



DECONSTRUCT: An Advent Devotional Week 2

Pray

Deconstruct us, O God, by your word. Drive out all sin and evil from us and put us back together in ways that are pleasing in your sight so that we may serve you and love your creation all the days of our life. Amen.

Read Isaiah 40:1-11

- Comfort, O comfort my people,
says your God.
- ² Speak tenderly to Jerusalem,
and cry to her
that she has served her term,
that her penalty is paid,
that she has received from the LORD's hand
double for all her sins.
- ³ A voice cries out:
"In the wilderness prepare the way of the LORD,
make straight in the desert a highway for our God.
- ⁴ Every valley shall be lifted up,
and every mountain and hill be made low;
the uneven ground shall become level,
and the rough places a plain.
- ⁵ Then the glory of the LORD shall be revealed,
and all people shall see it together,
for the mouth of the LORD has spoken."
- ⁶ A voice says, "Cry out!"

- And I said, "What shall I cry?"
All people are grass,
their constancy is like the flower of the field.
- ⁷ The grass withers, the flower fades,
when the breath of the LORD blows upon it;
surely the people are grass.
- ⁸ The grass withers, the flower fades;
but the word of our God will stand forever.
- ⁹ Get you up to a high mountain,
O Zion, herald of good tidings;
lift up your voice with strength,
O Jerusalem, herald of good tidings,
lift it up, do not fear;
say to the cities of Judah,
"Here is your God!"
- ¹⁰ See, the Lord GOD comes with might,
and his arm rules for him;
his reward is with him,
and his recompense before him.
- ¹¹ He will feed his flock like a shepherd;
he will gather the lambs in his arms,
and carry them in his bosom,
and gently lead the mother sheep.

[Click Here to Watch the Video](#)

Pastor Jenny Sung, St. Andrews Lutheran, Mahtomedi, MN and The Depot Church,
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Confess

(If there is more than one of you, designate leaders to read the different L parts.)

L1: O God, we confess that we have sinned, that we need you to deconstruct our ways of life that harm, oppress, and destroy what you have created and called good. Lift us up from the valleys of despair. Lower the mountains of pride and arrogance. Make level the unevenness of our world. Smooth out the rough places in us.

(Name the ways in which you need to be deconstructed. What are the sinful structures you are part of that cause others harm? What are the places in you that need to be lifted up, lowered, leveled, or smoothed out?)

L2: O God, there are so many in our world longing for a word of comfort – those who are homeless or hungry, those who are unemployed or underemployed, those who are heartbroken, those who are ill or near death, those who suffer violence in their homes or in their countries. We confess that we have not been your comfort to those in need. Speak a tender word through us to all who suffer and gather us in your arms as a mother sheep gathers her lambs.

(Name those who are in need of God's comfort.)

L3: O God, we are like grass that withers and fades. But you are eternal, and your word stands forever. Speak your word that reminds us of our captivity to sin and our need for you. Call us to confess our sin in the presence of you and of one another. And then let your word also heal us, make us new, and free us. Write on our hearts your Word that is Jesus Christ, the Word that saves and strengthens us to serve those in need.

(Recall one of your favorite scriptures and how God is speaking to you through it.)

Forgive

(If you are by yourself, read these words of promise as you make the sign of the cross. If you are with others, read this to another person and make the sign of the cross on the person's forehead.)

Child of God, in Christ, God's final Word of life was spoken for us. In Christ, your term has been served. In Christ, your penalty has been paid. In Christ, the glory of the Lord has been revealed in you and in all of God's creation. In Christ, you are freed to love and serve. Amen.

Action – HEART

Our heart is our emotional center. As an organ, our heart is responsible for pumping blood throughout our body. The heart moves our life force and when we encounter traumatic experiences, our hearts are impacted. A broken heart can change our entire life and many of us are walking wounded. When we don't uncover the pain in

our lives, reflect on it, and heal from it, we continue in a cycle that harms ourselves and others.

Take a moment to reflect on and deconstruct a painful experience in your life, one that may still be tender.

- What happened?
- How did the events that happened impact you?
- What impact did this experience have on your relationship with yourself or your relationships with others?

Take a few deep breaths, breathing in through your nose and breathing out through your mouth. After you inhale, hold your breath for 5 seconds and then release it, slowly. Repeat this for 4-5 times.

- As you consider the heartbreak you experienced, what lesson emerged from the ashes?
- How might you practice this lesson over the course of this week?

Advent 2020 Week 2

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