



Calling all Angels!

Nativity Service
ADVENT 3

WEEK 3 DEVOTION

"Do Not Be Afraid #morejoy"

Materials needed

- Computer or tablet with internet connection and good sound
- Pen or pencil
- Journal or print-out of this devotion
- Bible
- Candle and matches
- Feather to place near candle (optional)

Candle Lighting - *light the candle, place a feather next to it (optional), then read aloud the scripture and prayer*

Matthew 1: 18-25

Pray:

Holy one who walks with us through fear and joy, as the angel told Joseph to not be afraid, help us hear the same message. Speak truth into our fears and breathe joy into our worries. Amen.

Introduction – *In this video, Dr. Brene Brown connects her research on vulnerability with our capacity for joy.*

Video - ["The Price of Vulnerability"](#)¹ (16 min)

Personal Reflection - 3 to 5 minutes of quiet

Take a few minutes of quiet to reflect. You can journal your thoughts if you like. There is space on the next page. Do you have experiences of "foreboding joy?"

Journal

Here are some questions to help you start journalling. You can also just write about whatever is coming up for you.

1. What surprised you or was a new idea to you in this talk?
2. When have you gone to that mental place of fear instead of experiencing joy?
3. What are you grateful for that brings you joy?
4. How can one person living with more joy make a difference in the world?

Notes:

Closing Prayer

Holy Living God, Blessed Jesus, Guiding Spirit,
alight within us your flame of joy this day.
Grant us openness to hear your message.
Grant us courage to be your messengers in the world,
creating more joy in the midst of fear. Amen

¹ <https://www.youtube.com/watch?v=UoMXF73j0c>