**Advent Meditation at Home**

**Week 1**

1. Watch the 4 minute video: `The Birth of Jesus: Luke 1-2’ (find it online at Bible Project)

<https://bibleproject.com/explore/video/gospel-luke-1/>

1. Read from the Bible, Luke 1:1-24
2. Light a candle on your Advent wreath.

Then pray four different prayers out loud. Use the following as your guide (P.R.A.Y.):

**P.** Praise God for something you love about Him (or thank Him).

 (e.g., “I praise you, God, because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”)

**R.** Reflect on something God showed you in the Bible. Maybe God wants you to think about something differently. Whatever it is, say what it is.

 (e.g., “Jesus, thank you for showing me \_\_\_\_\_\_\_\_\_\_\_\_\_ in Your Word.”)

**A.** Ask God for something you need or want.

(e.g., “Father God, please help me (or give me) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”)

 **Y.** Yield to God’s plan for your day and life.

(e.g. “I love you, Jesus, and I give myself to You to do what You want in everything. Help me stay close to You today.”)

1. Want more? –Using your phone go to the app store and download `**Lectio 365’**. It’s a daily

devotional resource that helps you engage with God’s word, fix your eyes on Jesus, and connect with God in prayer. There are morning and nighttime devotions. It’s really good.

**Advent Meditation at Home**

**Week 2**

1. Watch the 4 minute video: `The Birth of Jesus: Luke 1-2’ (find it online at Bible Project)

-yes, the same video as last week-

<https://bibleproject.com/explore/video/gospel-luke-1/>

1. Read from the Bible, Luke 1:26-56
2. Try reading Mary’s Song of Praise in a different translation (see below).

Mary said:

“I’m bursting with God-news;
    I’m dancing the song of my Savior God.
God took one good look at me, and look what happened—
    I’m the most fortunate woman on earth!
What God has done for me will never be forgotten,
    the God whose very name is holy, set apart from all others.
His mercy flows in wave after wave
    on those who are in awe before him.
He bared his arm and showed his strength,
    scattered the bluffing braggarts.
He knocked tyrants off their high horses,
    pulled victims out of the mud.
The starving poor sat down to a banquet;
    the callous rich were left out in the cold.
He embraced his chosen child, Israel;
    he remembered and piled on the mercies, piled them high.
It’s exactly what he promised,
    beginning with Abraham and right up to now.” [Luke 1:46-55, The Message]

1. Light a candle on your Advent wreath.

Then pray four different prayers out loud. Use the following as your guide (P.R.A.Y.):

**P.** Praise God for something you love about Him (or thank Him).

 (e.g., “I praise you, God, because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”)

**R.** Reflect on something God showed you in the Bible. Maybe God wants you to think about something differently. Whatever it is, say what it is.

 (e.g., “Jesus, thank you for showing me \_\_\_\_\_\_\_\_\_\_\_\_\_ in Your Word.”)

**A.** Ask God for something you need or want.

(e.g., “Father God, please help me (or give me) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”)

 **Y.** Yield to God’s plan for your day and life.

(e.g. “I love you, Jesus, and I give myself to You to do what You want in everything. Help me stay close to You today.”)

**Advent Meditation at Home**

**Week 3**

1. Watch the 4 minute video: `The Birth of Jesus: Luke 1-2’ (find it online at Bible Project)

-yes, the same video as last week-

<https://bibleproject.com/explore/video/gospel-luke-1/>

1. Read from the Bible, Luke 1:26-56
2. Try reading the Song of Zechariah in a different translation (see below).

**67**Then his father, Zechariah, was filled with the Holy Spirit and gave this prophecy:

**68**“Praise the Lord, the God of Israel, for he has come to visit his people and has redeemed them. **69**He is sending us a Mighty Savior from the royal line of his servant David, **70**just as he promised through his holy prophets long ago— **71**someone to save us from our enemies, from all who hate us.

**72-73**“He has been merciful to our ancestors, yes, to Abraham himself, by remembering his sacred promise to him, **74**and by granting us the privilege of serving God fearlessly, freed from our enemies, **75**and by making us holy and acceptable, ready to stand in his presence forever.

**76**“And you, my little son, shall be called the prophet of the glorious God, for you will prepare the way for the Messiah. **77**You will tell his people how to find salvation through forgiveness of their sins. **78**All this will be because the mercy of our God is very tender, and heaven’s dawn is about to break upon us, **79**to give light to those who sit in darkness and death’s shadow, and to guide us to the path of peace.” [Luke 1:46-55, The Message]

1. Light a candle on your Advent wreath.

Then pray four different prayers out loud. Use the following as your guide (P.R.A.Y.):

**P.** Praise God for something you love about Him (or thank Him).

 (e.g., “I praise you, God, because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”)

**R.** Reflect on something God showed you in the Bible. Maybe God wants you to think about something differently. Whatever it is, say what it is.

 (e.g., “Jesus, thank you for showing me \_\_\_\_\_\_\_\_\_\_\_\_\_ in Your Word.”)

**A.** Ask God for something you need or want.

(e.g., “Father God, please help me (or give me) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”)

 **Y.** Yield to God’s plan for your day and life.

(e.g. “I love you, Jesus, and I give myself to You to do what You want in everything. Help me stay close to You today.”)

**Advent Meditation at Home**

**Week 4**

1. Watch the 4 minute video: `The Birth of Jesus: Luke 1-2’ (find it online at Bible Project)

-yes, the same video as last week-

<https://bibleproject.com/explore/video/gospel-luke-1/>

1. Read from the Bible, Luke 2:1-21
2. Light a candle on your Advent wreath.

Then pray four different prayers out loud. Use the following as your guide (P.R.A.Y.):

**P.** Praise God for something you love about Him (or thank Him).

 (e.g., “I praise you, God, because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”)

**R.** Reflect on something God showed you in the Bible. Maybe God wants you to think about something differently. Whatever it is, say what it is.

 (e.g., “Jesus, thank you for showing me \_\_\_\_\_\_\_\_\_\_\_\_\_ in Your Word.”)

**A.** Ask God for something you need or want.

(e.g., “Father God, please help me (or give me) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”)

 **Y.** Yield to God’s plan for your day and life.

(e.g. “I love you, Jesus, and I give myself to You to do what You want in everything. Help me stay close to You today.”)

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