



“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God. And the peace that transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7

“Are we there yet?”, “How much longer, Mom?” It’s now the third week of Advent, and if you have little ones around the house, the sense of anticipation, the struggle with having to continue to wait for Christmas is building. And let’s be honest, waiting is hard for everyone. I read an article recently that talked about three different kinds of waiting and what characteristic is needed for each:

1. We Wait in Frustration – Patience

- We wait on hold for customer service. We wait in a long line at the grocery store. We wait for the traffic in front of us to move so we can get home and get dinner started. We all lead busy lives and having to wait for things can be quite vexing. Patience helps us to get through this by looking for the little moments of joy that can be found as we wait.

2. We Wait in Expectation – Joy

- We wait in line to buy tickets to an event we love. We wait at the airport for our flight to leave for vacation. We wait for Christmas to arrive. We know what is going to happen, we know basically when it will happen and we are so excited about it finally happening. Hope fills our hearts and the waiting actually can add to the excitement and joy that we feel about this type of waiting.

3. We Wait in Hope – Trust

- We wait for a cancer-free diagnosis. We wait for our teenager to arrive home safely. We wait for the end of the pandemic. There are so many unknowns with this type of waiting and we just need to put our trust in the Lord.

Advent is a season of waiting. A time of remembering Christ’s first coming and a time of looking forward to Christ’s return. It can be a season filled with joy and hope or a season of stress and being overwhelmed. Whatever your present season of life is, know that you are not alone. God is faithful and we can trust God to see us through life’s journey.

Questions to ponder this week:

- Where do you see God at work around you? What are the simple joys that you notice and appreciate?
- What needs, troubles or desires to you need to entrust to God?

God of hope, who brought love into this world, be the love that dwells between us. God of hope, who brought peace into this world, be the peace that dwells between us. God of hope, who brought joy into this world, be the joy that dwells between us. God of hope, the rock we stand upon, be the center, the focus of our lives always, and particularly this Advent time. Amen.



The Advent Virus (a good kind of virus)

WARNING.....WARNING: ADVENT VIRUS

Be on the alert for symptoms of inner **Hope, Peace, Joy and Love**. The hearts of a great many have already been exposed to this virus and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

Some signs and symptoms of **The Advent Virus**:

- A tendency to think and act spontaneously rather than on fears based on past experiences.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging other people.
- A loss of interest in interpreting the actions of others.
- A loss of interest in conflict.
- A loss of the ability to worry. (This is a very serious symptom.)
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling.
- An increasing tendency to let things happen rather than make them happen.
- An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.



Please send this warning out to all your friends. This virus can and has affected many systems. Some systems have been completely cleaned out because of it.

* Anonymous via email



What can the real life experience of baking teach our kid's about patience?

We all love Christmas cookies and having our kids help with the baking can teach them a great lesson in waiting and patience. They need to wait their turn to add ingredients to the bowl, they have to wait for the cookies to finish baking, then – worst of all – they have to wait for the cookies to cool. The reward, though, is a sweet treat.

Ask them questions while you're baking with them:

- What would happen if we didn't mix things properly and there were lumps of flour in our batter?
- What if we didn't wait for the oven to heat up and the cookies didn't bake?

Thank goodness for technology. For anyone looking to enjoy wonderful music and inspiring Christmas messages, the Association of Lutheran Church Musicians has put together a list of Lutheran colleges and universities who are sharing their Christmas and Advent programs virtually. Make some time this weekend to enjoy and share one with your family: <https://alcm.org/2020-lutheran-college-virtual-christmas-programs/>

