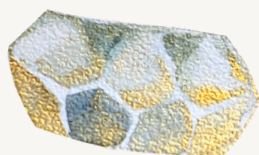
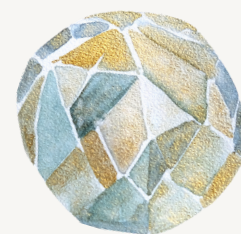


SEASON 10 EP.15

Advent: The Prince Of Peace Reigns

- *St. Teresa of Avila* -



GROUP QUESTIONS

1. What stood out to you from today's episode?
2. How do you find, cultivate, and maintain peace in your life? What role has 'abiding' played in creating a life of peace?
3. What does it look like to embody Shalom—peace that radiates wholeness, completeness, and order?
4. How do you make time throughout the day to breathe and intentionally open your heart up to Jesus and his peace?

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. Take a moment to pray "Jesus, teach me to find peace in the storms of life."
2. How will you 'abide' with Jesus over the next few days as we enter into Christmas?
3. Imagine yourself in the boat with Jesus and the disciples in the storm. What is your posture and expression and why? How does this reveal Christ as the king of peace or not?
4. Take a moment to pray, reflect, and prepare for Christ's birth through a brief examination of conscience. In the areas we have discussed this Advent—faith, hope, joy, and peace—where have you gone astray? Where do you need God's mercy? If you haven't yet, commit to making space for the sacrament of confession before Christmas.

QUOTE TO PONDER

"Let nothing disturb you, let nothing frighten you, all things are passing away. God never changes. Patience obtains all things. Whoever has God lacks nothing, God alone suffices." - St. Teresa of Avila