

Friday, December 9th, Day 13 – Matt Hilton

(Welcome)

Hello, and welcome to Vespers for the Advent season. My name is Matt Hilton, and today is the 13th day of Advent, Friday, December 9th.

(Centering)

As we begin our time of reflection and devotion, let's take a moment to center ourselves.

Make sure other distractions are quieted for the next few minutes.

If possible, bring your body to complete rest.

As you become aware of the stillness around you, focus on your breathing as we inhale and exhale slowly together.

Breathe in, exhale.

Breathe in, exhale.

Breathe in, exhale.

(Responsive Prayer)

As we continue in prayer together, speak the words of this responsive prayer.

LEADER – God of love

RESPONSE – May this season remind us of your steadfastness

LEADER – Christ of hope

RESPONSE – May this season remind us of your promises

LEADER – Spirit of peace

RESPONSE – May this season remind us of your comfort

LEADER – As it was from the beginning,

RESPONSE – So now, may the joy of this season burn in our hearts

TOGETHER – Amen

(Lectio Divina)

For the next few moments, let's dwell in God's Word.

Our reading today comes from the 62nd Psalm.

I will read the passage through 3 times - each time with a different way for you to experience the scripture.

(1st Reading)

Hear the Word of God

5 For God alone my soul waits in silence, for my hope is from him.

6 He alone is my rock and my salvation, my fortress; I shall not be shaken.

7 On God rests my deliverance and my honor; my mighty rock, my refuge is
in God.

8 Trust in him at all times, O people; pour out your heart before him;
God is a refuge for us. Selah

9 Those of low estate are but a breath;
those of high estate are a delusion; in the balances they go up;
they are together lighter than a breath.

10 Put no confidence in extortion, and set no vain hopes on robbery;
if riches increase, do not set your heart on them.

11 Once God has spoken; twice have I heard this:
that power belongs to God,

12 and steadfast love belongs to you, O Lord.

(After 1st Reading Prompt)

As we read through the 2nd time, take notice of what word or phrase stands out to you and hold onto it. If you would like to write your reflections down or tell someone else your findings, feel free to pause the video after this 2nd reading.

Passage Repeated

(After 2nd Reading Prompt)

If a word or phrase caught your attention, what, if anything, do you sense God saying to you about the LOVE that Advent brings? Listen for that invitation during this final reading. If you would like to write your reflections down or tell someone else your findings, feel free to pause the video after this 3rd reading.

Passage repeated

(After 3rd Reading Prompt)

As we conclude this time of reading together, let me offer this question as a challenge to be aware of as you go about your Advent season:

Do you struggle with trusting God at all times?

How might the LOVE of the Advent season renew that trust?

(Benediction)

Thank you for spending time with us today. As you continue this week, may the LOVE of the Advent resound in every part of your life. If you will, speak these words with me as we conclude:

ALL – Lord of hosts,
 Who breathed the words of creation and
 spoke the Word of the Incarnation
Ignite our imaginations
Fill us with awe and wonder
Prepare the way for the Messiah, within and without
For unto us, a Child is born
Unto us, Emmanuel is given
Bring us Hope, Love, Joy, and Peace
As we receive, once again, Your greatest gift to the world
Amen, and amen

(Conclusion)

Join us every day of Advent for a time of reflection and devotion.
May God go with you through this season of LOVE.
Blessings, dearly beloved.