my
commandments, my
statutes, and my laws.”*

(Genesis 26:4 – 5)

Each day light your
candle and say the
prayer.

Pause with the short
reading and the thought
for the day, focussed
around this week's
symbol.

Monday:

*“God made the two
great lights—the greater
light to rule the day and
the lesser light to rule
the night—and the
stars.” (Genesis 1:16)*

How often do you
consider the Cosmic
God? How does that
make you feel?

Tuesday:

“When I look at your heavens, the work of your fingers, the moon and the stars that you have established; what are human beings that you are mindful of them?” (Psalm 8:3-4)

Our creator cares about us, what cares do you want to bring to God today?

Wednesday:

*“He determines the number of the stars; he gives to all of them their names.”
(Psalm 147:4)*

Do you sometimes feel insignificant to God? Pause to remember God never forgets us.

Thursday:

“Those who are wise shall shine like the

brightness of the sky, and those who lead many to righteousness, like the stars forever and ever.” (Daniel 12:3)

Pause with God and ask for wisdom today.

Friday:

*“Where is the child who has been born king of the Jews? For we observed his star at its rising and have come to pay him homage.”
(Matthew 2: 2)*

The wise men were searching the heavens for signs of God at work. What signs can we see around us?

Saturday:

May the God of Advent, the God of waiting, the God with us, bless us all now and evermore.

Week 2: Sheep



What images come to mind when you think of sheep and shepherds?

Imagine that the Lord, Our Good Shepherd is caring for you.

Sheep are part of more than the Christmas story. For centuries prophets used them to teach us about God.

Light your candle and pause. Breath in and out and settle before God.

Loving Shepherd,

you spoke to the prophets of old of a

Saviour who would bring peace.

You helped them to spread the joyful message of his coming kingdom.

Help us, as we prepare to celebrate Jesus's birth, to share with those around us the good news of your purpose for us and your love for us

Some of God's earliest followers were shepherds, like Jacob.

The people of God were so familiar with shepherds that the prophets identified kings as good or bad shepherds of the people. When humans fell short, God was the ultimate and constant shepherd.

**May the God of
Advent, the God of
waiting, the God
with us, bless us all
now and evermore.
Amen**

*“God will feed his flock
like a shepherd; he will
gather the lambs in his
arms, and carry them in
his bosom, and gently
lead the mother sheep.*

(Isaiah 40:11)

Monday:

*“The Lord is my
shepherd I shall not
want. He makes me lie
down in green pastures”
(Psalm 23: 1-2)*

Are you in need of a
gentle shepherd today?
Read the rest of Psalm
23 slowly, noting its
promises.

Tuesday:

*“O come, let us worship
and bow down, let us
kneel before the Lord,
our Maker! For he is
our God, and we are the
people of his pasture,
and the sheep of his
hand. (Psalm 95:6-7)*

Wednesday:

*“I have gone astray like
a lost sheep; seek out
your servant, for I do not
forget your
commandments.”
(Psalm 119:176)*

Does God seem far
away?

Pause, and ask God to
draw near, like the
psalmist.

Thursday:

*“As shepherds seek out
their flocks when they
are among their
scattered sheep, so I will*

seek out my sheep.”

(Ezekiel 34: 12)

How do you see God's love for us in these words?

Friday:

“...the shepherds said to one another, “Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us.”

(Luke 2: 15)

How do you think the shepherds felt as they headed towards Bethlehem?

Saturday:

Which reading has meant the most to you this week? Read it out loud as you reflect on your week

Week 3: Dove

Used on Christmas cards as a symbol of peace, the dove also symbolises the Holy Spirit, our guide and comforter.



Which are you most in need of today?

In the Christmas story, God promises peace and goodwill for all. Yet, too often, peace seems far away. This is when we need to trust in God's promises and share them with others.

Light your candle and
pause. Breath in and out
and settle before God.

*We are called to be
God's own.
From the mountains
announce the good
news.
God comes in justice
and peace,
to all who follow his
ways.
We are God's children.
make us one in the peace
of Christ
today and for ever.
Amen.*

John's mission was to
get people ready to hear
the Good News, that
God's promises would
soon be fulfilled. He
witnessed this himself
when he saw God's
Spirit as a dove
descending on Jesus
after his baptism.

**May the God of
Advent,
the God of waiting,
the God with us,
bless us all now
and evermore.
Amen**



*John wore clothing
made of camel's hair,
with a leather belt
around his waist, and he
ate locusts and wild
honey. And this was his
message: "After me
comes the one more*

*powerful than I, the
straps of whose sandals
I am not worthy to stoop
down and untie. I
baptize you with water,
but he will baptize you
with the Holy Spirit.”*

(Mark 1:6-8)

Monday:

*“The dove came back to
him in the evening, and
there in its beak was a
freshly plucked olive
leaf; so, Noah knew that
the waters had subsided
from the earth. (Genesis
8:11)*

What signs of peace can
you see today?

Tuesday:

*“The Lord bless you and
keep you; the Lord make
his face to shine upon
you and be gracious to
you; the Lord lift up his
countenance upon you*

*and give you peace.
(Numbers 6:24-26)*

Rest in God’s blessing
today.

Wednesday:

*“Depart from evil, and
do good; seek peace,
and pursue it.”
(Psalm 34:14)*

How might the Holy
Spirit guide you to bring
peace today?

Thursday:

*“For a child has been
born for us, a son given
to us; authority rests
upon his shoulders; and
he is named Wonderful
Counsellor, Mighty God,
Everlasting Father,
Prince of Peace.”
(Isaiah 9:6)*

God's promises to Isaiah were fulfilled in Jesus. Can you trust as Isaiah did?

Friday:

“How beautiful upon the mountains are the feet of the messenger who announces peace, who brings good news, who announces salvation”
(Isaiah 52:7)

Isaiah and John told of the coming of the Prince of peace. Who needs to hear this message today?

Saturday:

Which reading has meant the most to you this week? Read it out loud as you reflect on your week

Week 4: Angels

How do you imagine an Angel?

Gentle, or powerful?

Just a messenger, or a heavenly being?

Ask God to show us the call we should answer.

Angels, God's messengers, are seen throughout the Christmas story, bringing news—and fear.



Light your candle and pause. Breath in and out and settle before God.

Lord Jesus, light of the world, blessed is Gabriel, who brought good news; blessed is Mary, your mother.

Bless your Church

**preparing for
Christmas.
and bless us your
children, who long
for your coming.
Amen.**

Even though God was asking Mary to do something challenging. Mary bravely said “Yes” to God’s call on her life.

**May the God of
Advent, the God of
waiting, the God
with us, bless us all
now and evermore.
Amen**

*Gabriel said to her,
“Do not be afraid,
Mary; you have found
favour with God. You
will conceive and give
birth to a son, and you
are to call him Jesus. He
will be great and will be*

*called the Son of the
Most High. The Lord
God will give him the
throne of his father
David, and he will reign
over Jacob’s
descendants forever; his
kingdom will never
end.”*

(Luke 1: 30-33)

Monday:

*“And he dreamed that
there was a ladder set
up on the earth, the top
of it reaching to heaven;
and the angels of God
were ascending and
descending on it. (Genesis
28:12)*

In Jacob’s dream, angels are here among us; how does that make you feel?

Tuesday:

*“There the angel of the
Lord appeared to him in
a flame of fire out of a
bush; he looked, and the*

bush was blazing, yet it was not consumed.

(Exodus 3: 2)

Moses' angelic experience had him barefoot on holy ground. What makes something holy for you and how do you mark it?

Wednesday:

"Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." (1 Kings 19: 5)

Elijah's angel fed him and comforted him when he was in despair. Do you need God to feed and comfort you today?

Thursday:

"Praise him, all his angels; praise him, all his host!" (Psalm 148: 2)

Praise God with the angels today.

Friday:

"Do not be afraid; for see—I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Saviour" (Luke 2: 10)

Bring your fears and joys to God today.

Which reading has meant the most to you this week? Read it out loud as you reflect on your week.

Christmas Day

A little, tiny, helpless baby — yet God incarnate.

Can you embrace the wonderful mystery we remember today?

While they were there, the time came for her to

deliver her child. And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn.

(Luke 2:6)

Light your candle and pause. Breath in and out and settle before God.

Lord Jesus, Light of light, you have come among us.

Help us who live by your light to shine as lights in your world.

Glory to God in the highest. Amen.

May we know the joy of the angels,

the eagerness of the shepherds,

the perseverance of the wise men,

the obedience of Joseph and Mary,

and the peace of the Christ-child

Today and always,

Amen

