

Words of Advent

Dates of Advent (November 29-December 24)

Each day take the word and write it in your journal. Sit with the word quietly in a place of stillness; a sacred space. Ask God to meet with you and wait for him, sense your anticipation and excitement. You may look at the word or say the word out-loud to help you engage. As you let the word wash over you and speak to you, what do you see, hear, feel, smell, taste, or imagine? After the word list are some more prompting questions if you'd like more guidance. I am so excited we will be doing this practice together throughout Advent. Please write to me and let me know what God has been sharing with you if you feel so inclined. I'd love to share with you in this deeply moving practice. *Elizabeth*

1. Watchfulness
2. Abyss
3. Darkness
4. Longing
5. Urgency
6. Preparation
7. Hope
8. Awaken
9. Exclusion
10. Humble
11. Wait
12. Anticipation
13. Mourning
14. Joy
15. Judgement
16. Light
17. Ponder
18. Eager
19. Angels

20. Emmanuel
21. Weakness
22. Love
23. Peace
24. Birth
25. Christmas Day. Today is a full day of celebration. You may break your fast if you have been fasting from something and rejoice fully in the coming of Christ. If you'd like to finish your journal practice, you may spend time reflecting on what it means to be fully known and loved by God in humanity.

Prompting Questions—

- What does this word mean to you this season or in your life right now?
- Does it bring certain scripture to mind, if so, write out or draw the scripture?
- Does it cause you to think of someone? Write that name and pray for that person.
- Does an image come to mind? Draw, collage, or doodle around that image as you pray out loud.
- Does it inspire you to write a prayer or poem, or draw a word bubble with more words fleshing out its meaning?
- How does this word put you in the redemption story? What do you hear, see, smell, or experience?
- Where do you find Jesus in this word or how does it reflect Christ in the world?
- If you want to try Praying in Color by Sybil Macbeth, here are some examples: [Click Here](#).
- **Remember:** Let the Spirit guide you through this spiritual practice as a way to draw near to the heart of God this season. I encourage you to make space each day in a quiet place to be with God and let these words open the door of your heart to God's presence. Embrace this quiet, still, preparatory season by coming before the Lover of your Soul.