

ADVENT 2020 - WEEK 5

CHRIST

Each day of the week you can follow the ritual provided below. For more content and depth, see each day for additional ideas.

GATHERING

*Gather in your sacred space around your Advent Wreath.
Sing and/or listen to a favorite Christmas carol.*

CENTERING

Invite everyone to take a deep breath: in and out. Simply breathe until each person enters a space of (relative) calm.

WREATH LIGHTING LITANY

Invite the response, "Welcome, Christ, our newborn Hope / Peace / Joy / Love." after each phrase.

Light one Wreath candle after each call and response.

LEADER: The world is too full of fear.

ALL: Welcome, Christ, our newborn Hope!

LEADER: The world is too full of division.

ALL: Welcome, Christ, our newborn Peace!

LEADER: The world is too full of sorrow.

ALL: Welcome, Christ, our newborn Joy!

LEADER: The world is too full of indifference.

ALL: Welcome, Christ, our newborn Love!

LEADER: The world is filled with hope, peace, joy and love!

ALL: Welcome, Christ!

Light the Christ Candle.

Let everyone focus on the candles for a moment.

SPIRITUAL PRACTICE/ACTIVITY

Enjoy the daily activity found on the opposite and following pages.

REFLECTION

Integrate the experience with daily questions. Encourage each person to share at least a word or two. Then, hold hands and invite everyone to take a deep breath, in and out.

Say out loud, together: "Christ".

CLOSING

Conclude your time repeating the song from the Gathering.

DAILY PRACTICES, READINGS, AND ACTIVITIES

SUNDAY

Sunday's order is slightly different: the wreath-building activity precedes lighting the wreath.

Materials Needed

+ White Christ Candle

Build your wreath

Place the Christ Candle in the center of the wreath

Spiritual Practice

Share the Wreath Lighting Litany

Sit in silence and observe the wreath

Notice colors and textures; what's there and what's missing

Reflection Questions

Where do you see Christ? How is Christ present to you in this symbol?

MONDAY

Materials Needed

+ Bible or reading

Spiritual Practice

Read the text and discuss, using Reflection Questions

Focus Text: Luke 2:1-20 ([NRSV](#) or [The Message](#))

Reflection Questions

Where did you hear fear and hope; division and peace; sorrow and joy; and/or indifference and love?

If this were your story, where would you experience fear/division/sorrow/hatred and where would you find hope/peace/joy/love?

TUESDAY

Spiritual Practice

Read the focus text through three times, with a silence between each reading.

As you read, listen for a word or phrase that seems special.

During the silence, focus on that special word or phrase.

Focus Text: Luke 2:19-20 ([NRSV](#) or [The Message](#))

Reflection Questions

Invite each person to share the word(s) or phrase(s) they heard with each reading. They might also share what significance these words had, if any.

WEDNESDAY

Materials Needed

+ White Reflections + Burn barrel, fire pit, fire place or other safe place to burn paper strips

Spiritual Practice: BLUE & WHITE REFLECTIONS

Listen for Christ coming into the world as you read the text.

Focus Text: Luke 2:1-20 ([NRSV](#) or [The Message](#))

Carefully pull Blue Reflections out of the wreath.

Read a few of them aloud.

If it's possible to do so safely, toss them into a fire/burn them.

Reflection Questions:

Re-read your White Reflections

Fold and carefully [tuck them into gaps in the Advent Wreath](#). Invite each person to name where they see Christ being born, today.

THURSDAY

Spiritual Practice

Spend time wondering together about your day using the following questions and/or some of your own questions.

Reflection Questions

Where was there fear, division, sorrow, or indifference?

Where or how did hope, peace, joy and/or love show up?

What fear, division, sorrow, or indifference would you like to meet with hope, peace, joy, or love?

Where do you think hope, peace, joy, or love might come from?

How was Christ born among the people of this story?

FRIDAY

Spiritual Practice:

Focus on your breath.

As you breathe in, repeat to yourself: Christ within me.

As you breathe out, repeat to yourself: Christ for the world.

Repeat for as long as you like.

Reflection Questions

I wonder what the different names for Christ mean.

I wonder how Christ brings hope, peace, joy and love into the world.

I wonder how I can become more Christ-like.

SATURDAY

Spiritual Practice

Hold hands with each other.

Focus on the person to your left.

Breathe in: imagine them being filled with Christ.

Breathe out: think of gratitude for that person.

Repeat for the person on your right.

Reflection Questions

Invite each person to share why they are grateful for the person to their left and to their right.