

# Find Quiet Space



*"Be still, and know that I am God!" (Psalm 46:10)*

**FOR TODAY:** Today we begin Advent with one candle. It may seem small against December's darkness, but that's the point. Hope often starts small - a tiny light, one step, a moment of believing in better things. You don't need to light up the whole room. One small flame of hope is enough to begin. Let it remind you that even the smallest hope matters.

→ **Question to ponder:** What one small hope can you hold onto today?

**SACRED MOMENTS:** Isaiah spoke of people in darkness seeing a great light. That light dawned gradually, like a sunrise. As we light this first Advent candle, we remember hope often begins with just a spark. Even in deep shadows, Sacred Light is dawning. This flame reminds us we're not alone — the Divine Spirit lights our way forward.

→ **Practice:** When you see any light today — a lamp, the sun, a candle - pause and remember: hope is dawning.