



Calling all Angels!

ADVENT 4

WEEK 4 DEVOTION

"This Will Be A Sign #morelove"

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*

Luke 2:1-20

Pray:

God of love and light, you sent an angel with the wonderful news of a saviour born in our world – and surprised us that this mighty saviour came as a tiny infant. One might have stood by his crib wondering how this little baby would be enough to change the world. Open us to understand that God has made us all "enough." Amen.

Introduction – In this brief video, Dr. Brene Brown talks with Oprah about our ego who tells us we have no inherent worth, and living in a culture marked by fear of “never enough.”

Video - ["The Two Most Dangerous Words in Your Vocabulary"](https://www.youtube.com/watch?v=4XTcB1evO8c)¹ (4 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. How have you filled in the blank? “Never _____ enough.”

Journal

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

1. What messages have you heard of “never enough”?
2. When have you taken risks to fail, even when you felt you may not be enough?
3. How does love change the “never enough” language?
4. How can one person living with more love make a difference in the world?

Notes:

Closing Prayer

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

¹ <https://www.youtube.com/watch?v=4XTcB1evO8c>