

Poetry Meditation for Advent

by Jenneth Graser, Advent 2020

What you will need: comfortable chair, candle or diffuser with essential oils, journal



Photo by Khajj on Pixabay

Welcome... find a seat in a comfortable chair and light a candle or turn on a diffuser with your choice of essential oils. I use a diffuser with a mix of orange, cinnamon and grapefruit for the lovely Christmassy fragrance.

Take several calming breaths... to ground yourself in the moment. Notice the sounds around you... see if you can identify each one...

As you read the following poem, use it as you would a breath prayer. Be aware of your breathing throughout the reading. Say the words aloud to yourself.

***Star embossing
the depth
of my night,
lead me
across the desert
to Christ.***

***He is waiting for me
without words
in a manger.
He is waiting for me
as a baby
new-born.***

***Star flushing sky
with guidance
from Heaven,
show me***

***the way
to Christ.***

***For He expects me
as He sent me
an anthem
of glory.
He anticipates
my presence
this day.***

***Star ever moving,
I will keep
my eyes
on your Light,
until I come
to the One
who is calling
me home.***

***I will know
when I get there
by a knowing
beyond words.
And will hold close
the Baby
who is calling
me home.***

As you finish your reading of this poem, read it aloud once again... until you come upon your verse of choice. Select a verse that particularly stands out to you.

Ask the Holy Spirit to reveal deeper revelation.
Why is it standing out to you?
What does God desire to share with you through this verse?

Allow for time to rest quietly with the revelation and discernment you receive. Continue with your mindful breathing as you ponder and see what else comes

to mind. Notice your feelings. Welcome the presence of Jesus into your feelings.

Listen to the following song and write down in your journal some of the insights or prayers you would like to express...

Song: MAGNIFICAT. V. Fecit potentiam by Kim Andre Arnesen
<https://youtu.be/R8BCQqItp8>

In closing, say the Irish Christmas blessing out loud while using the painting by Bernardo Daddi of The Virgin and Child as a Visio Divina (using an image for prayer).

Irish Christmas blessing

*The light of the Christmas star to you
The warmth of a home and hearth to you
The cheer and good will of friends to you
The hope of a childlike heart to you
The joy of a thousand angels to you
The love of the Son and
God's peace to you*

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