



Advent: The Way of Peace

Advent Week 2 Practice: Lectio Divina

Each week during the Advent season we invite you to join us in a spiritual practice to deepen awareness of Christ's peaceful movement within us and around us. In our journey through Advent, these practices will attune our hearts to God's incarnation in the world.

Lectio Divina, divine reading, is our practice this week. By engaging in this practice, we encounter the presence of God and the life of scripture in our own lives and communities.

Through sacred passages of scripture, we engage in a way of reading that uses mind, emotion, imagination, the senses, and prayer. This week our scripture comes from Luke 1: 78-79, NRSVUE.

Take a moment to become grounded in your breath. Notice the flow of air in and out as you rest in this place. Close your eyes, or focus on the glimmering light of the peace candle.

As you hear this passage of scripture for the first time, notice words, phrases, or images to which your attention is naturally drawn. In the moments of silence, prayerfully rest with these words and images.

Luke 1:78-79

By the tender mercy of our God,
the dawn from on high will break upon us,
to give light to those who sit in darkness and in the shadow of death,
to guide our feet into the way of peace.

(Pause)

Take a moment... reflecting again on the words and images that speak to you today. As we read this text a second time, be mindful of what moves within you. What are the stirrings in your soul during this time of your life? Offer prayerful presence in moments of silence after hearing these words again.

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(Pause)

As you listen a third time, notice how these words summon you. What is the invitation of the Holy Spirit in your life today through these words in this Advent season.

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(Pause)

As you listen a final time, rest in the presence of the holy. Let these words offer peace and blessing to your life on this day.

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(Pause)

Notice how these words, images, and invitations invite and guide you to the way of peace this Advent season. May you be open to this invitation throughout the Advent season. In the name of Jesus, the Peaceful one, we pray. Amen.