

## Beholding our God

- What do you need to entrust to God's care? Name it, jot it down, present it to God, asking Him to hold it as you seek Him. Trust His care while you spent time with Him.
- Settle into a comfortable space and position. Take three deep breaths – inhale deeply through your nose and slowly exhale through your mouth.
- Pray - ***"In a spirit of beholding You, God, Spirit, and Incarnated Son, we come to gaze upon your beauty and seek You in Your dwelling place. Be attentive to our presence and our longing. Come, Lord Jesus, come."***
- As you become quiet, notice and be present to yourself and God. What is happening inside you and in your relationship with God right now that seems to be inviting you in?
- Slowly read the Scripture verse/s for the day. Read the assigned verse/s three times during your solitude using a version of Lectio Divina as listed below. Attend to what you are noticing and hearing.
  - Read the Scripture. Listen for a word or phrase that seems to jump out at you. ***What is the Holy Spirit impressing upon you? What is one word or phrase the Holy Spirit is bringing to your mind?*** Don't force it, wait patiently for God to give gentle guidance.
  - Re-read the Scripture. Be present and reflect on how you were prompted the first time. Enter into the Scripture. ***What do you feel? What specific situation in your life today relates? Reflect on what you believe God is saying. Listen to what God might be saying.*** Ask God to make the focus clear. Meditate on what you are hearing.
  - Read the Scripture a third time. ***What is God's invitation for you from the Scripture?*** Respond in quiet prayer - conversation with God around what you are hearing. Record what God's saying - write down what God may be saying to you or a write prayer of thanks.
  - Rest in Scripture for 5-10 minutes in silence. Just sit quietly and be with God. When your mind wanders bring it gently back to stillness again. Rest in God. Behold your God!
  - Trust that whatever your time in silence was like, it was exactly as it should be.
  - Close your time in silence with a prayer of gratitude for God's presence with you in this time of noticing, listening, and encountering Him.

## Daily Advent Scripture Reading

### Behold your God! – Isaiah 40

Sun., Nov. 28    Isaiah 11

Sun., Dec. 5    Isaiah 40: 1-11 Sermon

Mon., Dec. 6    Isaiah 40:1-2

Tue., Dec. 7    Isaiah 40:3-5

Wed., Dec. 8    Isaiah 40:6-8

Thurs., Dec. 9    Isaiah 40:9-10

Fri., Dec. 10    Isaiah 40:11

Sat., Dec. 11    Isaiah 40:1-11

Sun., Dec. 19    Isaiah 40:25-31 Sermon

Mon., Dec. 20    Isaiah 40:25

Tues., Dec. 21    Isaiah 40:26

Wed., Dec. 22    Isaiah 40:27

Thurs., Dec. 23    Isaiah 40:28-29

Fri., Dec. 24    Isaiah 40:30-31

Sat., Dec. 25    Isaiah 40:1-31

Sun., Dec. 12    Isaiah 40:12-24 Sermon

Mon., Dec. 13    Isaiah 40:12

Tues, Dec. 14    Isaiah 40:13-14

Wed., Dec. 15    Isaiah 40:15-17

Thur., Dec. 16    Isaiah 40:18-20

Fri., Dec. 17    Isaiah 40:21-24

Sat., Dec. 18    Isaiah 40:12-24