



HOPE

PREPARING OUR HEARTS & MINDS
FOR THE BIRTH OF CHRIST

Activity

One morning this week, wake up early, put on a few warm layers, and watch the sunrise with friends or family. (I know this sounds wild - wake up early and go out in the cold? Yuck!) But we often experience God in stillness and silence, in the quiet of the morning.

While the sun rises, **read Isaiah 60: 1-2, 19-21**. Discuss or reflect on where you see the hope of Jesus in the world. You might even close your eyes and imagine what the hope of Jesus looks like and what it feels like. Does it feel like the sun bursting over the horizon in the darkness of the morning? Or warmth resting on your face in the dead of winter? What do you feel? Describe below.

In the passage, God speaks through the prophet, assuring His people that God's light will shine on them, and they will be a light for all to see. How might God be inviting you to let His light shine through you during this advent season? Before answering, pause and let God bring to mind who you can bring light and hope to... could be a neighbour, family member, grocery store cashier, the person you see at Starbucks all of the time.

Next Steps

Share your Activity answers and discuss with one another.

Pray the prayer below, and ask God to give you the courage to be a signpost of hope.

*As you light the **first purple candle** of your Advent wreath, you can recite the Blessing below together!*

Prayer

Jesus, darkness covers the earth right now, and it is hard to see any hope on the horizon. We need the hope of Christ to break in, to shine on us, and seep into every dark corner and crevice of our nation and world. Help me to not only see your light but to be your light. Ignite your Holy Spirit in me that I may bring your hope to our world.

Amen!

Blessing

May the God of hope fill you with all joy and peace in believing so that by the power of the Holy Spirit, you may *abound in hope.*

