

## Sun, Dec 1 • Practicing Together



Practicing  
Together

Reading

Digging

Listening

Seeing

Doing

### INTRODUCTION

The word “Advent”—derived from the Latin word *adventus*—means coming or arrival and is woven into the fabric of the church to signify that the wait is over. The Advent season begins on the fourth Sunday before Christmas. As Christians, we use this special time to prepare to celebrate the birth of Jesus, recalling how the Israelites longed for a Savior. Now, we live between the fulfilled promise of Christ’s first coming and the yet-to-be-fulfilled promise of his second coming. Advent, then, calls us to look back upon Christ’s coming in celebration, while at the same time looking forward in eager anticipation to the future coming of Christ’s Kingdom when he returns for his people.

Use this guide to help prepare your heart for the coming of Christ that we celebrate at Christmas. Each Sunday of Advent starts a new theme of the season, and this guide is broken into one experience for each of those four weeks, plus an experience for Christmas Day (or Christmas Eve). For each experience, this guide includes lighting of the candles, Scripture reading, an element of worship, an optional service activity, and a prayer. We pray this guide will enrich your Advent season.

### THE ADVENT WREATH

If you don’t have an Advent wreath, you can find them at any craft store, like Hobby Lobby, or consider putting one together. This simple project can be a great way to include friends or family in your first gathering and talk about the symbolism of each element as you go.

As we progress through the Advent season, the candles are lit one at a time, on each Sunday of Advent. The four themes of Advent are hope, peace, joy and love, in that order.\* We will explore these themes as we journey through the season. Additionally, the element of light is woven throughout the whole season. As a new candle is lit each week, you will have the impression of dawning (growing, increasing) light, culminating with the Christ candle.

This year, the first Sunday of Advent falls on December 1, 2024. You’ll light one of the purple candles on this day, signifying hope. The second purple candle, to be lit on December 8, represents peace. On the third Sunday, light the pink candle, which stands for joy. And light the last purple candle on Sunday, December 22. This candle symbolizes love. The four candles—nestled in evergreen which signifies eternal life—represent the 400 years of “silence” between the Old Testament and the New Testament. From the final words of Malachi to the opening words of Matthew, there were 400 years during which God did not speak. No prophetic words were spoken, and the people of God, the children of Israel, waited for the coming of their king, an event promised and prophesied hundreds of years before. Then, on Christmas Eve, as the Apostle Paul says “in the fullness of time” (Galatians 4:4), the final white candle is lit, representing the birth of Jesus Christ, the true light of the world.

Scan QR  
code or  
[CLICK HERE](#)  
for simple  
instructions  
on creating  
an Advent  
wreath.



*\*Note: If you research Advent, you may find these themes in a different order, but this is the order Crossings follows.*



# Sun, Dec 1 • Practicing Together

On this first Sunday of Advent, gather your people around the Advent wreath, and ...

Practicing Together

## LIGHT

One purple candle on the Advent wreath. This week's candle represents hope.

## PRAY

God of hope, we light this candle as we prepare for the coming of your Son. Remind us of the hope we find only in you. Awaken our hearts to you this Advent season, so when Christ arrives, we are ready to receive him. Amen.

## DISCUSS

- What is something you are wishing for this Christmas?
- Are wishing and hoping the same thing?

Wishes feel a little bit like dreaming about something coming true—like we see in Disney movies. Biblical hope is different from a wish. Our culture's use of the term *hope* is very weak. We hope it doesn't rain. We hope we get a promotion. We hope to win the lottery. Our use of hope is more like wishing. We really want what we are hoping for, but it's not something we have great confidence in.

The biblical idea of hope, on the other hand, involves certainty. It is the confident expectation that something **will** happen. It is based on God's capacity and his promises, not on a whim. The uncertainty—or waiting—is based on **when** it will happen, not **if** it will happen.

This is the kind of hope the Israelites had while they waited for the Savior God had promised.

## READ - ISAIAH 9:2, 6-7

The Israelites waited, longing for and expecting a Messiah who would come into their world and set everything right. And they had good reason to hope because God had told them many times—like in this passage from Isaiah—that he would send a Savior. They hoped and they waited—they had faith. They anticipated and looked forward to the day when the promise would be fulfilled.

## READ - LUKE 2:25-33

Simeon was an Israelite who hoped for the promised Messiah with even more faith and anticipation because the Holy Spirit had promised him that he would get to see the Messiah with his own eyes. Did Simeon wake up each morning and wonder if this was the day the promise would be fulfilled?

Luke tells us the Holy Spirit led him to the temple on the very day Mary and Joseph brought Jesus. Imagine how Simeon must have felt to see the very thing he had been waiting for and anticipating his whole life. That day had finally arrived. The joy he felt must have been overwhelming. God had kept his promise to the Israelites—and to Simeon!

We are like the Israelites—and Simeon before he saw Jesus—because God has made us a promise, too. Jesus will come again. Advent readings traditionally include passages about the second coming of Christ. Because we are in a second advent, we now wait in eager expectation for our Savior's promised return. With anticipation and longing, we look forward to that day when Christ will come again and make all things new.

Reading

Digging

Listening

Seeing

Doing

# Sun, Dec 1 • Practicing Together



## WORSHIP

Read or listen to these songs. Consider how the words demonstrate our longing and hope for Jesus' second advent.

### COME, THOU LONG-EXPECTED JESUS

[youtube.com/watch?v=pFloWX1yuyQ](https://www.youtube.com/watch?v=pFloWX1yuyQ)

Come, Thou long-expected Jesus,  
Born to set Thy people free;  
From our fears and sins release us,  
Let us find our rest in Thee.  
Israel's Strength and Consolation,  
Hope of all the earth Thou art;  
Dear Desire of every nation,  
Joy of every longing heart.

Born Thy people to deliver,  
Born a child and yet a King,  
Born to reign in us forever,  
Now Thy gracious kingdom bring.  
By Thine own eternal Spirit  
Rule in all our hearts alone;  
By Thine all-sufficient merit,  
Raise us to Thy glorious throne.

### O COME, O COME, EMMANUEL

[youtube.com/watch?v=xQP0JsxEoPo](https://www.youtube.com/watch?v=xQP0JsxEoPo)

O come, O come, Emmanuel,  
And ransom captive Israel  
That mourns in lonely exile here  
Until the Son of God appear.

*Refrain:*

Rejoice! Rejoice! Emmanuel  
Shall come to thee, O Israel.

O come, Thou Wisdom from on high,  
Who orders all things mightily;  
To us the path of knowledge show,  
And teach us in its ways to go.

*Refrain*

O come, Thou Branch of Jesse's stem,  
Unto Thine own and rescue them!  
From depths of hell Thy people save,  
And give them vict'ry o'er the grave.

*Refrain*

O come, Thou Key of David, come  
And open wide our heav'nly home;  
Make safe for us the heav'nward road,  
And bar the way to death's abode.

*Refrain*

O come, Thou Bright and Morning Star,  
And bring us comfort from afar!  
Dispel the shadows of the night  
And turn our darkness into light.

*Refrain*

O come, Desire of nations,  
bind In one the hearts of all mankind;  
Bid all our sad divisions cease,  
And be Thyself our King of Peace.

Practicing  
Together

Reading

Digging

Listening

Seeing

Doing

## Sun, Dec 1 • Practicing Together



Practicing  
Together

Reading

Digging

Listening

Seeing

Doing

Now, we live between the fulfilled promise of Christ's first coming and the yet-to-be-fulfilled promise of his second coming. We celebrate the birth of Jesus, while at the same time looking forward in eager anticipation to the future coming and ultimate fulfillment of God's promises.

This week, whenever you hear the word *hope*, let it remind you of the certainty we have because of God's great faithfulness.

### PRAY

God of hope, thank you for all of your promises—the ones you have already fulfilled and the ones for which we continue to hope. Teach us to trust while we wait, knowing that the waiting will cultivate in us a character that reflects your own. Amen.

### ACTIVITY FOR THE WEEK

#### GIVING TO OTHERS (GIFTS OR TIME)

The holidays can be hard for people, especially when they are going through a tough time. Consider how you could help ease that burden and be a voice of hope for someone this week. Here are some ideas to get you thinking:

- Choose your favorite non-perishable food items to fill a grocery sack or two and donate them at your local food bank.
- Sponsor a child or family from your church or school to provide Christmas gifts. (Also: Angel Tree, Operation Shoebox, Toys for Tots, Children's Hospital Toy Drive).
- Donate to City Rescue Mission, Bethany Children's Health Center, Regional Food Bank.
- Bake holiday goodies (cookies, bread, candy, etc.) and give to neighbors or public servants (police, firefighters, librarians, mailman, etc.).
- Invite a neighbor or acquaintance over for dinner.
- Volunteer at a food pantry or soup kitchen.
- Ring the bell for the Salvation Army.

*Note: the Practicing Together guide for December 8 is included at the end of this PDF, so you can prepare for next week's gathering.*

## Mon, Dec 2 • The Light Has Come



### ISAIAH 9:2, 6-7

Practicing  
Together

Reading

Digging

Listening

Seeing

Doing

The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned. ... For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the greatness of his government and peace there will be no end. He will reign on David's throne and over his kingdom, establishing and upholding it with justice and righteousness from that time on and forever. The zeal of the Lord Almighty will accomplish this.

### LUKE 2:25-33

Now there was a man in Jerusalem called Simeon, who was righteous and devout. He was waiting for the consolation of Israel, and the Holy Spirit was on him. It had been revealed to him by the Holy Spirit that he would not die before he had seen the Lord's Messiah. Moved by the Spirit, he went into the temple courts. When the parents brought in the child Jesus to do for him what the custom of the Law required, Simeon took him in his arms and praised God, saying: "Sovereign Lord, as you have promised, you may now dismiss your servant in peace. For my eyes have seen your salvation, which you have prepared in the sight of all nations: a light for revelation to the Gentiles, and the glory of your people Israel." The child's father and mother marveled at what was said about him.

## Mon, Dec 2 • The Light Has Come



Practicing  
Together

Reading

Digging

Listening

Seeing

Doing

Hope is the focus of this first week of Advent, and it seems fitting to begin the journey here. Advent is a season of expectation and anticipation, pointing us back to the hope to which the Israelites held for generations. The way we talk about hope in our culture is ineffective at helping us understand the true biblical sense of the word. We say things like, “I hope it doesn’t rain today; I hope my team wins; I hope I get the gift I want for Christmas.” This kind of hope is like wishful thinking, or dreaming. It shows what we desire but carries no sense of guarantee or true probability that it will happen.

Biblical hope is something quite different. It is not wishful thinking but a firm and confident expectation based on God’s character and promises. This hope is like a light shining into the darkness, illuminating our path. It is an “anchor for the soul” (Hebrews 6:19) that is rooted in God himself, not in our efforts or imagination.

The Israelites clung to this hope for centuries—the assurance that a Savior, the Messiah, would come to bring light into their dark world (Isaiah 9:2). They knew it would happen, but they didn’t know when it would happen. They continued to wait and look forward to the coming of the one who would “reign on David’s throne” and whose government and peace would never end” (Isaiah 6:6-7).

In his gospel, Luke tells us Simeon was a man whose hope was anchored in God’s promise. The Holy Spirit had revealed to him that he would get to see the Messiah before he died. Year after year, Simeon waited, trusting in God’s promise. And one day, his hope became reality when he encountered Jesus at the temple. Just as Simeon saw the fulfillment of God’s promise, we too, celebrate the arrival of Jesus, the Light of the World.

As we reflect on the hope and light Christ brought with his birth, we also recognize that we live in a season of waiting. We are awaiting the second Advent, anticipating the return of Jesus. Our challenge is to live in confident expectation, aware that the hope of Christ’s return transforms how we wait. How are you allowing this hope to guide and light your path?

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### PRAYER

Heavenly Father, thank you for the gift of hope that shines through the darkness and anchors our souls. As we reflect on your promises that were fulfilled in the birth of Jesus, help us to live in confident expectation of his promised return. Help us not to grow weary in the waiting, but to trust in your unfailing love and goodness toward us. Amen.

## Tues, Dec 3 • Bible Study



### ISAIAH 9:2, 6-7

**The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned. ... For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the greatness of his government and peace there will be no end. He will reign on David's throne and over his kingdom, establishing and upholding it with justice and righteousness from that time on and forever. The zeal of the Lord Almighty will accomplish this.**

### Step 1: Observation

To provide a bit of context, the Book of Isaiah was written hundreds of years before Jesus' birth, during a time of moral decay in Israel. The Prophet Isaiah speaks to a nation struggling in darkness and hopelessness.

- Read through the passage several times, and identify significant words and phrases.
- What is the tense (past, present, future) Isaiah used in his writing? Does he use more than one tense? Considering that these things were written 700 years before Christ came, this may tell us something about Isaiah's gift and calling.

### Step 2: Interpretation

- Jesus Christ is the light that is coming to the world. Brainstorm the many implications of light dawning in a land of darkness. What does light mean to you personally?
- A child is coming. A newborn means vulnerability and humility, yet this child carries monumental authority ("the government will be on his shoulders"). How would you explain this to a new believer?

### Step 3: Application

- Isaiah's familiar titles for the Messiah are full of meaning. Consider the ways in which Jesus has played each of these roles in your life. Take a moment to thank Jesus for each one.
- Jesus came as the light, and he commissioned his followers to be "the light of the world" (Matthew 5:14). In what ways can you be the light in your circles of influence, whether your family, at work, or among friends?

Practicing Together

Reading

Digging

Listening

Seeing

Doing

## Wed, Dec 4 • Imaginative Prayer



### LUKE 2:25-33

Practicing  
Together

Reading

Digging

Listening

Seeing

Doing

**Now there was a man in Jerusalem called Simeon, who was righteous and devout. He was waiting for the consolation of Israel, and the Holy Spirit was on him. It had been revealed to him by the Holy Spirit that he would not die before he had seen the Lord's Messiah. Moved by the Spirit, he went into the temple courts. When the parents brought in the child Jesus to do for him what the custom of the Law required, Simeon took him in his arms and praised God, saying: "Sovereign Lord, as you have promised, you may now dismiss[a] your servant in peace. For my eyes have seen your salvation, which you have prepared in the sight of all nations: a light for revelation to the Gentiles, and the glory of your people Israel." The child's father and mother marveled at what was said about him.**

### PREPARE

Go to your place of prayer or study and get comfortable. When we use our imagination in prayer, we are not "making" something up; rather, we are using our imagination to have empathy with the people in these narratives as if we were present with them, or as if we were one of the people present.

This week we are in Luke 2, one of the birth narratives of Jesus. He is eight days old and being presented by his parents, Mary and Joseph, in the temple to be circumcised. This marks his inclusion in the Covenant that Yahweh has with his people Israel. They are greeted by an elderly man named Simeon who takes the baby Jesus in his arms and speaks some weighty words over him.

Take a moment to relax; ask the Lord to guide and direct your imagination so that you might see and hear what he has for you in this passage.



## Wed, Dec 4 • Imaginative Prayer



### READ

Luke 2:25-33 slowly, observing the details to ground your imagination in the text.

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### REFLECT

Be in the temple, and identify with someone who was present. Are you Mary, new mother of an eight-day old, weary with all that entails? Perhaps you are Joseph, feeling for the first time the responsibility of fatherhood. Or Simeon, full of years and yet on this day surprised by joy? Perhaps you are an observer in the temple to worship, and you overhear this exchange. This is what you bring to the moment. Fill in some details, what do you see around you? What do you hear, the cadence of their voices. Spend some time watching the scene unfold and feeling what it would be like. Receive the words Simeon declares.

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### REST

Rest in the Lord's presence as you share this moment in his life.

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### RESPOND

Have a conversation with the Lord about what you have experienced, thanking him for this intimate insight into his life.

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### RESOLVE

Perhaps you journal your experience of this passage noting how the exchange affected you. Maybe you can tell it to your children as a story with new details. Certainly take this experience with you as you enter this Advent season of hope.

Practicing  
Together

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Reading

---

Digging

---

Listening

---

Seeing

---

Doing

## Thurs, Dec 5 • Visio Divina



Practicing  
Together

Reading

Digging

Listening

Seeing

Doing

This week's Norman Rockwell image for your reflection is entitled "Mine America's Coal (Portrait of a Coal Miner)." It was commissioned in 1944 by the Office for Emergency Management to boost morale among coal miners by emphasizing the importance of their work. While many would view the artwork as propaganda, the simple portrait reveals a hard-working coal miner, who is proud of the work he has been given to do. As someone who spends so much of their time in the darkness of a mine, he would immediately understand the powerful significance of one of this week's verses, "The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned" (Isaiah 9:2).



*"MINE AMERICA'S COAL  
(Portrait of a Coal Miner)" by  
Norman Rockwell, 1944.*

*This image is a work of the  
United States Department of  
the Treasury, taken or made  
as part of an employee's  
official duties. As a work of  
the U.S. federal government,  
the image is in the public  
domain in the United States.*



# Thurs, Dec 5 • Visio Divina

## 1. PREPARE

Find a quiet space. Take several deep breaths as you quiet yourself. Ask God to open your heart to his presence.

### PROMPTS

- How am I feeling as I enter this time of prayer?
- What distractions do I need to release to the Holy Spirit?

## 2. FIRST LOOK

Observe the image silently, uncritically. Take in the whole image without analyzing. Let your eyes rest on the entire piece. Notice colors, shapes, figures, composition.

### PROMPTS

- What is my first reaction to the whole image?
- Is my eye drawn to any specific part or parts of the image? Which parts?
- Am I responding physically to any aspect of the image (faster or slower pulse, excitement or displeasure, etc.)

## 3. MEDITATE

Focus prayerfully on particular aspects that draw your attention, asking God to teach you in this moment. What might God be saying through these elements.

### PROMPTS

- What emotions or thoughts arise?
- What symbols or elements seem meaningful to me?
- Which figure or part of the image draws me most strongly? Why?
- What memories or experiences does this image evoke?
- What tensions or contrasts do I notice?
- How might someone who spends so much of their life in darkness find hope, joy and the kind of happiness this image depicts.
- What might this image be saying about God's nature?
- Do I sense God is saying anything to me through the image?

## 4. PRAY

Enter into a dialogue with God about what you see. Share with him your feelings, questions, and insights. Listen for God's response in your heart. Connect the image and this exercise to your life and faith journey.

### PROMPTS

- What questions arise in my heart?
- What invitation might God be extending to me through this image?

## 5. CONTEMPLATE

Take your time and rest quietly in God's presence. For the moment, let go of words and analysis. Simply sit with the insights received and allow them to deepen your relationship with God.

### PROMPTS

- Is any truth or wisdom emerging in me?
- What gift am I receiving through this image?
- How does this image relate to Isaiah 9:2?
- How is God's love being revealed?

## 6. ACT

Once you have completed the steps above, consider how this experience is calling you to respond. Think about ways to embody the insights you have gained. Plan concrete steps to live out what you've learned.

### PROMPTS

- How might this image influence my daily life?
- Who needs to hear what I've learned?
- How can I embody the truth I've discovered?
- What practice might help me remember this insight?

Practicing Together

Reading

Digging

Listening

Seeing

Doing

*For more about the background and details on the steps of visio divina, as well as a sample, visit [crossings.church/visio-divina](https://crossings.church/visio-divina).*

## Fri, Dec 6 • Activity



### GIVING TO OTHERS (GIFTS OR TIME)

The holidays can be hard for people, especially when they are going through a tough time. Consider how you could help ease that burden and be a voice of hope for someone this week. Here are some ideas to get you thinking:

- Choose your favorite non-perishable food items to fill a grocery sack or two and donate them at your local food bank.
- Sponsor a child or family from your church or school to provide Christmas gifts. (Also: Angel Tree, Operation Shoebox, Toys for Tots, Children's Hospital Toy Drive).
- Donate to City Rescue Mission, Bethany Children's Health Center, Regional Food Bank.
- Bake holiday goodies (cookies, bread, candy, etc.) and give to neighbors or public servants (police, firefighters, librarians, mailman, etc.).
- Invite a neighbor or acquaintance over for dinner.
- Volunteer at a food pantry or soup kitchen.
- Ring the bell for the Salvation Army.

Practicing  
Together

Reading

Digging

Listening

Seeing

Doing

# Sun, Dec 8 • Practicing Together



On this second Sunday of Advent, gather your people around the Advent wreath, and ...

## LIGHT

Two purple candles on the Advent wreath. You will relight last week's candle representing hope and light a new candle representing peace.

## PRAY

God of peace, we light this candle as we prepare to celebrate the birth of your Son, the Prince of Peace. Surround us with the serenity of your presence. Open our hearts to you this Advent season, so when Christ arrives, we are ready to receive him. Amen.

## DISCUSS

- How do you define peace? What does it look like? How do you get it?

## READ - JOHN 14:25-29

The Hebrew word for peace is *shalom*, which occurs over 250 times in the Old Testament. Though it is often translated with the English word *peace*, it means much more than happy days or a lack of conflict. The biblical understanding of *shalom* includes the concept of wholeness, completeness, and well-being. It is God's ideal for our lives ... the way he intended life to be before it was marred by sin.

Jesus' birth was the beginning of God's plan of redemption. As we wait for the fullness of God's restoration, we recognize that our well-being, our *shalom*, is in Jesus—and it is unlike anything our world can offer.

Another interesting aspect of the word *shalom* is that it was used by the Hebrew people as both a greeting and a farewell, as a blessing to the one being addressed.

## READ - NUMBERS 6:24-26

Have each person in the group read the Scripture passage directly to someone else in the group. Make sure each person reads and is read to.

How did it make you feel to hear these words of blessing and peace read over you?

The words "make his face shine upon you" are a common Hebrew phrase expressing the idea of happiness. Close your eyes for a moment, and imagine the face of God turning toward you. When he sees you, his face lights up. The sight of you makes him happy!

## PAUSE HERE FOR A FEW MOMENTS.

We serve a God who loves his children and wants them to know peace, or *shalom*, in its fullness. He wanted it so much that he sent his son to be our Prince of Peace.

Practicing Together

Reading

Digging

Listening

Seeing

Doing

# Sun, Dec 8 • Practicing Together



## WORSHIP

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Read or listen to these songs. How have you experienced the peace (wholeness and well-being) that “passes understanding” through Jesus?

### SILENT NIGHT

[youtube.com/watch?v=z7jYvmY6Gfk](https://www.youtube.com/watch?v=z7jYvmY6Gfk)

Silent night, holy night!  
All is calm, all is bright  
Round yon virgin mother and Child.  
Holy Infant, so tender and mild,  
Sleep in heavenly peace,  
Sleep in heavenly peace.

Silent night, holy night!  
Shepherds quake at the sight;  
Glories stream from heaven afar,  
Heav'nly hosts sing Alleluia!  
Christ the Savior is born,  
Christ the Savior is born!

Silent night, holy night!  
Son of God, love's pure light  
Radiant beams from Thy holy face  
With the dawn of redeeming grace,  
Jesus, Lord, at Thy birth,  
Jesus, Lord, at Thy birth.

### IT CAME UPON THE MIDNIGHT CLEAR

[youtube.com/watch?v=HusH56d-Omw](https://www.youtube.com/watch?v=HusH56d-Omw)

It came upon the midnight clear,  
that glorious song of old  
from angels bending near the earth  
to touch their harps of gold.  
“Peace on the earth, goodwill to men,  
from heaven's all gracious king.”  
The world in solemn stillness lay  
to hear the angels sing.

Yet with the woes of sin and strife  
the world has suffered long.  
Beneath the angel strain have rolled  
two thousand years of wrong.  
And man at war with man hears not  
the love song which they bring.  
O hush the noise, ye men of strife,  
and hear the angels sing

O ye, beneath life's crushing load,  
whose forms are bending low,  
who toil along the climbing way  
with painful steps and slow,  
look now for glad and golden hours  
come swiftly on the wing.  
O rest beside the weary road,  
and hear the angels sing.

For lo the days are hastening on,  
by prophet bards foretold,  
when with the ever circling years  
comes round the age of gold  
when peace shall over all the earth  
its ancient splendors fling,  
and the whole world gives back the song  
which now the angels sing.

Practicing  
Together

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Reading

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Digging

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Listening

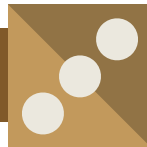
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Seeing

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Doing

## Sun, Dec 1 • Practicing Together



### READ - GALATIANS 4:4-6

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Here Paul reminds us that we are no longer orphans, but we have been adopted as children into God's family. Parents who adopt a child from another country will travel far to bring their child home. In the same way, when the time was right, our Father sent his Son to bring us home. Being part of God's family is the essence of peace ... serenity ... wholeness.

### PRAY

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God of peace, during this Advent season, keep us from getting caught up in the busyness and chaos of the world around us. Help us slow down, so we may find wholeness and well-being in the Prince of Peace, your son, Jesus Christ. As we prepare for his coming, make us instruments of your peace in our homes, in our work, and in our world. Amen.

### ACTIVITY FOR THE WEEK

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#### RANDOM ACTS OF KINDNESS

Each day this week, do something kind for someone you do not know. As you do, pray for that individual to experience God's peace. Some ideas might include:

- Hold the door open for someone.
- Help someone with their groceries or return their cart.
- Let someone go ahead of you in line.
- Help a neighbor or elderly friend with yard work or Christmas decorations.
- Leave sticky notes with random compliments on mirrors in public bathrooms or windshields in a parking lot.
- Compliment someone.
- Pick up trash in your neighborhood or local park—you could even make it a "prayer walk"
- Pay for the order of someone behind you.

#### ANONYMOUS ACT OF KINDNESS

At least one day this week, consider doing a kindness for someone you know but disagree with or have conflict with.

- Leave their favorite treat on their desk or doorstep.
- Write an encouraging note.
- Pray that God would bless them. If you can't think of anything specific, use the blessing from Numbers 6:24-26

Practicing  
Together

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Reading

---

Digging

---

Listening

---

Seeing

---

Doing