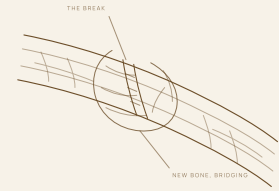


A Body Prepared

READ

Hebrews 10:5–10; Psalm 40:6–8; John 1:1–5, 14



A bone, set
DAY 1 · KATARTIZŌ

God did not want sacrifices. He wanted a body.

THIS WEEK'S MORNINGS

1	A Body Prepared	Sun November 29 · Hebrews 10:5–7 · Psalm 40:6–8
2	Dust	Mon November 30 · Genesis 2:7
3	The Long Silence	Tue December 1 · Malachi 4:5–6
4	A Virgin Shall Conceive	Wed December 2 · Isaiah 7:14
5	Out of Bethlehem	Thu December 3 · Micah 5:2
6	No Form Nor Comeliness	Fri December 4 · Isaiah 53:2–3
7	The Word Was God	Sat December 5 · John 1:1–5

ONE WORD

katartizō · prepared

HEBREWS 10:5

To fit together, restore, put in working order. Mark 1:19 (mending nets); Galatians 6:1 (restoring someone gently); in the medical writers, setting a fracture.

TO TALK ABOUT

In Hebrews 10:5–7, who is speaking, what is refused, and what is given instead? Then in John 1:1–5 and 14: what does John establish about the Word before he lets it become anything?

If the body was *set* rather than manufactured, what does that suggest about how God treats what is broken — including bodies in this room?

NOTES

LIGHT THE CANDLE

We light the first candle for hope. Lord, you asked for a body. Teach us this week to stop treating ours as the least important thing about us. Amen.

Every morning by email, every Sunday a teaching on YouTube.
Nothing live. Register and find the week's video at lindseyelmore.com/made-flesh



The Body Formed

READ

Luke 1:26–45



BE IT UNTO ME ACCORDING TO THY WORD

A lily

DAY 8 · LET IT BE

Mary's consent. A real uterus, a real risk, a real yes.

THIS WEEK'S MORNINGS

8	Let It Be	Sun December 6 · Luke 1:26–38
9	The Cord	Mon December 7 · Luke 1:31
10	Leaped in the Womb	Tue December 8 · Luke 1:39–45
11	The Magnificat	Wed December 9 · Luke 1:46–55
12	Joseph's Dream	Thu December 10 · Matthew 1:18–25
13	The Census	Fri December 11 · Luke 2:1–5
14	No Room	Sat December 12 · Luke 2:6–7

NOTES

LIGHT THE CANDLE

We light the second candle for peace. Lord, you were carried before you could walk and fed before you could ask. Give us peace with being held. Amen.

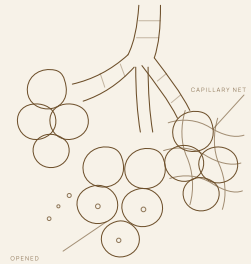
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The Body Living

READ

Luke 2:1–20; Matthew 2:9–11



Alcoholi
DAY 15 · THE FIRST BREATH

The blood–gas barrier is a fifth of a micron thick. The one place the outside world touches the bloodstream directly.

THIS WEEK'S MORNINGS

15	The First Breath	Sun December 13 · Luke 2:7
16	Swaddled	Mon December 14 · Luke 2:12
17	The Night Shift	Tue December 15 · Luke 2:8–20
18	First Blood	Wed December 16 · Luke 2:21
19	Frankincense	Thu December 17 · Matthew 2:11
20	Myrrh	Fri December 18 · Matthew 2:11
21	Flight	Sat December 19 · Matthew 2:13–15

ONE WORD

prōtotokos · firstborn

LUKE 2:7

The one who opens the womb — a legal word about inheritance and consecration (Exodus 13:2). Paul reuses it of Christ: firstborn of all creation (Colossians 1:15), firstborn from the dead (1:18).

TO TALK ABOUT

In Luke 2:8–20, what are the shepherds doing when the angel comes, what is the sign they are given, and what do they do last? Then in Matthew 2:11: what do the wise men do before they give anything?

Why might Luke choose a legal, inheritance word for the first thing he says about the newborn body?

NOTES

LIGHT THE CANDLE

We light the third candle for joy. Lord, you drew a first breath like every one of us, and the sky filled with singing. Let us breathe today as people who were visited. Amen.

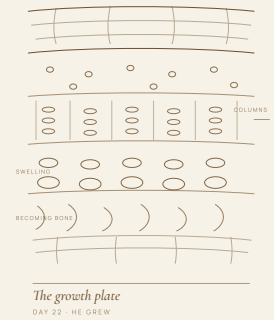
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The Body Given

READ

Luke 2:40, 52; John 11:32–36; John 19:38–42; John 20:24–29



Growth plates. Puberty. God had a growth chart and an awkward age.

THIS WEEK'S MORNINGS

22	He Grew	Sun December 20 · Luke 2:40, 52
23	Hungry, Thirsty, Tired	Mon December 21 · Matthew 4:2 · John 4:6 · Mark 4:38
24	Jesus Wept	Tue December 22 · John 11:35 · Luke 19:41
25	Myrrh, Again	Wed December 23 · John 19:38–42
26	And the Word Became Flesh	Thu December 24 · John 1:14 · Luke 2:1–20

ONE WORD

sarx · flesh

JOHN 1:14

Not soul, not spirit, not even *body* in the abstract: tissue, meat, the stuff that can be cut and bleed. The same word Paul often uses for human weakness. John chose the least dignified word available.

TO TALK ABOUT

In John 19:38–42, who comes, what do they bring, how much, and what do they do with the body? Then in John 20:24–29: what does Jesus invite Thomas to do, and what does that tell you about the risen body?

Why *flesh* and not *body* or *man*? What does the choice rule out?

NOTES

LIGHT THE CANDLE

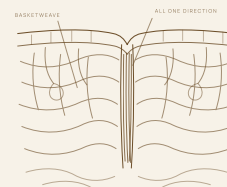
We light the fourth candle for love. Lord, you kept the body. You kept the scars. Teach us what it cost, and what it bought. Amen.

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A Christmas Eve reading.

Twenty minutes, at a table or around a tree. One reader or many. Light all four candles, and a fifth in the middle if you have one. Nobody needs to explain anything; the readings do the work.



A scar, in section
DAY 25 · HE KEPT THE MARKS

Light the candles Hope, peace, joy, love — and the Christ candle last. Say the names as you light them.

John 1:1–5 Before the body, the Word. Read by the oldest person present.

Isaiah 7:14 and Micah 5:2 The promise, and the address.

Luke 1:26–38 Mary's yes. If a woman is present, let her read it.

Luke 2:1–7 The road, the town, the birth. Read slowly. Do not rush the manger.

Luke 2:8–20 The night shift. Read by whoever has worked the hardest this week.

Matthew 2:9–11 The gifts. Name them as they are read: gold, frankincense, myrrh.

John 1:14 Everyone, together, from memory if you can: *The Word became flesh and dwelt among us.*

John 20:27 One voice, quietly. He kept the body. He kept the scars.

The prayer Lord Jesus, Word made flesh, you took a body, and you kept it, and you kept the scars. Thank you for every morning of this Advent and for every fact about your body that we were slow to take seriously. Redeem ours. Raise them, as you were raised. And be born again tonight in every heart that has made room. Amen.

Then eat. That is not an afterthought to the liturgy. It is the last reading.

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