

Knee Deep

Anna | Week 13

Reflection Questions

1. In Luke 2 we meet a prophetess, Anna, who devoted her life to prayer and fasting. What do you think that may have looked like day-to-day, and what might motivate someone to this way of life?
2. Jesus assumes we'll fast and it's often connected with intense prayer in the Bible. Do you fast? If so, what benefit have you found from the practice? If not, why not? What gets in the way?
3. The Advent season used to be about fasting and repentance, though today it's more about feasting. Is it more a time of feasting or fasting for you? What benefit do you see to the other side of your typical practice?
4. If you were to try fasting for spiritual reasons, how would you go about starting? What would you fast from? To what end?

Week 13 Reading Plan

Mon: Luke 2
Tues: Ps 49
Wed: Ps 50
Thur: Ps 51
Fri: Ps 52

Memorize Luke 2:29-32

Sovereign Lord, as you have promised, you now dismiss your servant in peace. For my eyes have seen your salvation, which you have prepared in the sight of all people, a light for revelation to the Gentiles and for glory to your people Israel.

Action Step

Each weekday, carve a quiet time with God. Pick a religious Christmas carol. Read it and use it as a springboard for prayer. Maybe listen to it or sing it after. Ideally try to do this with someone else. To make the most of this, come to "Praying Advent" on Wednesday evening.