

The Rev. Sarah Heppenstall '92
Moderator and Spiritual Leader, Tidal Presbyterian Church

Sunday, December 5, 2010

Morning Psalms 24; 150

First Reading Isaiah 5:1-7

Second Reading 2 Peter 3:11-18

Gospel Luke 7:28-35

Evening Psalms 25; 110

1 Praise the Lord! Praise God in his sanctuary; praise him in his mighty firmament! 2 Praise him for his mighty deeds; praise him according to his surpassing greatness! 3 Praise him with trumpet sound; praise him with lute and harp! 4 Praise him with tambourine and dance; praise him with strings and pipe! 5 Praise him with clanging cymbals; praise him with loud clashing cymbals! 6 Let everything that breathes praise the Lord! Praise the Lord!

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“We played the flute for you and you did not dance” (Luke 7:32b). Have you danced today? In our stress over choreography and costumes, we forget that we have been *invited to dance*. Like everything else that is holy, Advent is not about what *we do*, but about *how we let God* prepare our hearts to receive God’s amazing blessings. *Praise the Lord!*

“But in accordance with his promise, we wait for new heavens and a new earth...”(II Peter 3:13). Let us stop trying so hard to “make” Christmas meaningful. God already did that! We are to *wait* in joy and in hope. Put a Psalm in your heart and *Praise the Lord!*

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Prayer: Almighty God, teach me to dance. Fill my lips with Psalms of praise! Let my life overflow with signs of my gratitude to You! Let me join with everything that breathes to Praise the Lord! Amen.