

## **Advent Adventure Shared by Rev. Julianne Lewis**

The Advent journey is a time that is both sacred and exciting. It is a time of spiritual preparation for the rebirth of your awareness of the Christ Spirit within you.

*“Christ in you, the hope of glory”* Colossians 1:27

Let your heart open and recognize yourself as a vital, important energy of life, light and love. Remember that within your being is the greatest gift you could ever receive, the Christ Spirit. It is through the Christ, the true spirit of Christmas, that you experience harmony and bliss.

When you are hopeful, you are open to good. You are spiritually uplifted and encouraged. You are able to release any doubt or fear. You know that wonderful blessings coming your way. *“For you, O God, are my hope, my trust.”* Psalm 71:5

Today and every day let your heart be filled with hope, and abundant blessing will grace your life.

**This is an invitation to write a letter to God.**

Dear God,

I give thanks for your abundant blessings in my life. I have HOPE in my heart today and I know . . .

**“Peace I leave with you; my peace I give to you.”** John 14:27

Holy God,

I will remember to take time to rest in Your Presence. I feel Your Light and Love fill my being and Your Peace surround me in every situation and each relationship. I ask only to be your messenger of peace today and every day during this holy season.

I choose the gift of peace. Amen

**Slow down. Breathe. Listen to your heart.**

Set aside regular times for prayer and meditation. Write a poem. Go for a walk in the park. Light a candle and focus on the light. Listen to your favorite music. Journal about the peace in your life and recognize where you would like to bring in more **peace**. And, remember to consider where and when you can extend your

peace to others. May you discover the power of getting to know yourself better

**“Seek peace and pursue it”** Psalm 34:14

***“Let all you do be done in love.”*** 1 Corinthians 16:14

The Christ Love within is sacred and holy. It is eternal and unconditional. We begin each day with the commitment to be loving and kind to ourselves thus radiating an energy that will serve everyone we meet. We let it shine through everything that we do and discover a new sense of worthiness and a deeper meaning to the activities we share with others.

**Our affirmation is: I AM an expression of love!**

<b>L istening</b>	without an expectation or preconceived ideas.
<b>O ffering</b>	unconditional acceptance.
<b>V aluing</b>	the inherent spiritual blessing.
<b>E mpowering</b>	unlimited Christ potential.

Remember to remember each relationship that Spirit brings to us is a Divine appointment We are to be the Light of the World. We open our hearts to the blessings of Divine Love and we see more clearly the wonderful ways we have been blessed. A grateful spirit fills our hearts and minds and opens us to healing and harmony in all our relationships.

***I AM bringing you good news of great joy for all the people”*** Luke 2:10

It is time of recognizing the joy in our lives. We remember joy in the past, embrace it in the present and anticipate it in our future experience. Joy will dispel negative thoughts and feelings and look for the good in every situation and circumstance. Pause before entering every gathering, feel the joy of the Christ within your heart, and send it outward preparing your way, and offering its holy gift.

Each of us is a unique expression, a divine idea of God, holy, innocent and beautiful. The Realm of God, a field of unlimited potentiality, is the Life that we live and move and have our being in.

### **Prayer for Joy**

*“Yet here is the one thing you still cannot believe: you are the Highest Source. And here is the one thing you apparently do not grasp: you are creating it all—all of your life—right here, right now. You...YOU...are creating it. Not Me. YOU.”* – CwG, Book 2,

WE are standing under the spout where all good things pour out!	Therefore...
WE Manifest Health, Wealth and Wisdom,	WE Manifest Hope, Peace, Love and Joy!
WE Manifest Abundance and Prosperity	WE Manifest Energy and Motivation
WE Manifest Money and Generosity	WE Manifest Power, Success and Grace
WE Manifest Creativity and Transformation	WE Manifest Knowledge and Means
WE Manifest Hope, Peace, Love and Joy	
WE Manifest our Divine Unity with God/Universe/Creation	