

Advent: Week 1 - Hope

This week we enter into the advent season, preparing our hearts to celebrate the birth of our Saviour, Jesus Christ.

This Sunday we focused on hope. Here are a few ideas to help you reflect on the message of hope this week.



➤ **Scripture Readings:**

Isaiah 40:28-31

Psalm 130: 5-8

Isaiah 40:1-5

Isaiah 9:2

1 Peter 1:3-4

➤ **Questions for reflection:**

What do these passages tell us about hope? What does hope mean in the Bible?

What does hope mean to you?

What are you hopeful about right now? (Or, what are you hoping for?) How can we share hope with others?

➤ **Sing or listen to** *O Come, O Come Emmanuel*, and reflect on the hope of the refrain.
“Rejoice! Rejoice! Emmanuel shall come to you, o Israel.”

➤ **Use this prayer as a guide for your prayers of hope this week.**

Prayer for Lighting of the Advent Candle from Sunday’s service:

Lord of hope, as night workers long for the sunrise, we long for the coming of Christ. We yearn for your Spirit to give us a glimpse of your glory, knowing that one day we will see in full. You know the suffering in our own lives and throughout all the world. This weight is too much for us to bear alone, and so today we choose again to place our hope in you.

We light this candle in hope, the hope that Jesus, our Saviour, gives to the world.