

Immanuel  
God with us

Advent 2021

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## Why?

Praying and reflecting back on the day will help us to notice where God is active in our lives.

Looking back and identifying those special moments will also lead to an attitude of gratitude.

The hope is that in time, we begin to notice the presence of 'God with Us' in the present moment – leading us towards a life infused with His presence and overflowing with praise and thanksgiving.

## How?

It's simple! Pray in the morning for a greater awareness of 'God with You' and then keep your eyes peeled for those God-filled moments.

At the end of the day, prayerfully look back on your day and see what God is highlighting for you – on reflection, even the small, seemingly insignificant moments maybe significant.

Then take a moment to ask yourself how it makes you feel to know that God was with you in your day. Give thanks to Him – Father, Son and Holy Spirit.

## What does a 'God with Us' moment look /feel like?

This will be different for everyone!

Perhaps you'll find God in:

- His creation – the vastness of the sky, the minute details of flowers, a ray of sun shining through a window...
- Other People – a hug, a smile, a kind word, a gesture...
- Printed Words – perhaps a particular word or phrase catches your attention. Look out for this when reading the Bible, the newspaper, browsing the internet or anywhere!

- Music – was your spirit stirred by a particular song/piece of music today?
- Five Senses – the smell of freshly cut grass or the feel of a soft blanket wrapped around you...

## **Who is this for?**

Anyone and everyone!

Whether you've been a Christian for many years or are just beginning to explore who God is, we hope that this Advent you'll have a greater sense of knowing that 'God is with you' in the ups and downs of life.

We can rest assured that we are never alone in this life. Jesus came as 'Immanuel – God with Us' and His final words to us were:

"And surely I am with you always, to the very end of the age."

**Let's open our hearts to know 'God with Us' this Advent.**

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