



Week 1 | December | Stillness of Winter

To be sacramental is to lift even the most ordinary moments into Holiness. Weave the liturgical into the everyday.

Read Matthew 3:13-17

Read Luke 22:14-19

Sacraments are sign-acts, which include words, actions, and physical elements. They both express and convey the gracious love of God.

Because God has created and is creating all that is, physical objects of creation can become the bearers of divine presence, power, and meaning, and thus become sacramental means of God's grace. Sacraments are effective means of God's presence mediated through the created world.

Discussion prompts –

1. Share one word about the month of December – what did you hear God whispering to you? Did you discover abundance? Was there a gift that offered joy or meaning?
2. What is your wintry comfort – a scented candle? Simmering spices? Warm spot in your house?
3. Share your baptism story – in what way and at what age were you baptized? Do you have a way to intentionally remember your baptism and the meaning it brings?
4. How do you experience communion? Is it a meaningful sacrament to you, even while worshipping at home with online or TV services?

Discussion prompts –

5. When have you experienced the light breaking through after a dark time of life? How did that light show itself?
6. What blessings do you see before you right now?
7. What's your favorite recipe or meal this week?

Before next week, read *Stillness of Winter* pp 92-113.