



ADVENT SPIRAL WALK: WEEK 4 – LOVE
December 20, 2020

Advent is a time of expectant waiting and quiet noticing. The theme of the fourth week of Advent is LOVE.

Scripture: Colossians 3:14

“Above all clothe yourselves with LOVE, which binds everything together in perfect harmony.”

The Meditation on LOVE

"If we are absolutely grounded in the absolute LOVE of God that protects us from nothing even as it sustains us in all things, then we can face all things with courage and tenderness and touch the hurting places in others and in ourselves with love."

- *James Finley*

"There is a part of you that is LOVE itself, and that is what we must fall into. It is already there."

- *Richard Rohr*

Question 1: How do you think about LOVE? In your life, is it more a noun or a verb? Is it something you feel or something you do?

Question 2: What aspects of LOVE might you be desiring to choose to fall more deeply into in the Advent season?

We invite you to, like Mary, "ponder these things in your heart" in the coming week. Notice where you do or do not feel LOVE. As you pay particular attention to LOVE this week it might be helpful to journal those noticings whether using the little notebook or your own journal to do so.