

In the beginning was the Word...

An Advent & Christmas Course from the Diocese of Aberdeen & Orkney



Quench

Friday 22nd December 2023



Photo by Jason Trbovich on Flickr (<https://www.flickr.com/photos/jasontrbovich/19286472392>)

Scripture: Luke 1:46-46

⁴⁶ And Mary said,

‘My soul magnifies the Lord,

⁴⁷ and my spirit rejoices in God my Saviour,

⁴⁸ for he has looked with favour on the lowliness of his servant.

Surely, from now on all generations will call me blessed;

⁴⁹ for the Mighty One has done great things for me,
and holy is his name.

⁵⁰ His mercy is for those who fear him
from generation to generation.

⁵¹ He has shown strength with his arm;
he has scattered the proud in the thoughts of their hearts.

⁵² He has brought down the powerful from their thrones,
and lifted up the lowly;

⁵³ he has filled the hungry with good things,
and sent the rich away empty.

⁵⁴ He has helped his servant Israel,
in remembrance of his mercy,

⁵⁵ according to the promise he made to our ancestors,
to Abraham and to his descendants for ever.’

⁵⁶ And Mary remained with her for about three months and then returned to her home.

To reflect:

Today’s word ‘Quench’ comes from last Sunday’s reading from 1 Thessalonians: “Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise the words of prophets, but test everything; hold fast to what is good; abstain from every form of evil.” Today’s Gospel Reading is the Magnificat – Mary’s song of rejoicing and what she rejoices in, both now and future possibilities as she meets her cousin, Elizabeth. Mary speaks of her hopes for a different future for humanity, a different social structure, of a world that is different to the present, structures that she hopes to be extinguished and aspirations to be satisfied.

To quench something means to satisfy a thirst by drinking or to extinguish (a fire). What are the thirsts and fires in your spiritual life that you should pay attention to this day? The things that draw you closer to God that need to be satisfied and the things that draw you away from God that perhaps need to be quenched? You’re invited to spend some time in prayer considering both meanings of quenched and how they might apply to your faith this day.

Today’s Antiphon

O Rex gentium: O King of all nations, Lord for whom they long, O Cornerstone that binds in one Jew and Gentile: Come and save mankind, save the men and women you have moulded from the earth.

To listen

Dear Lord and Father of Mankind, one version is by the Grimethorpe Colliery Band

<https://open.spotify.com/track/076jVgDKoDjK67kL4KUDiT?si=245f1c29da314faf>

King of All The Nations/We Fall Down by TEMITOPE at Worship Together

<https://open.spotify.com/track/06PdKGYoayZpkyfvdFln0Q?si=4e5f1bf53989490b>

O Antiphon Sequence: VI O Rex Gentium by Cecilia McDowall, one version is by William Fox (Organ)

<https://open.spotify.com/track/27eeS3AJRgBY07qoTGtpbN?si=ae4762c2b119401d>

The word for each day (3-25 December is taken from Advent Word 2023 #adventword).

...and the Word was with God, and the Word was God.