

ADVENT CALENDAR 2021 – Daily Scripture and Reflection in preparation for Christmas

<p>SUNDAY 28 NOV Advent 1 A sign points to something or someone. How is your life a sign of Christ on earth? <i>Luke 21: 25-28</i></p>	<p>MONDAY 29 NOV It takes intentionality and a desire to change our lifestyle and our usage of things to embody God's ways <i>Isaiah 2: 4-5</i></p>	<p>TUESDAY 30 NOV Let us go with you – we have heard God is with you. <i>Zechariah 8: 23a</i> Do you yearn that others would see God with you?</p>	<p>WEDNESDAY 1 DEC WORLD AIDS DAY We show solidarity with a suffering world by letting God's initiative for healing work through us <i>Isaiah 25: 6-9</i></p>	<p>THURSDAY 2 DEC Two Hebrew words TSEDEQ legal; conforming by doing right. TSEDEQAH relational becoming righteous in relationship with God <i>Psalms 118: 19-21</i></p>	<p>FRIDAY 3 DEC "Have mercy on us" The old Hebrew word for MERCY means: Lord love me so intensely that I am healed <i>Matthew 9: 27-30</i></p>	<p>SATURDAY 4 DEC Faith is not so much belief in particular propositions; it is trust in God, entrusting oneself & our reality to God <i>Jude 20-21</i></p>
<p>SUNDAY 5 DEC Advent 2 God makes a way in a seemingly impossible context. Will you be courageous and wait upon the Lord? <i>Luke 1: 76-79</i></p>	<p>MONDAY 6 DEC God's ever-present glory and splendour can be catalysts to germinate fertile, beautiful life. Where are you seeing burgeoning life? <i>Isaiah 35: 1-2</i></p>	<p>TUESDAY 7 DEC Worshipping God puts things into a bigger perspective – the God story; our story is already part of eternity ... so there is always hope <i>Psalms 96: 4-5a</i></p>	<p>WEDNESDAY 8 DEC God does not remove what makes us weary or what is burdensome in our lives; God provides for our deepest need within this <i>Matthew 11: 28-30</i></p>	<p>THURSDAY 9 DEC The crown of life is a wreath awarded to a winner in athletic contest. It takes Holy Spirit courage, training, stamina, commitment and perseverance in the athleticism of faith <i>Revelation 2: 10</i></p>	<p>FRIDAY 10 DEC Which "voices" have the most influence in your life – social media, friends, authority figures .. Will you give God's voice priority this Advent? <i>Psalms 1: 1-3</i></p>	<p>SATURDAY 11 DEC It is a "dangerous" thing to ask for a "double portion" of God's Spirit. Why do you think this is so? <i>2 Kings 2: 7-9</i></p>
<p>SUNDAY 12 DEC Advent 3 God asks each one of us to soften hearts to be receptive to God's message We do so by being as Christ <i>Luke 3: 15-16</i></p>	<p>MONDAY 13 DEC When we receive a vision from God it may be for now, the future or beyond our lifetime. So ... how are you collaborating with God to incarnate it? <i>Numbers 24: 16-17a</i></p>	<p>TUESDAY 14 DEC Verse 4 does not tell us when God answered the Psalmist, nor what the answer was; but we are told that God did answer the Psalmist! <i>Psalms 34:4</i></p>	<p>WEDNESDAY 15 "Truly you are a God who hides himself ..." This is not God absenting Godself, rather it is God "hiding" in plain sight, incarnationally <i>Isaiah 45: 15a</i></p>	<p>THURSDAY 16 DEC DAY OF RECONCILIATION How are we dissatisfied with who God is and how God works? What would it take for you to let God be God and not your puppet? <i>Luke 7: 31-32</i></p>	<p>FRIDAY 17 DEC Each of us has more than one genealogy: the biological-genetic one, and one based on our faith forebearers, cultural ancestors ... Which do you nourish? <i>Matthew 1: 1-6a, 17</i></p>	<p>SATURDAY 18 God's call upon our lives will not always conform to societal norms. But, with God's help we shall prevail and even flourish. <i>Matthew 1: 18-25</i></p>
<p>SUNDAY 19 DEC Advent 4 Something in us leaps in joyous recognition of our Lord's presence May we live with a sense of expectancy <i>Luke 1: 41-45</i></p>	<p>MONDAY 20 DEC Any incongruence between the faith we proclaim and the lives we live divides our loyalties and detracts from God <i>Psalms 24: 3-4</i></p>	<p>TUESDAY 21 DEC God sees you as beautiful: you are God's "darling". When we absorb this in the core of our being, then to be with God, to go with God is bliss <i>Song of Songs 2: 10-13</i></p>	<p>WEDNESDAY 22 Every child is a miracle from God – no matter how conceived. Every baby is a sign of hope, a sign that God has not given up on humanity <i>1 Samuel 1: 27-28</i></p>	<p>THURSDAY 23 DEC The Lord's Hand is upon each of us from the moment of our birth. What does this mean to you? How do you fulfil this meaning? <i>Luke 1:66</i></p>	<p>FRIDAY 24 DEC In darkness, a light (no matter how small) is compelling, inviting and a life-line. Pray to God to make you a light for others. <i>John 12: 46</i></p>	<p>CHRISTMAS DAY Jesus doesn't seek to dwell in the public persona part of your life but in the most humble, real, naked vulnerability of your "you-ness" <i>Luke 2: 11-16</i></p>

ADVENT SELF-CARE CALENDAR 2021

<p>Sunday 28 November</p> <p>Rise early this morning, go outside take 3 deep slow breaths LISTEN TO THE BIRDS</p>	<p>Monday 29 November</p> <p>Choose a verse from yesterday's Scripture readings to memorise USE IT AS A MANTRA TODAY</p>	<p>Tuesday 30 November</p> <p>For 1 hour this morning and 1 hour this afternoon DO NOT LOOK AT YOUR CELL PHONE</p>	<p>Wednesday 1 December</p> <p>Look at yourself in the mirror and tell yourself sincerely "YOU ARE LOVED BY GOD"</p>	<p>Thursday 2 December</p> <p>TRY TO GET AT LEAST 8 HOURS SLEEP TONIGHT</p>	<p>Friday 3 December</p> <p>Stand barefoot in a patch of green grass for about 5 minutes SAVOUR THIS GIFT</p>	<p>Saturday 4 December</p> <p>Go out for coffee or a milkshake or ... at a bistro or ... TAKE YOURSELF ON A DATE</p>
<p>Sunday 5 December</p> <p>Some time today PAUSE to inhale the fragrance of a flower</p>	<p>Monday 6 December</p> <p>TODAY DRINK AT LEAST 8 GLASSES OF WATER</p>	<p>Tuesday 7 December</p> <p>SOME TIME TODAY EAT A RAW VEGETABLE e.g. carrot, celery, coleslaw</p>	<p>Wednesday 8 December</p> <p>Write inspirational quotes/ Bible verses on separate post-it notes; stick them in random PLACES TO CATCH YOUR EYE</p>	<p>Thursday 9 December</p> <p>WATCH A LIGHT-HEARTED MOVIE OR LISTEN TO MUSIC</p>	<p>Friday 10 December</p> <p>Look out for something beautiful - GAZE AT IT AND LET IT GAZE BACK AT YOU</p>	<p>Saturday 11 December</p> <p>HUG A TREE and feel the TREE GIVE SOMETHING OF HERSELF TO YOU</p>
<p>Sunday 12 December</p> <p>Today take a walk with the simple intention TO SAVOUR THE ABILITY TO WALK!</p>	<p>Monday 13 December</p> <p>TELL A SPECIAL FRIEND HOW MUCH YOU APPRECIATE THEM</p>	<p>Tuesday 14 December</p> <p>This evening, light candles, switch off the electric light BE TOUCHED BY THE SOFT GLOW</p>	<p>Wednesday 15 December</p> <p>RE-READ A FAVOURITE BOOK FROM YOUR CHILDHOOD</p>	<p>Thursday 16 December</p> <p>SOAK YOUR FEET for 10 minutes in a bucket with warm water a tablespoon of bicarb, DRY & CREAM THEM</p>	<p>Friday 17 December</p> <p>SMILE AT A STRANGER simply because you can and you choose to</p>	<p>Saturday 18 December</p> <p>Find a quiet spot somewhere, STOP, SIT, LISTEN to the silence for 5 minutes.</p>
<p>Sunday 19 December</p> <p>Choose a favourite piece of music, LISTEN with your eyes closed and your body TOTALLY RELAXED</p>	<p>Monday 20 December</p> <p>If you can ... lie on your back in the grass, let the earth hold you & soak up all your exhaustion, fear or heartache</p>	<p>Tuesday 21 December</p> <p>DANCE OR SWAY TO A PIECE OF HAPPY MUSIC</p>	<p>Wednesday 22 December</p> <p>CREATE TIME and SPACE for a favourite activity that FEEDS YOUR SOUL</p>	<p>Thursday 23 December</p> <p>Tonight when the stars are out, go into the garden, gaze at the moon and soak up the wonder of it all</p>	<p>Friday 24 December</p> <p>Read a Christmas Story e.g. "It was the night before Christmas" or ... from the Bible or</p>	<p>Saturday 25 December</p> <p>Imagine looking into the eyes of the Christ Child as he looks back at you with love, acceptance and understanding</p>

