

2019 Advent Adult Formation  
Session 3 - December 18, 2019

### **Opening Prayer**

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen. (Prayer attributed to St. Francis, Book of Common Prayer, p. 833)

### **Practice - Go**

Cross boundaries, listen deeply and live like Jesus.

As Jesus went to the highways and byways, he sends us beyond our circles and comfort to witness to the love, justice, and truth of God with our lips and with our lives. We go to listen with humility and to join God in healing a hurting world. We go to become Beloved Community, a people reconciled in love with God and one another.

### Discernment Questions

- Where do you feel Jesus' absence most keenly in the world?
- Tell a story about a time you went beyond your comfort zone.
- What is one thing you could do this week to heal your world?
- To what new places or communities is the Spirit sending you to witness to the love, justice, and truth of God?
- What needs to change in your own life to make you more open to seeing and engaging with the needs of the world?

### **Practice - Rest**

Receive the gift of God's Grace, Peace and Restoration

From the beginning of creation, God has established the sacred pattern of going and returning, labor and rest. Especially today, God invites us to dedicate time for restoration and wholeness – within our bodies, minds, and souls, and within our communities and institutions. By resting we place our trust in God, the primary actor who brings all things to their fullness.

### Discernment Questions

- When was the last time you felt truly refreshed and rested? How did it change your perspective?
- What practices restore your body, mind, and soul?
- How is your productivity linked to your self-worth? Has there been a time in your life when your productivity was not linked to your self-worth? What was this like?

- What keeps you from pursuing time for peace and restoration?
- What is one thing you could change in your life to allow yourself more time for rest?

### **Closing Prayer**

O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength: By the might of your Spirit lift us, we pray, to your presence, where we may be still and know that you are God; through Jesus Christ our Lord. Amen.

(A Prayer For Quiet Confidence, Book of Common Prayer, p. 832)