

SEEDS  HOPE  
OF  
*in a time of waiting*

**Opportunities for individual, family, or congregational action and engagement  
from Bishop Sandra Steiner Ball**

### **Advent 3 – The Arrival**

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**A**re you open to receiving God's gift of transformation in your life? What in your life needs God's transforming power?

1. Try a new way of praying or being present with God this week.
2. Volunteer some time with a child or children's ministry or outreach this week. The presence of children often reveals to us where our lives need to be transformed.
3. Pray intentionally for those whom you believe to be your enemies or for those whom you believe do not like you. This kind of prayer often transforms how we approach these relationships and thus transforms these relationships themselves.
4. Take time to contemplate where you can plant additional seeds of hope. Share your ideas with another and ask them to join you in prayer, action, and engagement.