Advent Devotions

WEEK 3 THEME: Joy *Today's Date:*

EXPERIENCING GOD DEVOTIONAL PROCESS

1. NOTICE & NAME
2. CENTER IN GOD'S PRESENCE
3. READ & MEDITATE ON GOD'S WORD
4. SHARE YOUR NEED/DESIRE
5. SAVOR TODAY'S TAKEAWAY

1. Notice & Name (Bring your whole self before God in authenticity and transparency.)

HEAD: A few thoughts coming to the surface are:

HEART: The emotions present today are:

BODY: What I'm sensing in my body:

DISTRACTIONS: My burdens and distractions in this moment are:

Release all to God, entrusting everyone and everything into God's care during these moments you will share together.

2. Center in God's Presence (Still yourself in this present moment, focusing on joy in the Lord.)

Get comfortable, still your body, and slow your breath. Become aware of God's loving presence. Focus on the gift of joy in Christ Jesus. Choose or create a breath prayer to center in God.

INHALE	EXHALE
Christ	my joy and strength
Jesus	fill me with joy

3. Read & Meditate on God's Word (Pray with one scripture each day this week, being open to a personal encounter with God.) *Scriptures:* 1) Luke 2:10, 2) Isaiah 9:3, 3) Philippians 4:4, 4) Psalm 118:24, 5) Isaiah 35:10, 6) John 15:11, 7) Zephaniah 3:17

READ the scripture and listen for a word or phrase that stands out to you. Write it here

REFLECT on the word/phrase. How does it connect with your life right now? Is there an invitation?

RESPOND to all you have received and experienced. What is your heartfelt response to God?

REST for a moment, soaking in God's loving presence.

4. Share Your Need/Desire (Share what you need or desire and listen for God's response.)

Have an honest conversation with God. What does God offer you? How does God meet you?

Highlights of My Conversation with God:

5. Savor Today's Treasure (Summarize and savor what you are taking with you into your day.) If you like, turn your takeaway into a breath prayer you can pray throughout the day.

What I'm taking into my day:

Breath Prayer:

Inhale:

Exhale: