Interrupted By Hope

ADVENT AS BEING STILL

( Glennon Dolye Melton “Be Still and Look” video )

Waiting affects people differently. Dread, anxiousness, and fear may be stirred because of having to wait. But when we are forced to be still, we can take that time to transform waiting into something meaningful. Here, author, Glennon Doyle Melton, helps us see what Advent can mean for us if we are being still and waiting.

Questions for Reflection

1. Melton starts by saying, “I love Advent because I give myself an excuse to stop doing anything. It is just my time during the year that I cease being productive and go into receiving mode. And I just do what my favorite thing to do is: be still.”

   What might it mean to be less “productive” in life and “receive”? How might we benefit from slowing down, especially during a season when everything seems to move so fast?

2. Melton says that, “That is the way I prepare [God] room to come for Christmas. And my favorite story is the nativity story because God shows up with us in a form that we would least expect it. And that’s why everybody misses it.”

   How can we better prepare a space for God to inhabit our lives?
   In what ways has God shown up when you least expected it?
   How do people often “miss God” during this holiday season?

3. Melton concludes by saying, “The other thing I am committed to is looking for God in the most unexpected places, and that is my December.”

   How might we look at God in places that we might not expect?
   Where might God be today?

4. At the end of the video, Melton holds up the words “Be Still” on her wrist.

   How can we be reminded of this important practice?
   What prevents you from preparing your heart and mind for Christ’s coming?