



ADVENT SPIRAL WALK: WEEK 2 – PEACE
December 6, 2020

Scripture: Colossians 3: 15

“Let the peace of Christ rule in your hearts, to which you were called in the one body.”

The Meditation on Peace

Be at peace,
Tempest tossed sea of soul,
Give me rest,
From doubt, and fear
Sun find my face,
Light find my heart,
Song find my story,
Smile find my face,
Be at peace,
Be at peace,
For my life is finite,
And these storms,
Have raged too long,
Even winter,
Must surrender spring.

- *R. Queen*

Question 1: Where in your life are you currently experiencing PEACE?

Question 2: When your soul is not at rest, what daily practice may inspire PEACE for you?

Question 3: What do you pray for in the Advent season that would bring you PEACE?

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