

Advent: 13th December: What's stirring?



Opening prayer

I rejoice with Mary and Joseph,
I worship with the shepherds,
I sing with the angels,
I offer my gifts with the wise men.
I receive the living Lord.

(Extracted from David Adam prayer)

The story continues...

Mary didn't waste a minute. She got up and traveled to a town in Judah in the hill country, straight to Zachariah's house, and greeted Elizabeth. When Elizabeth heard Mary's greeting, the baby in her womb leaped.

(Luke 1:39-41a)

Silence and Imaginative exercise

Something's afoot. Sometimes we are aware of it, other times not. An intuition, an inkling, a stirring of the emotions, the body or the mind. Might God be on the move? Listen to your life, lean back into your life, your day and non-judgmentally observe yourself in it.

Taking this moment, on reflection is there anything that's jumping up and down for recognition? I then ask myself, Am I to respond in some way? (13 minutes?)

Closing Blessing

May Christ Jesus look into your face with love,
God the Creator spring to life within your being
and the Holy Spirit be found in sacred places around you.