

Expressing Joy in Advent

DECEMBER 2020

Advent is a season of anticipation. We count down the days with happy expectations, waiting to celebrate with friends and family to carry out old traditions and embrace new ones, to sing a Christmas hymn, and—above all else—to welcome the birth of the infant Jesus, God’s own son, into our weary world.

It’s to be a time of joy, resting quietly in the promise of Emmanuel.

How can we express our joy in these precious days of Advent?

1. We can practice kindness.

Kindness doesn’t have to be complicated. Shoveling a stranger’s sidewalk, leaving extra cookies at a neighbor’s door, sending an encouraging note to a faraway friend—these are simple gestures that can often get neglected in our rush to get through the holidays.

This season, focus on kindness, patience and understanding.

2. We can give with purpose.

When the Magi visited Christ, they brought gifts of gold, frankincense, and myrrh, carefully chosen especially for the newborn King. Gift-giving was never intended to be an obligation. If you choose to exchange gifts with loved ones this year, do it as an expression of love.

There are many ways to give generously. If you have time, spend it at a local charity. If you have a talent, offer it to your congregation or an organization that needs help. If you have money, gift it where it’s needed.

3. We can read scripture.

In this different time, when physically gathering together is discouraged, we can find comfort in scripture. Look for a resource that inspires you, be it a daily devotional or a weekly online service.

Sending blessings for your Advent Season; may it be filled with
great joy and watchful anticipation

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