



2025

*Advent*  
MEDITATIONS

Welcome to the journey of Advent...

So often we arrive at Christmas Day exhausted and without the joy of the season. Do I hear a 'bah humbug!?' If you are feeling that way then Advent might be a helpful practice for you.

Advent is an ancient practice that is a gift to us in the modern age. It helps us to slow down, to watch and prepare our heart for Christmas, so that when the day comes we are filled with hope, peace, joy and love.

In 2025, Advent begins on Sunday, November 30, and continues for four Sundays, leading up to Christmas Day. There are themes that we will lean into each week.

Week 1 – Hope- Sunday, November 30

Week 2 – Peace- Sunday, December 7

Week 3 – Joy- Sunday, December 14

Week 4 – Love- Sunday, December 21

Christmas Eve/Day – Christ- December 24/25

*“Advent is the season of waiting – for God to come and make all things new. It is the time when we live between the already and the not yet.”*

*– Adapted from Fleming Rutledge*

*“The waiting of Advent is not passive. It’s a hopeful, watchful, expectant waiting – like the dawn breaking after a long night.”*

*– Unknown*

Advent reminds us that God is at work even in the waiting. It’s a time to rekindle our hope, renew our faith, and prepare our hearts for Christ’s coming.

As you journey through these mediations my prayer is that you will find Christ within Christmas and the miracle of His love will create the best Christmas for you and your family.

Blessings,

*Julie Baldwin*

Welcome Soul



# Week 1: Hope

## Theme: The Hope of Christ's Coming

*The people walking in darkness have seen a great light;  
on those living in the land of deep darkness  
a light has dawned.*

Isaiah 9:2 ESV

### *Reflection:*

Advent begins with hope, I love that. Within it is the reminder that we can have a quiet confidence that God keeps His promises. Even in darkness, His light is already breaking through. We look forward to the coming of Christ, the fulfillment of every promise and the dawn of everlasting hope.

I'm not sure of your situation but the prophet Isaiah talks about those who are walking in darkness and living in deep darkness. I wonder what parts of your life feel like you are journeying in darkness? Imagine seeing a great light in that place, shining out expelling the darkness and inviting you into something unexpected, beyond your wildest imaginings.

This is the hope that Isaiah talked about. Christ's light shines in our darkest places - in our world, in our communities, in our churches, in our schools and workplaces, in our families, in our friendships and in our hearts. There is hope, it is not hopeless as you have believed. Christ is coming. His light will dawn.

### *Reflect on these verses:*

*"I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."* John 8:12

*In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it.* John 1: 4-5

*And night will be no more. They will need no light of lamp or sun, for the Lord God will be their light, and they will reign forever and ever.*

Revelation 22:5

### *Our focus this week:*

**We wait with hope for God's light to shine in our world.**

1. What is it like for me to hope? Have I lost hope? Is God inviting me to hope?

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2. What are some promises that God has kept that comes to my mind?

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3. Where is God's light breaking through in a situation in my life ?

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4. How can I live with a posture of hope today?

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5. Write a short prayer of hope & take time to rest in the hope that comes from God today.

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## *Week 2: Peace*

### **Theme: The Peace of Christ**

*"For to us a child is born... and he will be called Wonderful Counselor,  
Mighty God, Everlasting Father, Prince of Peace."*

Isaiah 9:6

#### *Reflection:*

The peace Jesus brings is not the absence of trouble but the presence of God in the midst of it. So often our prayers can be asking God to take away the trouble in our lives - it is uncomfortable, it is painful, it is distressing. But what if God wants us to be aware of His presence within our trouble, within our pain. What difference does that make to what I am experiencing? He is with me, I am not alone. He is at work in my life, refining me, so the trouble is not without purpose. He is inviting me into knowing Him in a deeper way and the pathway to that is the trouble I am experiencing.

What would it be like to make room in my heart for the peace that this brings, even when the circumstances have not changed and the trouble is still there? Advent calls us to prepare room in our hearts and homes for this peace - and to become peacemakers who reflect His kingdom in a restless, troubled world.

#### *Reflect on these verses:*

*For He Himself is our peace, who has made both one, and has broken down the middle wall of separation. Ephesians 2:14*

*Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. John 14: 27*

*And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Philippians 4:7*

#### *Our focus this week:*

**We welcome the peace of Christ into our hearts and relationships.**

1. Pause & Pay attention: What is it look like for me to live with/in peace?



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2. What things could I eliminate from my life to create a more peaceful space?

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3. What troubles are in my life that are taking away my peace?

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4. What difference does it make to remember that God is present in my trouble?

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5. In what ways can I be a reflection of His peace in my family and community?

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## Week 3: Joy

### Theme: The Joy of God's Promise

*"But the angel said to them, 'Do not be afraid. I bring you good news that will cause great joy for all the people.'"*

Luke 2:10

#### *Reflection:*

The candle of joy shines bright in the midst of waiting. Are you in a season of waiting? Perhaps you have been praying for an answer, for a change, for a direction. Advent reminds us that our joy is not based on the circumstance we find ourselves in but on the good news that God has come near in Jesus. Even now, His presence has the potential to fill our hearts with delight and our waiting with song. Immanuel - God with us! In our waiting we are not alone, God is with us, His presence strengthens us in the waiting, His presence comforts us as we hold the unknown, His presence reminds us that we are always loved.

We are reminded that God is omnipresent - He is fully present with me and He is fully present with you. He is not unaware of what we are going through, nothing has slipped through that He hasn't allowed. In all of it we have and hold to His promise of presence:

*Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you; I will uphold you with my righteous right hand.* Isaiah 41:10

We can have joy in the midst of sadness or uncertainty because God is with us. He has come near.

#### *Reflect on these verses:*

*These things I have spoken to you, that my joy may be in you, and that your joy may be full.* John 15:11

*"You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore."* Psalm 16:11

#### *Our focus this week:*

**We rejoice because Christ brings joy that cannot be taken away.**

1. What would it look like to embrace joy no matter the season I am in?

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2. What is it like to consider that God is omnipresent: He is fully with you & with others?

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3. What are the areas of your life where you need to allow a space for joy?

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4. What answer are you waiting for? Remind yourself that God is with you as you wait.

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5. Write a short prayer holding sadness & joy together with God.

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## Week 4: Love

### Theme: The Love of God Revealed in Christ

*For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.*

John 3:16

#### *Reflection:*

At the heart of Christmas is love - God's boundless, self-giving agape love. Love that was willing to take on flesh and dwell among us. Limitless God willingly confined and contained in the limits of humanity. God who is beyond space and time confined to our world in our time. Not only was He willing, but He showed us who God is - God in flesh. Jesus said - "*Whoever has seen me has seen the Father.*" John 14:9. Through Him we can know what God is like.

God loves you. God cannot help but love because God is love.

#### *Reflect on these verses:*

*Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. 8 Anyone who does not love does not know God, because God is love. 9 In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. 10 In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins. 11 Beloved, if God so loved us, we also ought to love one another. 12 No one has ever seen God; if we love one another, God abides in us and his love is perfected in us. John 4:7-12*

This love transforms us and sends us out to love others as Christ has loved us. This love moves us to action - to be love to others so that they will see and know God.

This week is a good week to embrace love and find ways to show love to everyone you come in contact with.

#### *Our focus this week:*

**We celebrate the love of God made visible in Jesus.**

Week 4: Love

Theme: The Love of God Revealed in Christ

1. Pause & Pay attention: What is it like to know that you are so loved?



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2. In what ways do I know God better through Jesus life on earth?

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3. Which gospel story speaks to me of God's love?

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4. Who are the people in my world who are hard to love? What might God be inviting me to do with them this Christmas?

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5. What would it look like to practice loving others as a response to the love God has for me?

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# Christmas Eve/Day: Christ

Theme: The Light of the World

*"The Word became flesh and made his dwelling among us."*

John 1:14

## *Reflection:*

All our waiting finds its fulfillment in Jesus Christ - the true Light who has come to dwell among us. In Him, hope, peace, joy, and love find their home.

*In the beginning was the Word, and the Word was with God, and the Word was God. <sup>2</sup> He was in the beginning with God. <sup>3</sup> All things were made through him, and without him was not any thing made that was made. <sup>4</sup> In him was life, and the life was the light of men. <sup>5</sup> The light shines in the darkness, and the darkness has not overcome it.*

*<sup>6</sup> There was a man sent from God, whose name was John. <sup>7</sup> He came as a witness, to bear witness about the light, that all might believe through him. <sup>8</sup> He was not the light, but came to bear witness about the light.*

*<sup>9</sup> The true light, which gives light to everyone, was coming into the world. <sup>10</sup> He was in the world, and the world was made through him, yet the world did not know him. <sup>11</sup> He came to his own, and his own people did not receive him. <sup>12</sup> But to all who did receive him, who believed in his name, he gave the right to become children of God, <sup>13</sup> who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.*

*<sup>14</sup> And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth. <sup>15</sup> (John bore witness about him, and cried out, "This was he of whom I said, 'He who comes after me ranks before me, because he was before me.'") <sup>16</sup> For from his fullness we have all received, grace upon grace. <sup>17</sup> For the law was given through Moses; grace and truth came through Jesus Christ. <sup>18</sup> No one has ever seen God; God the only Son, who <sup>[is]</sup> at the Father's side, <sup>[is]</sup> he has made him known. John 1: 1-18 ESV*

## *Our focus today:*

**Christ is here. Light has come. Glory to God in the highest!**



This resource has been created by Julie Baldwin from  
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Julie is a Pastor and Spiritual Director and is  
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