



## Advent Reflection

Whether you are waiting in line at Chick-fil-A... waiting for an important phone call, waiting for the elevator doors to close, waiting for your loved one's eyes to open after surgery, waiting for an inspiring idea, waiting to share good news with a friend, waiting for the pot of water to boil (you can actually watch a pot begin to boil), something special is happening with a gift for you to receive and share.

Try closing your eyes and thinking about a moment of waiting that you experienced within the past week. When you have the picture of that moment clear in your mind, ask yourself the following questions:

- ❖ Where were you?
- ❖ What was happening all around you?
- ❖ What were you thinking about while you were waiting?
- ❖ What were you doing while you were waiting?
- ❖ Did you experience feelings of annoyance or a sense of acceptance?
- ❖ What were the micro-expressions on your face or the micro-tones in your voice saying to the person(s) around you?
- ❖ Is this a moment you would like to revisit... or not?

So.... Sometimes waiting is exhilarating...anticipating a first kiss!

Sometimes waiting brings a spirit of camaraderie...arriving early for a gathering!

Sometimes waiting can evoke feelings of trepidation... waiting for grades on an important test!

Sometimes waiting is exquisite...preparing for the birth of a child!

Sometimes waiting is agonizing, as we sit in a doctor's office, knowing that test results will soon be revealed.

Yes, the experience of waiting, watching, breathing and praying through these situations, is a part of every person's life.

Viktor Frankl, internationally known psychiatrist, author, and concentration camp survivor, famously wrote: *Between stimulus and response there is a space. In that space lies our freedom and power to choose our response. In those choices lie our growth and happiness.*

The next time you are waiting (and there will be a next time) will you join me as we both choose to be fully present? Let's both become ever more aware of the waiting "space" and our power to choose our response - as we wait with love, tenderness, hope, patience, humility, or sit with (rather than acting on) hostility, fear, anger, disengagement, powerlessness.

**Advent** is a rich time of anticipation, offering each of us an opportunity for deeper communion with Jesus, with our communities of faith, with our families, and with all others who are receiving and sharing that gift of waiting.

-Kevin Prevou