

Reflective Advent Practice

By Nish Weiseth

Week 1: Hope

December 3: What are my deepest hopes for this Advent season?

December 4: How can I find moments of quiet and stillness today to listen to both my voice and God's voice?

December 5: In what ways can I be a beacon of hope to those around me?

December 6: What passage of Scripture or story speaks to my heart about hope, and why?

December 7: How does the anticipation of Advent mirror my own spiritual journey right now?

December 8: Where do I need God's light to shine in my life right now?

December 9: Reflect on a time when hope was difficult to hold onto. What felt like God's presence in that time?

Week 2: Peace

December 10: What does God's peace mean to me in my current life circumstances?

December 11: What feels peaceful amidst the busyness of the season?

December 12: In what relationships or situations do I need to seek peace?

December 13: How can I be an instrument of peace in my community?

December 14: Reflect on a moment when I felt a deep sense of peace. What brought about that feeling?

December 15: Does the Christmas story inspire me to pursue peace? Why or why not?

December 16: What are some practical ways I can spread peace this week?

Week 3: Joy

December 17: What are the sources of joy in my life?

December 18: How can I find joy in the simple moments of today?

December 19: In what ways can I bring joy to others during this season?

December 20: Reflect on a Scripture or story that fills me with joy.

December 21: Does the story of Christ's birth inspire joy? Why or why not?

December 22: What challenges prevent me from experiencing joy? What do I need to help address those challenges?

December 23: How can I celebrate the joy of the Advent season in a meaningful way?

Week 4: Love

December 24: In what ways have I experienced God's love during this Advent season?

December 25: How can I show unconditional love to others as I celebrate Christmas?

December 26: Reflect on how the birth of Jesus demonstrates God's love for humanity.

December 27: What does it mean to love others as Christ loves us?

December 28: How can I continue to live out the themes of Advent—hope, peace, joy, and love—beyond the Christmas season?