

SEASON 10 EP.13

Advent: Faith In Our Praise

- St. Hildegard of Bingen -

GROUP QUESTIONS

1. What stood out to you from today's episode?
2. What are some ways you enter into praise of God? How has this changed throughout different seasons in your life?
3. How have you seen praise of God change the atmosphere, relationships, or situations? Take a moment to share these stories.
4. How can we continue to cultivate the "inner place" for God to speak to us and for us to praise God this Advent?

LECTIO DIVINA

"In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through Him, and without Him, not one thing came into being. What has come into being in Him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it." - John 1:1-5

JOURNAL QUESTIONS

1. Do you believe you were created to praise? How can you begin to live out this calling in practical ways and particularly during this Advent season?
2. Many times we cannot hear God because something else is overshadowing his voice? Ask the Lord "Tell me, what I am not hearing?"
3. Take a moment to imagine yourself with Mary singing praises over the child Jesus in her womb or as an infant. What words of praise do you want to speak to Jesus? What does he want to say back to you?

QUOTE TO PONDER

"Sometimes when we hear a song we breathe deeply and sigh. This reminds the prophet that the soul arises from heavenly harmony. In thinking about this, he was aware that the soul itself has something in itself of this music..." - St. Hildegard of Bingen