

“LET EVERY HEART PREPARE HIM ROOM”

Advent 2020

INTRO ||

LIGHT ADVENT CANDLES

(Week #1 - Cate will light candles in Sanctuary)

(Week #2 - Steve will light candles in Sanctuary)

Good morning, I'm Vernee.

This Advent season, we are inviting you to “prepare your hearts room”, as taken from this Christmas hymn “Joy to the World” we just sang together - to prepare your hearts for the gift of God's presence and love.

Advent, invites us to prepare our hearts.... not just for anything, but for the coming of Jesus. Advent invites us - against all loss, fear, darkness, and pain - to open ourselves, to prepare ourselves for this new way, this new baby, this new love that desires a home in our hearts.

**And there is only one way to bring in the new,
and that is to make room for it.**

For our spiritual practices each week in Advent we will invite you to open your heart, to prepare room for Jesus, and the new way, the new love that he invites us into.

Join me in following spiritual practice and reflection

Part 1: Preparing Room

1) OPEN-ING SCAN:

Listen to your heart this morning.

Position your body in a way that is comfortable.

You are welcomed to,

Sit

Lay down

Close your eyes

Curl in a blanket

Listen. Listen closely. What is your heart saying today?

What words or ideas are loud?

What words or ideas are soft?

What sounds soothing?

What sounds troubling?

Take a few moments to listen to the sounds and the voice of your heart.

As you listen to your heart scan, what you are hearing?
What echoes in your heart?

What is your heart repeating?

What is your heart repeating?

Say it outloud

If you like you can put into the chat what your heart is repeating today.

Fill in a word or phrase

My heart is repeating _____
Share the word or phrase in the chat

**My heart is repeating _____ read out 3-5 from chat **

2) GESTURE: Opening to God (preparing room)

Cup your hands to your ears

When you listen in to your heart

Where do you need to turn the volume down
-what do you hear that could cause harm to your heart or others

When you listen in to your heart

Where do you need to turn the volume up
-what do you hear that is peaceful, loving, kind, affirming

Place your hands over your heart

Take a breath
In. out.

Take few more breaths
Make them noisey - sigh out your exhales. Turn up the volume

Breath life into your silent prayers

I pray that God's voice to you will be clear, comforting and full of peace & love.

3) Closing Prayer (augment from what we read in the chat, and Howard Thurman):
CHOOSE 3-5 LINES of this prayer (with the last line highlighting the theme of the week)

Let me close our reflection , with a few words from the scholar and mystic Howard Thurman:

Open unto me — light for my darkness.

Open unto me — courage for my fear.

Open unto me - deep breath, where mine feels shallow

Open unto me — hope for my despair.

Open unto me — peace for my turmoil.

Open unto me — joy for my sorrow.

Open unto me - A new job, for the provision of my family - despite desolate reality.

Open unto me — strength for my weakness.

Open unto me — wisdom for my confusion.

Open unto me — forgiveness for my sins.

Open unto me — love for my hates.

Open unto me — thy Self for myself.

*Open unto me - **WILD PEACE,***

Lord, Lord, open unto me!

Amen Now we will hear a word from Pastor Steve

PART II (after sermon): Image Reflection 1 minute in all

Week #2 Image: [Zechariah](#)

This is Zechariah.

What is he speaking to you as you look at this picture?

[15 seconds]

This is Zechariah with the grey green eyes of my grandfather Herman Peacock. In this image I see ancestors known and unknown.

In this image, I see Zechariah in his garden praying a silent prayer of blessing as his son John quietly leaves before dawn. Headed into the wilderness to prepare the way and start his ministry.

Are your John or Zechariah Today?

[30 seconds]

Luke 1:78-79 (NRSV)

Because of our God's deep compassion, the dawn from heaven will break upon us, to give light to those who are sitting in darkness and in the shadow of death, to guide us on the path of peace."

A salaam aleykum

Amen

I invite you to sing along for our closing song.

Share link in the chat

Artwork- "The Warmth of other Sons" (detail) By Bisa Butler
<https://www.claireoliver.com/artists/bisa-butler/>