



Presbyterians *Read*



Third Week of Advent

Blessing and Encouraging

“The true light, which enlightens everyone, was coming into the world ...
From his fullness we have all received, grace upon grace.”
(John 1:9 & 16)

“Jesus offers a catalog of newness, of miracles, of wonders, transformations that take people in their fear and failure and disability, and wrap their lives in newness beyond themselves. That is what Jesus does. Everywhere he goes, newness happens.”
(Brueggemann 39)

This week, our spiritual practice is blessings & encouraging others—reminding them that they are blessed, beloved and chosen by God.

- 1 Craft a blessing for someone you know. Ask God to lead you to a scripture verse that can encourage him or her. Give the gift of this blessing in person or in written form.
- 2 Choose one day this week to bless or encourage as many people as you can. Don't flatter. Ask God to give you divine eyesight. When appropriate, speak your truthful blessing out loud. When you can't speak it out loud, speak the blessing to God and ask God to bless them. At the end of the day, reflect on what it was like to be one who carried the blessing of God into the day.

These ideas are adapted from Calhoun (see pp. 199–201)

