

Deepening Our Faith Journey

Week #14, December 13, 2015

Here's an exercise from a previous week, to practice in this busy season of Advent/Christmas:

You remember that Jesus was crucified between two others. Matthew says they were bandits. Some of the translations say "thieves". Someone has said that we often crucify the present moment in between two "thieves": we are either lamenting over the past, or anxious about the future.

As a spiritual exercise this week, try to stay in the moment. Practice being present. When you are being served by a shopkeeper, refrain from thinking about what's next on your list. Tune in. There is no other time but this very moment, so why be in the past or the future?

(This doesn't mean we don't think about the past or the future. But when we do, it can be a conscious choice that we make in the present!)

This week's daily readings:

Sunday, Luke 1:5-13, 57-80

Monday, Luke 1:1-4

Tuesday, Luke 1:14-25

Wednesday, Isaiah 35:1-10

Thursday, Psalm 146:1-10

Friday, Isaiah 61:1-4, 8-11

Saturday, James 5:7-11

Questions to ask as you read:

What is God doing? What questions do I have about God's activities?

What are people doing?

As I listen for God's voice, what is God asking me to do, change or become?

I invite you to print this sheet and place in your Bible.