

ADVENT 2020



| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|---|---|---|---|
| <p>29 hope</p> <p>Set up your Advent wreath </p> | <p>30 Where have you seen the presence of God today?</p> | <p>1 What are you grateful for today?</p> | <p>2 How is God speaking to you through your emotions?</p> | <p>3 What stands out to you about your day today?</p> | <p>4 What gives you hope for tomorrow?</p> | <p>5 Reflect on your week. Express your deep gratitude to God.</p> |
| <p>6 peace</p> <p>Rejoice. Pray. Give thanks.</p> <p>1 Thessalonians 5:16-24</p> | <p>7 What is distracting you from the tasks to which God has called you?</p> | <p>8 Make a plan to spend a day tech free and focus on prayer & family.</p> | <p>9 What habit could you add that might help you keep your focus on God?</p> | <p>10 Create a space in your home that is cozy, comforting and inviting.</p> | <p>11 Spend some time in silence.</p> | <p>12 Fast from the trappings of materialism. Have a no-spend Saturday.</p> |
| <p>13 JOY</p> <p>With all my heart, I glorify the Lord!</p> <p>Luke 1:46-55</p> | <p>14 Create a playlist that brings you joy!</p> | <p>15 Rather than speaking your prayers today, sing your favorite hymn as prayer.</p> | <p>16 Dance in the living room with your family or just to be joyful in front of God!</p> | <p>17 Dance in the living room with your family or just to be joyful in front of God!</p> | <p>18 Read, "Don't Hesitate" by Mary Oliver. Give in to joy!</p> | <p>19 Write down the things that have given you joy this week.</p> |
| <p>20 love</p> <p>Light has dawned!</p> <p>Isaiah 9:2-6</p> | <p>21 Take a deep breath. Notice how it feels.</p> | <p>22 What are you grieving? God is with you.</p> | <p>23 Create a moment of stillness today. Watch the birds. Take a nap.</p> | <p>24 Share God's love. Hug your kids. Call a friend. Snuggle your pet.</p> | <p>25 CHRIST</p> <p>Go outside and ring a bell! Rejoice! God is with us! </p> | <p>26</p> |
| <p>27</p> | <p>28</p> | <p>29</p> | <p>30</p> | <p>31</p> | | |

adventus

ANCIENT PRACTICES FOR AN ADVENT AT HOME

wnccumc.org/adventus