

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

### *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 4: Building Bridges (Dec 21 - Dec 24)**

The final days before Christmas call us from listening into action. Everything we've practiced—knowing ourselves, listening to God, understanding others—now becomes the foundation for actually building bridges. This is the week of courageous love, where we take the risks that connection requires: inviting, truth-telling, reconciling, celebrating.

These actions may feel daunting. Extending an invitation means risking rejection. Speaking truth in love means being vulnerable. Seeking reconciliation means acknowledging where we've contributed to distance or harm. Yet this is the heart of the Advent message—God took the ultimate risk to bridge the chasm between heaven and earth, entering our mess and fragility as a vulnerable infant. Emmanuel, God-with-us, is the bridge-builder par excellence. As you move through these final days, you're not building bridges in your own strength alone but joining in the reconciling work that God has been doing since the beginning. Let Christmas Eve be a celebration not just of Christ's coming, but of how this Advent journey has changed you—softened you, stretched you, and perhaps given you the courage to reach across one divide you never thought you could cross.

#### **Sunday, December 21**

**Extend an Invitation** Invite someone into your space—your home, your table, your heart. Make room for connection.

#### **Monday December 22**

**Speak a Truth in Love** Share something honest but kind with someone. Bridge the gap between your hearts with vulnerability.

#### **Tuesday, December 23**

**Offer Reconciliation** If there's a relationship that needs mending, take one step toward healing—an apology, a call, a letter.

#### **Wednesday, December 24**

**Celebrate Emmanuel** Light candles and reflect: God built the ultimate bridge to us. How has this Advent journey changed you? What bridge will you continue building?

### *Reflection Questions for Your Journey*

- Where have you experienced the most resistance?  
What surprised you about listening?
- How has hope grown in you?
- What bridge feels most important to build going forward?