



Advent

BOOK STUDY READING GUIDE

This reading group meets at two different sessions each week for your convenience.

Pick only **one** session per week. Both sessions cover the same topic.

Meetings are Tuesdays at 6 pm or Thursdays at noon, both at the church.

- Week 1 (Nov. 29 or Dec. 1): Introduction & Chapter 1
- Week 2 (Dec. 6 or Dec. 8): Chapter 2
- Week 3 (Dec. 13 or Dec. 15: Chapters 3 & 4
- Week 4 (Dec. 20 or Dec. 22): Chapter 5

At the back of the book are journaling prompts for each chapter. You are invited to choose a prompt (or more than one) and journal each week. Please bring your journaling to our weekly meetings.

We will also end each session with some meditative and centering prayer.