

## **Advent 2 – Waiting in the Darkness – Resting in Peace**

The Holidays create in us a Desire for the Perfect Experience.  
We want everything and everyone to be a Halmark Christmas.  
But Life is not like that most of the time.

### We wait in the Darkness Immersed in Life

What and Who we focus on determines what we think we See and Hear. What we Think we See and Hear Can trigger how we Respond and React. Over thinking & Worry - "What ifs"

Self Pressure - "I have to be the One"

Self-Criticism - "I'm not good enough"

Labeling Us vs Them - "At war - Defensive"

Catastrophizing - "Worst-case Scenarios"

### **Who and What are we focused on?**

#### **The Darkness? Or The Light?**

What do we need Peace from. Peace in Peace through Peace for  
Peace from our Wounds & Past  
Peace in our Troubles & Fears  
Peace Through our Schedules & Conflicts  
Peace for our Hearts & Souls

Waiting on God - Remembering His Blessings - Recounting His Story - Repeating His Promises  
- Resting in His Presence

I will Light a Candle in the Chaos To Remind myself and others That the Chaos will not win  
I will Remember, Recount, Repeat and Rest in God's Goodness and That Jesus is the Light who  
Comes To me in my Chaos  
And He will Come To You in Your Chaos We will Rest  
in Peace with the Risen Son