



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

## **Advent 4 – The Announcement**

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**C**an you turn aside from your busyness to experience the presence of the One who brings life? What are you doing to develop a heart of peace so that you might face the challenges of the world with the heart of Christ? In the midst of challenges, how will you help things go well instead of having to be right?

1. Take time to stop during the day and engage with those you normally pass by.
2. Pray the Prayer of St. Francis (<https://bit.ly/2worlli>, UMH 481) at the beginning, middle, and end of your day.
3. What do you need to learn about those you work with at your job, in the church, or in your family that will help knit you together in ways that help your projects and challenges go well? Be intentional about helping things to go well instead of going after things in ways that you have to be right.
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.