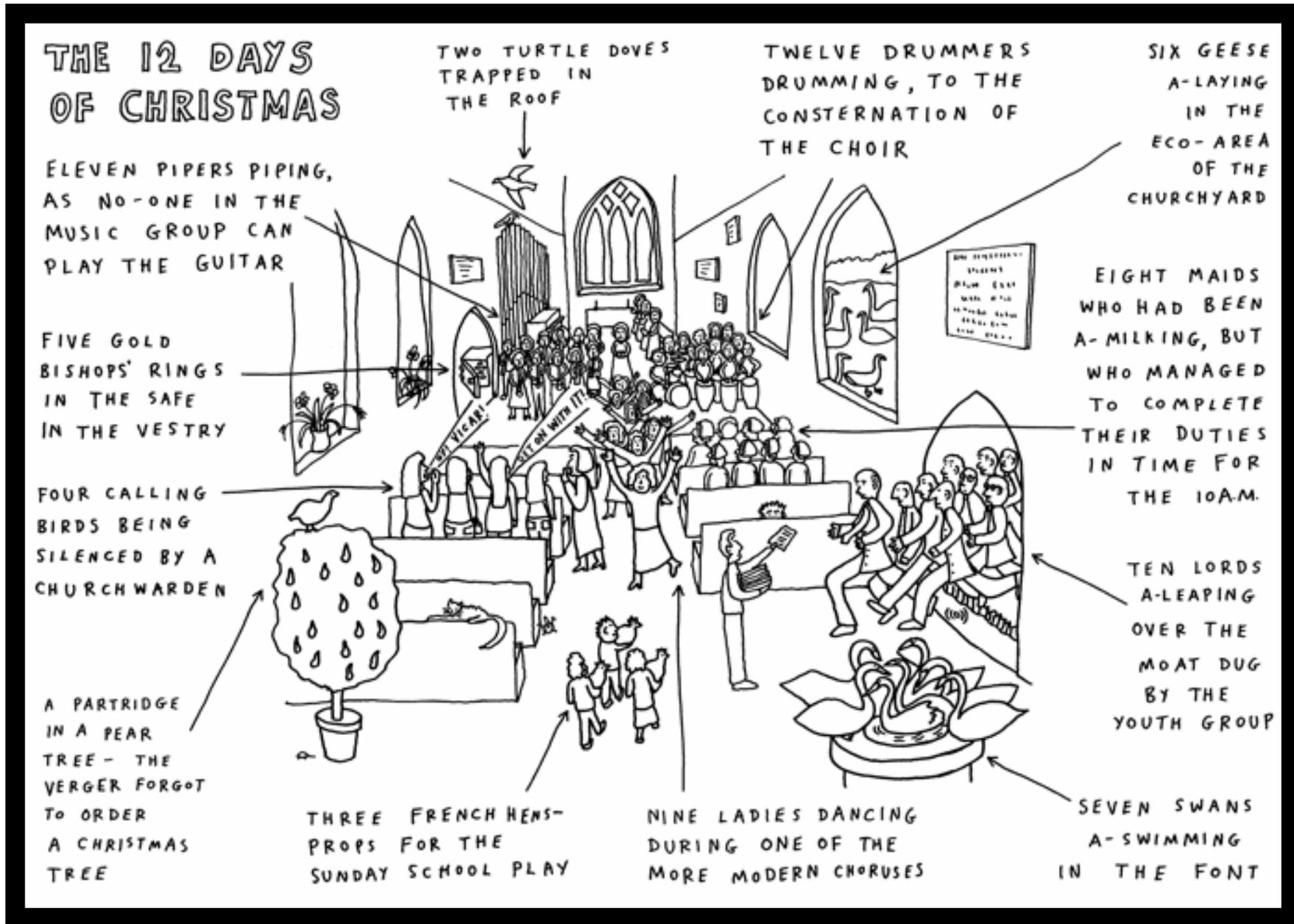


ABIDE

St Wulstans Church
Christmas 2020



On any day from 25th December to 6th January

Allow yourself time for this moment with God. Make it special. Will you make a cup of tea? Do you want to sit in a special place? Will you light a candle? Take five deep breaths. Check-in with how you are feeling – in body, in mind, in spirit. Take five more deep breaths and ask God to abide with you in this moment. Now join with the angels in saying:

Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you,
we give you thanks,
we praise you for your glory.

Bible readings We are just using two readings through this Christmas period. This gives us a chance to let them sink into our thinking. We might even find that we can learn them off by heart. Just choose one to use today. Will it be Isaiah or John?

The people who walked in darkness have seen a great light; those who lived in a land of deep darkness – on them light has shined. For a child has been born for us, a son given to us; authority rests upon his shoulders; and he is named Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace. His authority shall grow continually, and there shall be endless peace for the throne of David and his kingdom. He will establish and uphold it with justice and with righteousness from this time onwards and for evermore. The zeal of the Lord of hosts will do this.

Isaiah 9.2,6,7

or

The Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth. From his fullness we have all received, grace upon grace. The law indeed was given through Moses; grace and truth came through Jesus Christ. No one has ever seen God. It is God the only Son, who is close to the Father's heart, who has made him known.

John 1.14,16-18

On any day from 25th December to 6th January

I **magine this** Choose one Christmas item to linger with. It might be one of your Christmas cards or a decoration from the tree or a new gift or a figure from the nativity set. Take some time to hold it in your hands and really take notice of it. What thoughts and feelings does it bring up? Who does this item make you think of? How might this help you draw near to God today?

D **o your Bible reading a second time** Take some time to read the Bible passage again slowly (and out loud if you can). What word or phrase stands out as important? You might like to say it gently in your heart a few times to allow it to sink in even deeper. How might it connect with the item that you chose for today's reflection?

E **njoy a chat with God** Tell him about your item. Tell him about your Bible reading. Tell him about your hopes and fears for today and tomorrow. Ask him who to pray for today.

Take time to savour this beautiful Christmas canticle with him. And remember to "let there be joy!"

Hail to the King.
Blessed is He.
Let there be joy!

The peace of earth to Him;
the joy of heaven to Him.
The homage of a King be His,
King of all victory;
the welcome of a Lamb be His,
Lamb of all glory:
the Son of glory down from on high.
Let there be joy!

Deep in the night
the voice of the waves on the shore
announced to us: Christ is born!
Son of the Kings of kings
from the land of salvation,
the mountains glowed to Him,
the plains glowed to Him,
then shone the sun
on the mountains high to Him.
Let there be joy!

God the Lord has opened a Door.
Christ of hope. Door of joy!
Son of Mary, hasten Thou to help me:
In me, Lord Christ
let there be joy!