



Advent simply means to come. And with the season of Advent comes our own invitation to simply come—to enter into this season of waiting fully present to the one who was and is and is to come. Read along with us as we journey through the Psalms this season. Consider reading each Psalm slowly and noticing what word or phrase stands out to you.

## Advent: Love

*In this season of “Love come down,” take some time to read through this Prayer of Saint Augustine of Hippo and allow yourself to wonder, “what does love call for?”*

Once and for all, this short rule is laid down for you:

“Love and do what you will.”

If you keep silent, keep silent by love.

If you speak, speak by love.

If you correct, correct by love.

If you pardon, pardon by love.

Let love be rooted in you,

And from such a root

Nothing but good can grow.

# Advent Walking Meditation

Advent is a season of waiting; drawing our attention ever more so to the tension of the now + not yet. And because we are indeed *moving* toward the not yet, there is movement reminding us that the season of waiting is not passive and stalled but contrarily, our waiting is an active posture.

As a discipline of active waiting through the advent season, you may want to engage walking.

To do this, you will want to select a simple and accessible path you can follow. Perhaps you do this once, or perhaps you engage this as a daily discipline in your advent journey.

Prior to embarking, reflect on what it is you are carrying this Advent season? Perhaps this is something that became clear to you during our retreat time or perhaps what you are holding and/or seeking has less clarity about it. Maybe it's not solidified but a mere question, longing, or a simple word.

Hold this with you, *actively*, as you walk. Perhaps you even choose an item to hold in your hands to symbolize what you are carrying. This item could be a small rock, acorn, button, peppermint, etc.

Enter into your walk with this simple declaration, "Here I am."  
Lord of Light, guide my steps on this journey.

As you walk, allow this movement, this action, to be your prayer. You are walking with God in the waiting.

## Advent Resources

Here are some of our favorite ways to help you wait with more intention during this season:

[The Advent Conspiracy](#) A great resource for families.

[Why Should We Care About Advent?](#) An article from 2010 by Rob Bell that still resonates.

[Pauses for Advent](#) by Trevor Hudson

[Sacred Space for Advent and the Christmas Season 2022-23](#) by The Irish Jesuits

[Honest Advent](#) by Scott Erickson

[Silence and Other Surprising Invitations](#) of Advent by Enuma Okoro