

Advent 8th Dec: Closer than breath



Lorenzo Costa, *Annunciation*

Jesus is called Emmanuel, God with us. A central theme of the Bible is of God coming ever closer to us, to ripen our experience of being human and reignite a deep memory and sense of our union with him.

The story continues...

The angel went to her and said, “Greetings, you who are highly favoured! The Lord is with you.” (Luke 1:28)

Reflection

In what way is He with us? What’s on God’s mind? God is as close, if not closer, than the very breath we breathe. Can we say he is in our shoes, in our skin, for better for worse, for richer for poorer, at desk, by day, at sink, by night? He is close and he is for us is the sense of scripture.

Exercise

Imagine Jesus sits down with you and he says these very words to you “Greetings, you who are highly favoured! The Lord is with you.” Recall these words, let them roll around your head. Allow these words to be felt and heard within your deepest parts, within your body rising up within you. Express any desires that have emerged from you.*

Andrew Hook

**This way of being with scripture is called Lectio Divina: Lectio (read/recall), Meditatio (mull), Oratio (express)*