

Lighting Darkness Advent 2020 at Mitford and Hebron

Advent is a time of waiting - not an idle waiting but an active journey.



We '*prepare the way of the Lord*' (Isaiah 40:3) by giving time to reading scripture and prayer. We 're-set' our hearts and ready our lives to receive again the Christmas God.

Each of us will have our own ways of observing Advent. However, in this year of imposed separateness and isolation, we believe it is especially important for to **join our Advent journeys** in moments of *collective* worship and prayer.

Starting Advent Sunday 29th November, we invite you to join in:

Lighting Darkness

At 6.00pm each day we will pause for 5 minutes to **light a candle** and **read a Bible verse** - it could be *Psalm 27:1* or one of the scriptures printed opposite or a verse of *your choosing* - and pray the **Lord's Prayer**. The language of this prayer Jesus taught reminds us that we never pray it alone. We bring others with us - our own church family and millions upon millions of Christians all over the world.

Christmas is essentially about God's astonishing kindness and loving action for the world in Jesus Christ, so as part of your personal journey through Advent you might also like to use the *Kind* Advent Calendar opposite.

May God bless us in this season, and bless our Advent journey to His glory.

The *Kind* Advent Calendar *

December 2020

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| 1 | Luke 1:26 | Send an uplifting message to someone |
| 2 | Luke 1:30 | Ring someone you love and tell them |
| 3 | Luke 1:31 | Read a story or poem to someone - or yourself! |
| 4 | Luke 1:32 | Write a letter or postcard to someone |
| 5 | Luke 1:38 | Find 3 things to donate to a charity shop |
| 6 | Luke 1:75-79 | Eat dinner by candlelight |
| 7 | Luke 2:1 | Make a Christmas card |
| 8 | Luke 2:3 | Write a list of 10 things you are thankful for |
| 9 | Luke 2:4-5 | Make someone a present |
| 10 | Isaiah 40:1-5 | Tidy a room or clean out a drawer |
| 11 | Luke 2:8 | Smile at everyone today |
| 12 | Luke 2:9 | Pay for someone else's coffee / sweets / shopping |
| 13 | Luke 2:11 | Give someone a compliment |
| 14 | Matt 1:18-19 | Pick up someone else's litter - safely of course |
| 15 | Luke 2:12 | Be extra kind to a teacher / colleague / neighbour |
| 16 | Luke 2:14 | Write another list of 10 things you are thankful for |
| 17 | Luke 2:16-17 | 'Think outside the box day' - do something different! |
| 18 | Matt 2:11 | Leave a gift for your postman / postwoman |
| 19 | Matt 25:31-36 | Give 3 really nice items for the Food Bank |
| 20 | Luke 2:20 | Take time to rest and be kind to yourself |
| 21 | Luke 2:6-7 | Wrap a present with care, love and a prayer |
| 22 | Luke 2:10 | Write a letter to your future self |
| 23 | Isaiah 9:6 | Write a prayer for your family |
| 24 | John 3:16 | Take time to thank God for the real reason for Christmas ! |

* With thanks to Perry May - www.perry-may.com

The Lord is my light and my salvation - whom shall I fear? Psalm 27:1