

# Walking as a Spiritual Practice: An Advent Journey

November 28, 2020

Luke 1:26-38 Good News Translation (GNT)  
The Birth of Jesus is Announced

26 In the sixth month of Elizabeth's pregnancy God sent the angel Gabriel to a town in Galilee named Nazareth. 27 He had a message for a young woman promised in marriage to a man named Joseph, who was a descendant of King David. Her name was Mary. 28 The angel came to her and said, "Peace be with you! The Lord is with you and has greatly blessed you!"

29 Mary was deeply troubled by the angel's message, and she wondered what his words meant. 30 The angel said to her, "Don't be afraid, Mary; God has been gracious to you. 31 You will become pregnant and give birth to a son, and you will name him Jesus. 32 He will be great and will be called the Son of the Most High God. The Lord God will make him a king, as his ancestor David was, 33 and he will be the king of the descendants of Jacob forever; his kingdom will never end!"

34 Mary said to the angel, "I am a virgin. How, then, can this be?"

35 The angel answered, "The Holy Spirit will come on you, and God's power will rest upon you. For this reason the holy child will be called the Son of God. 36 Remember your relative Elizabeth. It is said that she cannot have children, but she herself is now six months pregnant, even though she is very old. 37 For there is nothing that God cannot do."

38 "I am the Lord's servant," said Mary; "may it happen to me as you have said." And the angel left her.

**The Focus word for the Upcoming Sunday of Advent is Hope.**

\* Read the above passage slowly before walking for 8-10 minutes. As you walk, consider: What word, phrase, or image stands out to you? Does this sound like hope to you? Why or why not? At the 8-10 minute mark, pause and journal or share what caught your attentions.

\* Before beginning your next 8-10 minute walk, read the passage through again slowly. As you walk, take time to consider where does this passage intersects with or connects to your life this day, this moment? How can this help you see or bring hope in your situation? At the 8-10 minute mark, pause and journal or share how this passage intersects with or connects to your life.

\* Before beginning your final 8-10 minute walk, read the passage through slowly one last time. Begin your walk and ask God to help you sense what God's invitation to you might be in light of this passage? At the end of your walk, take time to journal, share, or celebrate this time with God, God's word, and God's creation.



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