



Presbyterians *Read*



First Week of Advent

Detachment

“I baptize you with water; but one who is more powerful than I is coming; I am not worthy to untie the thong of his sandals. He will baptize you with the Holy Spirit and fire.”
(Luke 3:15)

“The whole tenor of advent is that God may act in us, through us, beyond us, more than we imagined, because newness is on its way among us.”
(Brueggemann 5)

This week, our spiritual practice is detachment—releasing control of our lives to God by naming and letting go of our attachments to possessions, control, comforts and achievements.

- 1 Walk through your home or office and take note of what you possess. Think about why you’ve kept certain objects. What do they mean to you? Thank God for what you’ve been given. Ask God if there is anything you own that you should share, give away, think about differently or enjoy/use in a different way. Listen for God’s response.
- 2 Write a list of the things in your life that you are currently trying to control. In prayer, surrender these things one by one to God. Name the issue and then say, “Not my will but yours be done, Lord.”

These ideas are adapted from Calhoun (see pp. 107–108)

