



WORSHIP  
DESIGN STUDIO  
— WDS —

# *reflecting the sacred*

A Companion Journal for Advent

This journal is an accompaniment to the  
Worship Design Studio Advent series,  
“Reflecting the Sacred”  
<https://worshipdesignstudio.com/sacred>

This journal can be used independently  
from the worship series or any church gathering.  
It can be used privately or shared with a friend  
or in a small group setting.

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# Introduction

Friends, I hope that you invite some sparkle into your world even if times don't feel all that "sparkly." Even in the midst of troubled times, the sacred shows up in unexpected ways every day. That is what this Guided Journal for this "Reflecting the Sacred" series is all about. Let us tune our eyes, hearts, and spirits to see God infusing our lives, and let us also be a reflection of God's hope, peace, love, and joy. Many blessings on your journaling. — Dr. Marcia McFee

This series is inspired by Richard Rohr's [The Universal Christ](#) and a companion devotional book called [Every Thing Is Sacred](#), co-authored by Patrick Boland. The devotional is available for purchase [HERE](#).



Scan to purchase  
Every Thing Is Sacred

Here is a curated list of reflections that are particularly suited for each week from the book [Every Thing Is Sacred](#) if you want to follow along with a reading plan:

## **Week 1: Sacred Time**

Reflection 5: Contemplation  
Reflection 11: Our Own Human Experience  
Reflection 14: The Great Chain of Being  
Reflection 18: Change  
Reflection 32: Resurrection (good for Blue Christmas)  
Reflection 33: Revealed as Light

## **Week 2: Sacred People**

Reflection 4: Christ is Everywhere  
Reflection 8: Becoming  
Reflection 10: Including  
Reflection 12: Image, Love, and Suffering  
Reflection 17: Our Shadow  
Reflection 29: Total Love

## **Week 3: Sacred Space**

Reflection 6: The First Incarnation  
Reflection 7: Personal and Universal:  
the Second Incarnation  
Reflection 13: Primal Goodness  
Reflection 19: Up There  
Reflection 22: The Divine Feminine  
Reflection 23: Our Eternal Yes

## **Week 4: Sacred Knowing**

Reflection 20: Divine Depth  
Reflection 21: Embodying Depth  
Reflection 24: Embodiment  
Reflection 37: Both... And...  
Reflection 28: Contemplative Practice

## **Christmas Eve: Sacred Being**

Reflection 9: The Path Toward Inner Aliveness  
Reflection 15: Waking Up to Love  
Reflection 25: Embodied Suffering  
Christmas Day: Surprisingly Sacred  
Reflection 33: Revealed as Light

## **New Year's Day: Sacred Doing**

Reflection 26: Atonement  
Reflection 27: Restoration  
Reflection 28: Cruciform

# Week One – Sacred Time



We begin our Advent journey by emphasizing the gift of being awake to the “now”... the gift of sacred time with God, with each other, and with those in need of hope.

“I have never been separate from God, nor can I be, except in my mind.” (page 44, The Universal Christ)

How I can stay present with others this week  
and shine as a beacon of hope:

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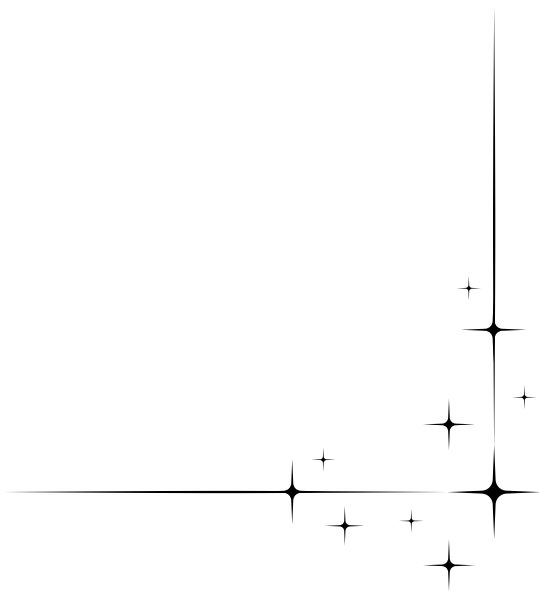
“... you know what time it is. The hour has already come for you to wake up  
from your sleep... the night is far gone, the day is near.”

— Romans 13: 11-14

“Keep awake therefore, for you do not know on what day  
your Lord is coming.” — Matthew 24: 36-44



Journaling for the week... find a quiet spot, turn on a lamp or light a candle. What comes to you?





# Week Two – Sacred People



When we look through the lens of the sacred, we prepare our senses to recognize the holy in all people.

“You must come to know [the Word becoming flesh] in the very cells of your body—and see it in the cells of all bodies, which each carry the same divine DNA of their Creator.”

(page xiii, Every Thing is Sacred)

Where I see the sacred in other people this week,  
even people who I find difficult to love...

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“May the God of steadfastness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus...”

— Romans 15: 4-13

“This is the one of whom the prophet Isaiah spoke when he said, ‘The voice of one crying out in the wilderness: Prepare the way of the Lord, make his paths straight.’” — Matthew 3: 1-12

Journaling for the week... find a quiet spot, turn on a lamp or light a candle. What comes to you?



# Week Three – Sacred Space



The pregnancy of Mary is connected to the promise of justice and joy in the Advent story.

Scan the QR code or click the link below to see a video of co-author Patrick Boland read aloud The First Incarnation (from Week 3):  
<https://youtu.be/8mPgivG7o4M>



How do the spaces I inhabit - at home, work, and in community - reflect God's justice and joy? What am I being called to create in order to further goodness in the world?

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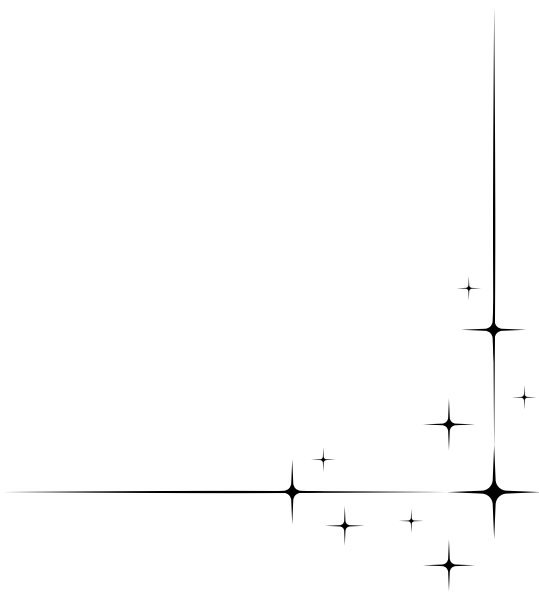
“...everlasting joy shall be upon their heads; they shall obtain joy and gladness, and sorrow and sighing shall flee away.” — Isaiah 35: 1-10

“My soul magnifies the Lord, and my spirit rejoices in God my Savior, for the Holy One has looked with favor on the lowliness of his servant.”

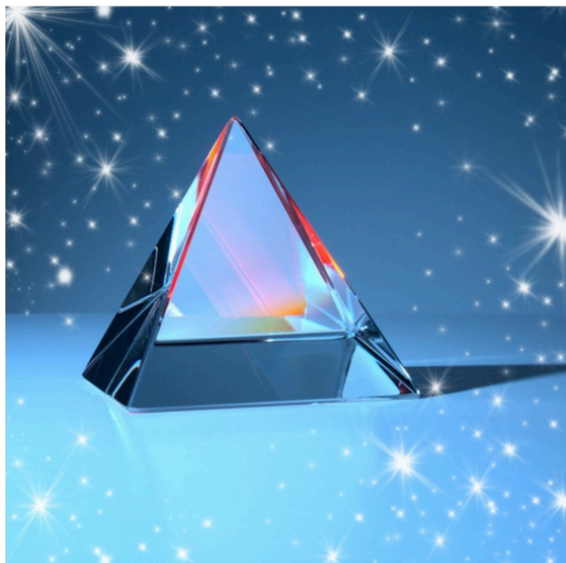
— Luke 1: 46b-55



Journaling for the week... find a quiet spot, turn on a lamp or light a candle. What comes to you?



# Week Four – Sacred Knowing



Let us seek out quiet to hear the voice that brings peace by gently saying, “do not be afraid.”

“We do not need to be afraid of the depths and breadths of our own lives...We are given permission to become intimate with our own experiences, learn from them, and allow ourselves to descend to the depths of things, even our mistakes...” (page 111, The Universal Christ)

When I drop into the depths of my heart and listen for God,  
what do I know in my bones as God's calling over my life?

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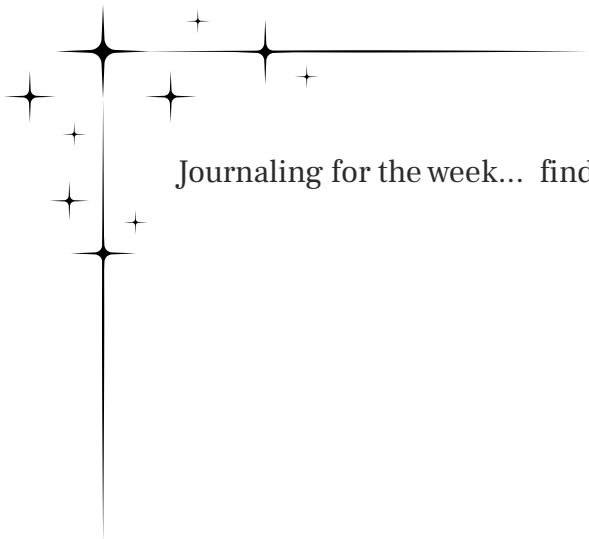
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“Therefore the Lord himself will give you a sign. Look, the young woman is with child and shall bear a son, and shall name him Immanuel.”

— Isaiah 7: 10-16

“Now the birth of Jesus the Messiah took place in this way. When his mother Mary had been engaged to Joseph, but before they lived together, she was found to be with child from the Holy Spirit. . . .”

— Matthew 1: 18-25



Journaling for the week... find a quiet spot, turn on a lamp or light a candle. What comes to you?



# Christmas Eve – Sacred Being



Our very being reflects the sacred. The incarnation of God in human flesh is proof.

“Have you ever noticed that the expression ‘the light of the world’ is used to describe the Christ (John 8:12) but that Jesus also applies the same phrase to us? (Matthew 5:14, ‘You are the light of the world.’)” (page 31, The Universal Christ)

I am beloved as a child of God, no matter what.  
How do my life and actions reflect my identity as God's child?

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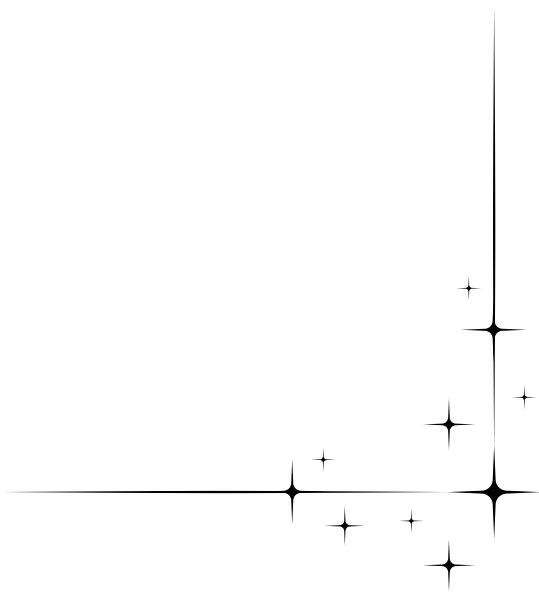
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“But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of any works of righteousness that we had done, but according to his mercy, through the water of rebirth and renewal by the Holy Spirit.” — Titus 3: 4-7 (Proper II)

“... she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger...” — Luke 2: 1-20



Journaling for the week... find a quiet spot, turn on a lamp or light a candle. What comes to you?



# Christmas Day – Surprisingly Sacred



Can we dare to believe that we can know a surprising calm even in the midst of anxiety because of the in-breaking of this Prince of Peace upon our lives each and every day?

"Jesus came to undo our notions of scarcity and tip us over into a worldview of absolute abundance—or what he would call the 'Reign of God.'" (pages 184-185, [The Universal Christ](#))

How I've been surprised by the sacred on this day  
and throughout the Advent season:

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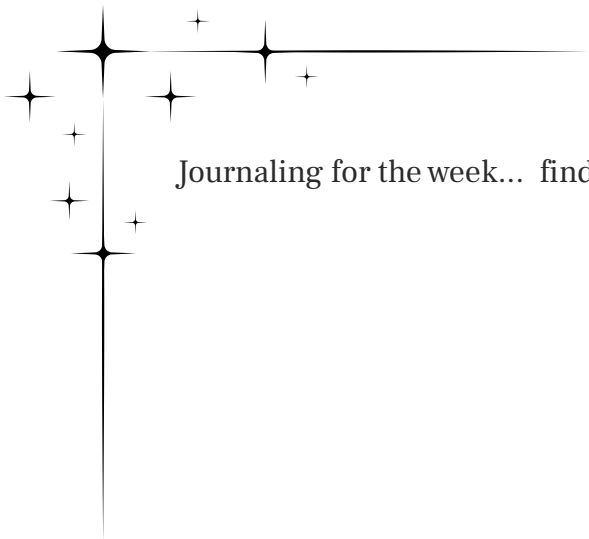
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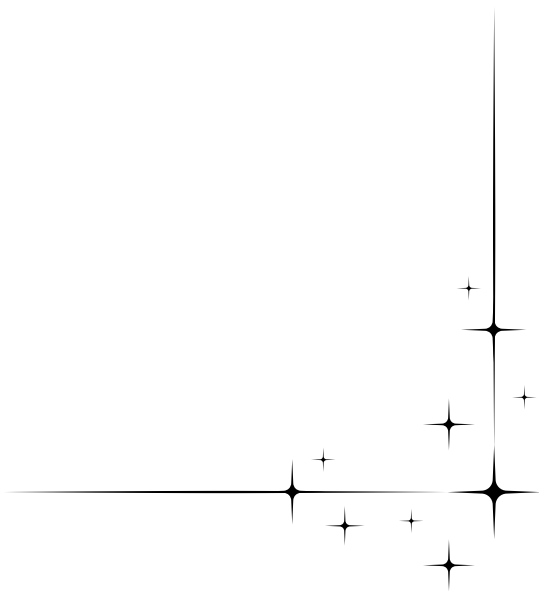
"How beautiful upon the mountains are the feet of the messenger who announces peace, who brings good news, who announces salvation, who says to Zion, "Your God reigns." — Isaiah 52: 7-10 (Proper III)

"In the beginning was the Word, and the Word was with God,  
and the Word was God. . . ." — John 1: 1-14





Journaling for the week... find a quiet spot, turn on a lamp or light a candle. What comes to you?



# New Year's Day – Sacred Doing



We dedicate ourselves in this New Year to sacred acts of justice and mercy, bringing grace to a hurting world, reflecting the sacred in all we do.

“It is not God who is violent. It is not that God demands suffering of humans. We do. God does not need or want suffering—neither in Jesus nor in us.” (page 146, [The Universal Christ](#))

Where God is nudging me to acts of justice and mercy in this new year:

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“I will recount the gracious deeds of the LORD, the praiseworthy acts of the LORD, because of all that the LORD has done for us...”

— Isaiah 63: 7-9

“Then Joseph got up, took the child and his mother by night, and went to Egypt, and remained there until the death of Herod. . . .”

— Matthew 2: 13-23



Journaling for the week... find a quiet spot, turn on a lamp or light a candle. What comes to you?





