

Thursday, December 22nd, Day 26 – Kinder Ayson

(Welcome)

Hello, and welcome to Vespers for the Advent season. My name is Kinder Ayson, and today is the 26th day of Advent, Saturday, December 22nd.

(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 Paul's letter to the Philippians, Chapter 4.

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

4 Rejoice in the Lord always; again I will say, Rejoice.

5 Let your gentleness be known to everyone. The Lord is near.

6 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

9 As for the things that you have learned and received and heard and noticed in me, do them, and the God of peace will be with you.

(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 PEACE 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 these questions as a challenge to be aware of as you go about your Advent season:

How does anxiousness reveal a lack of peace in our lives?

What PEACE is found in the coming of Emmanuel to our world?

(Benediction)

Thank you for spending time with us today. As you continue this week, may the PEACE 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 PEACE.
Blessings, dearly beloved.