

Advent Reflections: Rest, Peace, Love, Joy, and Hope ~ Jennifer Ferguson

INTRODUCTION—Breath as prayer – *Slowly breathe in while reading /reciting the portion of the prayer that says “Inhale” and slowly breathe out while reading/reciting the portion of the prayer that says “Exhale”. Repeat 4-5 times and then as often as needed.*

Isaiah 9:6 “For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.”

--**Wonderful Counselor--Inhale:** For unto us a child is born. **Exhale:** To us a Son is given. **Inhale:** And he will be called. **Exhale:** Wonderful Counselor.

--**Mighty God--Inhale:** For unto us a child is born. **Exhale:** To us a Son is given. **Inhale:** And he will be called. **Exhale:** Mighty God.

--**Everlasting Father--Inhale:** For unto us a child is born. **Exhale:** To us a Son is given. **Inhale:** And he will be called. **Exhale:** Everlasting Father.

--**Prince of Peace--Inhale:** For unto us a child is born. **Exhale:** To us a Son is given. **Inhale:** And he will be called. **Exhale:** Prince of Peace.

REST

1 Corinthians 3:16–17 “Do you not know that you are God’s temple and that God’s Spirit dwells in you?... For God’s temple is holy, and you are that temple.” **Inhale:** Lord, I am your temple. **Exhale:** Fill me with your Holy Spirit.

Mark 6:31 “And he said to them, ‘Come away by yourselves to a desolate place and rest a while.’ For many were coming and going, and they had no leisure even to eat.” **Inhale:** Rest is to be valued. **Exhale:** Lord, in You I find rest.

Matthew 11:28–30 “Come to me, all who labor and are heavy laden, and I will give you rest... For my yoke is easy, and my burden is light.” **Inhale:** Lord, I take up Your yoke. **Exhale:** I find rest and guidance in You.

Jeremiah 6:16 “This is what the Lord says: ‘Stop at the crossroads and look around. Ask for the old, godly way, and walk in it... and you will find rest for your souls.’” **Inhale:** Show me Your path. **Exhale:** I will walk in Your peace.

Exodus 20:11 “For in six days the Lord made the heavens and the earth... but on the seventh day He rested.” **Inhale:** Rest is Your design. **Exhale:** I trust You with this.

PEACE

Luke 2:14 “Glory to God in the highest heaven, and on earth peace to those on whom His favor rests.” **Inhale:** Glory to God. **Exhale:** In the highest heaven. **Inhale:** And on earth peace. **Exhale:** To those on whom His favor rests.

John 16:33 “I have said these things to you, that in me you may have peace... But take heart; I have overcome the world.” **Inhale:** You overcame the world. **Exhale:** So that I can have peace.

Psalms 4:8 “In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.” **Inhale:** In peace I lie down. **Exhale:** With You I feel safe.

John 14:27 “Peace I leave with you; my peace I give you... Do not let your hearts be troubled and do not be afraid.” **Inhale:** Peace I leave with you. **Exhale:** My peace I give to you.

Psalms 29:11 “The Lord gives strength to His people; the Lord blesses His people with peace.” **Inhale:** The Lord gives strength to His people. **Exhale:** The Lord blesses His people with peace.

Numbers 6:24–26 “The Lord bless you and keep you... the Lord turn His face toward you and give you peace.” **Inhale:** The Lord bless you and keep you. **Exhale:** The Lord make His face shine on you and be gracious to you. **Inhale:** The Lord turn His face toward you. **Exhale:** And give you peace.

LOVE

Romans 8:38–39 “Nothing... will be able to separate us from the love of God that is in Christ Jesus our Lord.” **Inhale:** Nothing can keep me. **Exhale:** From the love of God.

1 John 4:10–12 “This is love: not that we loved God, but that He loved us and sent His Son...” **Inhale:** Because of Your love for me, Lord. **Exhale:** I will share that love.

Isaiah 54:10 “Though the mountains be shaken... yet my unfailing love for you will not be shaken.” **Inhale:** Your love is unshakable. **Exhale:** Your covenant of peace will not be moved.

JOY

Psalms 118:24 “This is the day the Lord has made; let us rejoice and be glad in it.” **Inhale:** This is the day the Lord has made. **Exhale:** Let us rejoice and be glad in it.

James 1:2–4 “Consider it pure joy... whenever you face trials... because you know that the testing of your faith produces perseverance.” **Inhale:** In my struggles I will persevere. **Exhale:** And I count it all joy.

John 15:11 “I have told you this so that my joy may be in you and that your joy may be complete.” **Inhale:** Through my relationship with You, Lord. **Exhale:** I have joy that I am never alone.

Philippians 4:4 “Rejoice in the Lord always. I will say it again: Rejoice!” **Inhale:** Rejoice in the Lord always. **Exhale:** I will say it again—Rejoice!

HOPE

Isaiah 40:31 “But those who hope in the Lord will renew their strength... they will soar on wings like eagles.” **Inhale:** I hope in the Lord. **Exhale:** To renew my strength.

Lamentations 3:21–23 “Because of the Lord’s great love we are not consumed... His compassions never fail. They are new every morning.” **Inhale:** I have hope in the Lord. **Exhale:** His compassions never fail.

Romans 5:3–5 “We glory in our sufferings... because suffering produces perseverance; perseverance, character; and character, hope.” **Inhale:** I know there will be struggles. **Exhale:** Lord, help me see hope.

Romans 15:13 “May the God of hope fill you with all joy and peace as you trust in Him...” **Inhale:** I put my trust in You, Lord. **Exhale:** That I may be filled with hope, peace, and joy.



For full devotional (electronic or printable), scan the QR code.