

# ADVENT

2023



SEASON OF HOPE  
MEDITATION GUIDE

# Contents

ADVENT 2023

- 1      Lectio Divina
  
  - 2      First Sunday  
4-6    Week 1 - Meditations
  
  - 7      Second Sunday  
9-11   Week 2 - Meditations
  
  - 12     Third Sunday  
14-16   Week 3 - Meditations
  
  - 17     Fourth Sunday  
19-21   Week 4 - Meditations
  
  - 22-23   Christmas Eve
-



# LECTIO DIVINA



Lectio Divina is an ancient method of meditation popularized among priests and monks[a]. Literally translated from Latin meaning “Divine Reading,”[b] Lectio Divina finds its meditative grounding in Holy Scripture.

Lectio Divina is typically broken down into 4 steps, beginning with reading a passage from the Bible. The reading should be done slowly, with intentionality. It is important to enter the first step of Lectio Divina in a place of quiet. We need to create space in our schedule to unwind and connect with God to discover peace in order to slow down from the busyness of the season.

The second step in practicing Lectio Divina is meditating on the passage, focusing on words or phrases that stand out while reading the passage. In this step, reflect on what God might be saying in the passage and why the word or phrase has specific meaning to you.

The next step when practicing Lectio Divina is prayer. In this time, talk to God and share insights and ideas from the meditation time. Speak to God about events, concerns, and joys that have occurred in your day. Finally, be sure to spend time listening in silence allowing space for the Holy Spirit to speak to your heart.

Lectio Divina ends with contemplation. The final step is where the time spent in meditation moves into a time of response. We have provided space to write and draw in response to the Scripture and time with God.

[a]Eldredge, Becky, Lectio Divina, <https://www.loyolapress.com/catholic-resources/prayer/personal-prayer-life/different-ways-to-pray/lectio-divina/>

[b]Burke, Dan, Lectio Divina, A Guide: What it is & How It helps Prayer Life, <https://spiritualdirection.com/2012/04/21/what-is-lectio-divina-and-will-it-help-my-prayer-life-a-guide-to-lectio-divina>



# FIRST SUNDAY

Take a moment to find stillness  
before reading today's passage.  
Quiet your mind as you enter into  
the Word of God.

## ISAIAH 53

Who has believed what we have heard?  
And to whom has the arm of the Lord been revealed?  
For he grew up before him like a young plant,  
and like a root out of dry ground;  
he had no form or majesty that we should look at him,  
nothing in his appearance that we should desire him.  
He was despised and rejected by others;  
a man of suffering and acquainted with infirmity;  
and as one from whom others hide their faces  
he was despised, and we held him of no account.  
Surely he has borne our infirmities  
and carried our diseases;  
yet we accounted him stricken,  
struck down by God, and afflicted.  
But he was wounded for our transgressions,  
crushed for our iniquities;  
upon him was the punishment that made us whole,  
and by his bruises we are healed.  
All we like sheep have gone astray;  
we have all turned to our own way,  
and the Lord has laid on him  
the iniquity of us all.  
He was oppressed, and he was afflicted,  
yet he did not open his mouth;  
like a lamb that is led to the slaughter,  
and like a sheep that before its shearers is silent,  
so he did not open his mouth.  
By a perversion of justice he was taken away.  
Who could have imagined his future?  
For he was cut off from the land of the living,  
stricken for the transgression of my people.  
They made his grave with the wicked  
and his tomb with the rich,  
although he had done no violence,  
and there was no deceit in his mouth.

Yet it was the will of the Lord to crush him with pain.  
When you make his life an offering for sin,  
he shall see his offspring, and shall prolong his days;  
through him the will of the Lord shall prosper.  
Out of his anguish he shall see light;  
he shall find satisfaction through his knowledge.  
The righteous one, my servant, shall make many  
righteous,  
and he shall bear their iniquities.  
Therefore I will allot him a portion with the great,  
and he shall divide the spoil with the strong;  
because he poured out himself to death,  
and was numbered with the transgressors;  
yet he bore the sin of many,  
and made intercession for the transgressors.





# ADVENT WEEK 1

Use the space below to write  
or draw while contemplating  
today's Bible passage.

---

---

---

---

---



# ADVENT WEEK 1

Take a deep breath in and release it. Ask God to be with you during your time of meditation. As you begin to find physical and mental peace, begin your practice. Use the space below to write or draw while contemplating today's Bible passage.

## Genesis 2:4b-7

In the day that the Lord God made the earth and the heavens, when no plant of the field was yet in the earth and no herb of the field had yet sprung up—for the Lord God had not caused it to rain upon the earth, and there was no one to till the ground; but a stream would rise from the earth, and water the whole face of the ground— then the Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being.

---

---

---

---

---



# ADVENT WEEK 1

Take a deep breath in and release it. Ask God to be with you during your time of meditation. As you begin to find physical and mental peace, begin your practice. Use the space below to write or draw while contemplating today's Bible passage.

## Genesis 45:7-8

God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt.

---

---

---

---

---

# ADVENT WEEK 1

Take a deep breath in and release it. Ask God to be with you during your time of meditation. As you begin to find physical and mental peace, begin your practice. Use the space below to write or draw while contemplating today's Bible passage.

Habakkuk 3:18 (NIV)

Though the fig tree does not bud  
and there are no grapes on the vines,  
though the olive crop fails  
and the fields produce no food,  
though there are no sheep in the pen  
and no cattle in the stalls,  
yet I will rejoice in the Lord,  
I will be joyful in God my Savior.

---

---

---

---

---



## SECOND SUNDAY

Take a moment to find stillness before reading today's passage. Quiet your mind as you enter into the Word of God.

### MICAH 5:2-5a

But you, O Bethlehem of Ephrathah,  
who are one of the little clans of Judah,  
from you shall come forth for me  
one who is to rule in Israel,  
whose origin is from of old,  
from ancient days.

Therefore he shall give them up until the time  
when she who is in labor has brought forth;  
then the rest of his kindred shall return  
to the people of Israel.

And he shall stand and feed his flock in the strength of the Lord,  
in the majesty of the name of the Lord his God.

And they shall live secure, for now he shall be great  
to the ends of the earth;  
and he shall be the one of peace.





# ADVENT WEEK 2

Use the space below to write or draw while contemplating today's Bible passage.

---

---

---

---

---





# ADVENT WEEK 2

Take a deep breath in and release it. Ask God to be with you during your time of meditation. As you begin to find physical and mental peace, begin your practice. Use the space below to write or draw while contemplating today's Bible passage.

Psalm 85:10-11 (NIV)

Love and faithfulness meet together; righteousness and peace kiss each other.

Faithfulness springs forth from the earth, and righteousness looks down from heaven.

---

---

---

---

---

# ADVENT WEEK 2

Take a deep breath in and release it. Ask God to be with you during your time of meditation. As you begin to find physical and mental peace, begin your practice. Use the space below to write or draw while contemplating today's Bible passage.

ISAIAH 9:6-7

For a child has been born for us,  
a son given to us;  
authority rests upon his shoulders;  
and he is named  
Wonderful Counselor, Mighty God,  
Everlasting Father, Prince of Peace.  
His authority shall grow continually,  
and there shall be endless peace  
for the throne of David and his kingdom.  
He will establish and uphold it  
with justice and with righteousness  
from this time onward and forevermore.  
The zeal of the Lord of hosts will do this.

---

---

---

---

---



# ADVENT WEEK 2

Take a deep breath in and release it. Ask God to be with you during your time of meditation. As you begin to find physical and mental peace, begin your practice. Use the space below to write or draw while contemplating today's Bible passage.

Psalms 24:9-10

Lift up your heads, O gates!  
and be lifted up, O ancient doors!  
that the King of glory may come in.  
Who is this King of glory?  
The Lord of hosts,  
he is the King of glory. *Selah*

---

---

---

---

---

## THIRD SUNDAY

Take a moment to find stillness  
before reading today's passage.  
Quiet your mind as you enter into  
the Word of God.

### Mark 1:1-8

The beginning of the good news of Jesus Christ, the Son of God.  
As it is written in the prophet Isaiah,

“See, I am sending my messenger ahead of you,  
who will prepare your way;  
the voice of one crying out in the wilderness:  
‘Prepare the way of the Lord,  
make his paths straight,’”

John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins. Now John was clothed with camel's hair, with a leather belt around his waist, and he ate locusts and wild honey. He proclaimed, “The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals. I have baptized you with water; but he will baptize you with the Holy Spirit.”





# ADVENT WEEK 3

Use the space below to write or draw while contemplating today's Bible passage.

---

---

---

---

---





# ADVENT WEEK 3

Take a deep breath in and release it. Ask God to be with you during your time of meditation. As you begin to find physical and mental peace, begin your practice. Use the space below to write or draw while contemplating today's Bible passage.

## Matthew 3:1-3

In those days John the Baptist appeared in the wilderness of Judea, proclaiming, "Repent, for the kingdom of heaven has come near." This is the one of whom the prophet Isaiah spoke when he said,

"The voice of one crying out in the wilderness:

'Prepare the way of the Lord,  
make his paths straight.'"

---

---

---

---

---

# ADVENT WEEK 3

Take a deep breath in and release it. Ask God to be with you during your time of meditation. As you begin to find physical and mental peace, begin your practice. Use the space below to write or draw while contemplating today's Bible passage.

Hebrews 10:15-17

And the Holy Spirit also testifies to us, for after saying,

“This is the covenant that I will make with them

after those days, says the Lord:

I will put my laws in their hearts,

and I will write them on their minds,”

he also adds,

“I will remember their sins and their lawless deeds no more.”

---

---

---

---

---

# ADVENT WEEK 3

Take a deep breath in and release it. Ask God to be with you during your time of meditation. As you begin to find physical and mental peace, begin your practice. Use the space below to write or draw while contemplating today's Bible passage.

LUKE 2:29-32

“Master, now you are dismissing your servant in peace,  
according to your word;  
for my eyes have seen your salvation,  
which you have prepared in the presence of all peoples,  
a light for revelation to the Gentiles  
and for glory to your people Israel.”

---

---

---

---

---

# FOURTH SUNDAY

## LUKE 1:39-55

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord."

Mary's Song of Praise

And Mary said,

"My soul magnifies the Lord,

and my spirit rejoices in God my Savior,  
for he has looked with favor on the  
lowliness of his servant.

Surely, from now on all generations will  
call me blessed;

for the Mighty One has done great things  
for me,

and holy is his name.

His mercy is for those who fear him  
from generation to generation.

He has shown strength with his arm;  
he has scattered the proud in the  
thoughts of their hearts.

He has brought down the powerful from  
their thrones,

and lifted up the lowly;

he has filled the hungry with good things,  
and sent the rich away empty.

He has helped his servant Israel,  
in remembrance of his mercy,

according to the promise he made to our  
ancestors,

to Abraham and to his descendants  
forever."

And Mary remained with her about three  
months and then returned to her home.





# ADVENT WEEK 4

Use the space below to write or draw while contemplating today's Bible passage.

---

---

---

---

---



# ADVENT WEEK 4

Take a deep breath in and release it. Ask God to be with you during your time of meditation. As you begin to find physical and mental peace, begin your practice. Use the space below to write or draw while contemplating today's Bible passage.

## Matthew 5:17-20

Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

---

---

---

---

---

# ADVENT WEEK 4

Take a deep breath in and release it. Ask God to be with you during your time of meditation. As you begin to find physical and mental peace, begin your practice. Use the space below to write or draw while contemplating today's Bible passage.

Luke 10:21 (NKJV)

In that hour Jesus rejoiced in the Spirit and said, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and prudent and revealed them to babes. Even so, Father, for so it seemed good in Your sight."

---

---

---

---

---

# ADVENT WEEK 4

Take a deep breath in and release it. Ask God to be with you during your time of meditation. As you begin to find physical and mental peace, begin your practice. Use the space below to write or draw while contemplating today's Bible passage.

## Romans 8:35-39

Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written,

“For your sake we are being killed all day long;  
we are accounted as sheep to be slaughtered.”

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

---

---

---

---

---





## CHRISTMAS EVE

### Luke 2:1-20

In those days a decree went out from Emperor Augustus that all the world should be registered. This was the first registration and was taken while Quirinius was governor of Syria. All went to their own towns to be registered. Joseph also went from the town of Nazareth in Galilee to Judea, to the city of David called Bethlehem, because he was descended from the house and family of David. He went to be registered with Mary, to whom he was engaged and who was expecting a child. While they were there, the time came for her to deliver her child. And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn.

In that region there were shepherds living in the fields, keeping watch over their flock by night. Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, “Do not be afraid; for see—I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Savior, who is the Messiah, the Lord. This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger.” And suddenly there was with the angel a multitude of the heavenly host, praising God and saying,

“Glory to God in the highest heaven,  
and on earth peace among those whom he favors!”

When the angels had left them and gone into heaven, the shepherds said to one another, “Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us.” So they went with haste and found Mary and Joseph, and the child lying in the manger. When they saw this, they made known what had been told them about this child; and all who heard it were amazed at what the shepherds told them. But Mary treasured all these words and pondered them in her heart. The shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them.



# CHRISTMAS EVE

Use the space below to write or draw while contemplating today's Bible passage.

---

---

---

---

---



All verses are from the New Standard Revised Version(NSRV)  
translation of the bible unless otherwise stated.