

ADVENT 2020 - WEEK 3

JOY

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 verse of a favorite Advent song or verse 3 of [Light One Candle](#).*

CENTERING

Transition from busyness to stillness. 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 folks to respond to each phrase with, "We wait in joy".

LEADER: It can be tempting to give in to despair. ALL: We wait in joy.

LEADER: There are lots of reasons to feel sad. ALL: We wait in joy.

LEADER: Sorrow can be a sign of needing help. ALL: We wait in joy.

LEADER: Christ comes to all who are in need. ALL: We wait in joy.

Light the first three Advent Wreath candles (this is the week to light the pink one, if applicable).

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: "Joy".*

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

- + an assortment of in-the-shell nuts: walnuts, hazel nuts, pecans, Brazil nuts, etc. + small pine cones

Build your wreath

Tuck the nuts and/or pine cones into gaps in the evergreens and/or scatter around the tray.

Leave room in the center for the Christ Candle (to be added later)

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 joy? What joy is God offering through this symbol?

MONDAY

Materials Needed

- + Bible or reading

Spiritual Practice

Read the text and discuss, using Reflection Questions

Focus Text: Luke 1:46-55 ([NRSV](#) or [The Message](#))

Reflection Questions

Where did you hear sorrow or joy? Who is sad - and why?

Who finds joy - and how?

If this were your story, where would you experience sorrow and where would you find joy?

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 1:50-53 ([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

+ 1.5" - 2" strips of blue paper + 1.5" - 2" strips of white paper + blue writing utensils + gold, yellow or other

Spiritual Practice: BLUE & WHITE REFLECTIONS

Listen for sorrow and joy as you read the text.

Focus Text: Luke 1:46-55 ([NRSV](#) or [The Message](#))

Write personal sorrows on blue paper strips and joys on white paper strips.

Reflection Questions:

Have each person name their sadness out loud, then fold their Blue Reflection and [tuck them into gaps in the Advent Wreath](#). Invite each person to name what gives them joy out loud. Gather all White Reflections; keep them in your materials box for later.

THURSDAY

Spiritual Practice

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

Reflection Questions

Who are the people who help you experience joy? How can there be both sorrow and joy, at the same time? How does God feel when I am feeling sad? How does God feel when I am full of joy?

FRIDAY

Spiritual Practice:

Focus on your breath.

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

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

Repeat for as long as you like.

Reflection Questions

How does slowing down and being still help us experience joy? What helps you feel joy within yourself? How can you help others feel joy?

SATURDAY

Spiritual Practice

Hold hands with each other.

Focus on the person to your left.

Breathe in: imagine them being filled with joy.

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.