

## Advent 2025 Reflection and Action Steps (Week Two)

### *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 2: Listening to God (Dec 7 - Dec 13)**

Having turned inward to know ourselves, we now turn upward to listen for the One who knows us most deeply. This week centers us in the ancient practice of listening for God's voice—not as a distant command from above, but as the intimate whisper of a presence that has been seeking us all along. In the noise and hurry of the season, this spiritual attentiveness requires intentionality and trust.

God speaks in many languages: through scripture and silence, through beauty and stillness, through gratitude and even through our unanswered questions. This week's practices invite us to expand our awareness of how God might be reaching toward us. As you light candles, walk in wonder, and wait with expectation, remember that listening to God is less about hearing words and more about recognizing presence. You are learning to attune yourself to the sacred, to notice the divine fingerprints on ordinary moments. This spiritual grounding prepares us to see others as God sees them—as beloved children worthy of our attention and care.

#### **Sunday, December 7**

**Seek Sacred Silence** Create space to listen for God's presence. Light a candle and simply be present for 15 minutes.

#### **Monday December 8**

**Read and Reflect** Read Isaiah 40:31 or another passage that speaks of hope. What is God saying to you through these words?

#### **Tuesday, December 9**

**Walk with Wonder** Take a walk and notice signs of God's presence in creation. What beauty speaks to you?

#### **Wednesday, December 10**

**Ask for Guidance** Bring one challenge to prayer. Ask God: "What bridge am I being called to build?"

#### **Thursday, December 11**

**Listen Through Music** Play a hymn, worship song, or piece of music that moves you. Let it minister to your heart.

#### **Friday, December 12**

**Practice Gratitude** List 10 small things you're grateful for today. Notice God's presence in the ordinary.

#### **Saturday, December 13**

**Wait with Expectation** Sit with the discomfort of not having all the answers. Practice trusting God's timing.