



Simple Quiet Day – December 2021

A Time of Waiting

As we draw near to the time when we celebrate the birth of Jesus, we consider waiting and what it means.

Waiting is a way of being before God. We wait in His presence.

We wait in the present, rather than the future and God waits with us.

We wait in quiet and stillness with God to listen to what He is saying to us.

As the Benedictines say, we 'listen with the ears of our heart.'

Waiting patiently enables us to grow and be transformed by God. However, waiting doesn't always come easily to us. As Paula Gooder says, 'the meaning is in the waiting and not in the fulfilment'.

Suggestions for Reflection

1. Spend some time looking back to your times of waiting through this rather different year, with covid and its associated lockdowns. What that has been like for you? How have you sensed the presence of God - or not? Have you spoken with God about it? If so, what did you say? What did God say to you? How are you changed?
2. Spend time with the Nativity narrative (separate sheet).
3. Silently reflect on what the Nativity might mean to you.
4. Think of Mary; her physical and spiritual journey. How might she have felt at stages of the way? How do you think you would feel?
5. Reflect on the Magnificat (separate sheet).