

ADVENT RETREAT



CHURCH OF THE
SAVIOR

December 14, 2019

MORNING PRAYER

OPENING SENTENCE

ISAIAH 40:5

The glory of the Lord shall be revealed, and all flesh shall see it together.

Leader: Lord, open our lips.

People: *And our mouths shall proclaim your praise.*

Leader: Our King and Savior now draws near

People: *Come, let us adore him.*

JUBILATE

PSALM 100

Be joyful in the Lord, all you lands;
*serve the Lord with gladness
and come before his presence with a song.*

Know this: The Lord himself is God;
*he himself has made us, and we are his;
we are his people and the sheep of his pasture.*

Enter his gates with thanksgiving;
go into his courts with praise;
give thanks to him and call upon his Name.

For the Lord is good;
his mercy is everlasting;
and his faithfulness endures from age to age.

*Glory to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now, and will be for ever. Amen.*

- ¹ I will exalt you, O Lord,
because you have lifted me up
and have not let my enemies triumph over me.
- ² O Lord my God, I cried out to you,
and you restored me to health.
- ³ You brought me up, O Lord, from the dead;
you restored my life as I was going down to the grave.
- ⁴ Sing to the Lord, you servants of his;
give thanks for the remembrance of his holiness.
- ⁵ For his wrath endures but the twinkling of an eye,
his favor for a lifetime.
- ⁶ Weeping may spend the night,
but joy comes in the morning.
- ⁷ While I felt secure, I said,
“I shall never be disturbed.
*You, Lord, with your favor, made me as strong as
the mountains.*”
- ⁸ Then you hid your face,
and I was filled with fear.
- ⁹ I cried to you, O Lord;
I pleaded with the Lord, saying,
- ¹⁰ “What profit is there in my blood, if I go down to the Pit?
will the dust praise you or declare your faithfulness?”

¹¹ Hear, O Lord, and have mercy upon me;
O Lord, be my helper."

¹² You have turned my wailing into dancing;
you have put off my sack-cloth and clothed me with joy.

¹³ Therefore my heart sings to you without ceasing;
O Lord my God, I will give you thanks for ever.

*Glory to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now, and will be for ever. Amen.*

LESSON**ROMANS 5:5**

God's love has been poured into our hearts through the Holy Spirit that has been given to us.

THE LORD'S PRAYER

*Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.*

A COLLECT FOR GUIDANCE

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

A PRAYER OF ST. CHRYSOSTOM

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. Amen.

Leader: Let us bless the Lord.

People: *Thanks be to God.*

GRACE

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

(2 Corinthians 13:14)

PRACTICES FOR PEACE AS WE WAIT

PRACTICE 1

Read this passage from Nehemiah that speaks of the time when the Israelites were waiting in the dessert:

¹³ “You came down on Mount Sinai; you spoke to them from heaven. You gave them regulations and laws that are just and right, and decrees and commands that are good. ¹⁴ You made known to them your holy Sabbath and gave them commands, decrees and laws through your servant Moses. ¹⁵ In their hunger you gave them bread from heaven and in their thirst you brought them water from the rock; you told them to go in and take possession of the land you had sworn with uplifted hand to give them.

¹⁶ “But they, our ancestors, became arrogant and stiff-necked, and they did not obey your commands. ¹⁷ They refused to listen and failed to remember the miracles you performed among them. They became stiff-necked and in their rebellion appointed a leader in order to return to their slavery. But you are a forgiving God, gracious and compassionate, slow to anger and abounding in love. Therefore you did not desert them, ¹⁸ even when they cast for themselves an image of a calf and said, ‘This is your god, who brought you up out of Egypt,’ or when they committed awful blasphemies.

¹⁹ “Because of your great compassion you did not abandon them in the wilderness. By day the pillar of cloud did not fail to guide them on their path, nor the pillar of fire by night to shine on the way they were to take. ²⁰ You gave your good Spirit to instruct them. You did not withhold your manna from their mouths, and you gave them water for their thirst. ²¹ For forty years you sustained them in the wilderness; they lacked nothing, their clothes did not wear out nor did their feet become swollen.”

Nehemiah 9:13-21, NIV

- * What in this passage speaks to you?
- * What new revelations come to mind when you read this?
- * Does this passage help you reframe your own times of waiting? How so?

PRACTICE 2

Spend 20 minutes focusing on this one verse from the prophet Habakkuk. Write down all of the thoughts that you have – you can use the following pages to record your thoughts. Don't worry about the thoughts being meaningful or profound or tied to the theme of waiting. The purpose of this is to take time to focus on one verse and to discover what thoughts/revelations/feelings the Lord may bring to mind when you have the space and time to really focus on it. Everyone's thoughts will be different because the Lord speaks differently to each of us.

For the revelation awaits an appointed time;
it speaks of the end
and will not prove false.
Thought it linger, wait for it;
it will certainly come
and it will not delay.

Habakkuk 2:3, NIV

PRACTICE 3

In what areas of your life are you in a stage of waiting? What are you hoping for? What can you do to encourage yourself in this time of waiting? Use the space below for your thoughts and reflections.

PRACTICE 4

List names of loved ones that you believe are in a time of waiting. By each of their names, brainstorm ways that you can help them in this time of waiting.

PRACTICE 5

In your own words, describe below what you think it will be like when your patience on the Lord is finally fulfilled. Be descriptive and specific.

PRACTICE 6

What new revelations have you had about Advent/waiting from your time reflecting on these themes during this retreat? Use the space below for your thoughts and reflections.

MIDDAY PRAYER

OPENING SENTENCES

O God, make speed to save us.

O Lord, make haste to help us.

Glory be to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

PSALM 121

¹ I lift up my eyes to the hills;

from where is my help to come?

² My help comes from the LORD,

the maker of heaven and earth.

³ He will not let your foot be moved

and he who watches over you will not fall asleep.

⁴ Behold, he who keeps watch over Israel

shall neither slumber nor sleep;

⁵ The LORD himself watches over you;

the LORD is your shade at your right hand,

⁶ So that the sun shall not strike you by day,

nor the moon by night.

⁷ The LORD shall preserve you from all evil;

it is he who shall keep you safe.

⁸ The LORD shall watch over your going out and your coming in,

from this time forth for evermore.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

The love of God has been poured into our hearts through the Holy Spirit that has been given to us. Romans 5:5

Thanks be to God.

THE LORD'S PRAYER

*Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.*

Heavenly Father, send your Holy Spirit into our hearts, to direct and rule us according to your will, to comfort us in all our afflictions, to defend us from all error, and to lead us into all truth; through Jesus Christ our Lord. *Amen.*

GRACE

Leader: Let us bless the Lord.
People: *Thanks be to God.*

JOURNALING

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9, NIV