

Advent 2025 Reflection and Action Steps (Week One)

Building Bridges of Hope: An Advent Journey

This Advent, we're invited into the transformative practice of bridge-building through four intentional weeks: **Listening to Yourself** grounds us in honest self-awareness. **Listening to God** attunes us to the sacred presence that guides us. **Listening to Understand** stretches us toward genuine empathy for others, even those we disagree with. **Building Bridges** calls us into courageous action—invitation, vulnerability, and reconciliation.

Each week builds on the last, moving from inner work to divine connection to outward engagement. As we prepare for Emmanuel—God's ultimate bridge to humanity—we learn to become bridge-builders ourselves, creating pathways of hope in a world that desperately needs connection.

Week 1: Listening to Yourself (Nov 30 - Dec 6)

Before we can build bridges to others, we must first understand the landscape of our own hearts. This week invites us into the practice of self-awareness—an essential preparation for authentic connection. We often rush past our own pain, fears, and longings in the busyness of life, but Advent calls us to slow down and pay attention.

As we engage these first seven days, we may discover walls we didn't know we'd built, hopes we've buried, and wounds that still need tending. This is holy work. Just as an architect must survey the ground before building, we must know ourselves—our triggers, our stories, our places of resistance—before we can truly listen to others. Give yourself permission to be honest. The bridges we build from a place of self-knowledge are stronger and more sustainable than those constructed from pretense or denial.

Sunday, November 30

Begin with Silence Sit in silence for 10 minutes. Notice what emotions, thoughts, or tensions arise without judgment. What is your heart trying to tell you?

Monday December 1

Name Your Hopes Write down three hopes you carry for this Advent season. What do you truly long for?

Tuesday, December 2

Identify Your Walls Reflect: What walls have you built this year? What fears or hurts caused you to build them?

Wednesday, December 3

Honor Your Story Journal about a moment when someone really listened to you. How did it feel? What did it change?

Thursday, December 4

Notice Your Reactions Pay attention today to when you feel defensive or closed off. What triggers these moments?

Friday, December 5

Forgive Yourself Identify one way you've been hard on yourself. Offer yourself compassion and grace.

Saturday, December 6

Rest and Restore Do something that genuinely restores your spirit. Listen to what your soul needs—not what you "should" do.