



Week 1: HOPE

Day 1

Scripture [Isaiah 40:3-5](#)

Prayer Heavenly Father, open our eyes this Advent season so that we may be the messengers of hope. Amen.

Personal Reflection Hope often is the most visible in the darkest moments of life. Israel had been waiting 500 years for the Messiah. At just the right moment hope sprang eternal with the coming of Jesus.

Table Talk Find five candles. Each week light these candles in succession. Four candles symbolize Hope, Peace, Joy, and Love. The final candle is for Christmas Day. As you light the first candle, meditate in silence as a family on the word, "hope." Share with each other what you have heard during your time of meditation.

Day 2

Scripture [Hebrews 6:13-20](#)

Prayer Everlasting God, in whom we live and move and have our being: You have made us for yourself, so that our hearts are restless until they rest in you. Amen (Augustine of Hippo).

Personal Reflection Hope serves to anchor us to our faith in Jesus. What things are you hopeful for? What are the hopeful things that anchor you to your faith?

Table Talk What are four things you personally hope for this Christmas season? Now, as a family or group of friends, come up with four more things that you hope to see happen this Christmas season.

Day 3

Scripture [Luke 1:26-38](#)

Prayer Almighty God, give us such a vision of your purpose and such an assurance of your love and power, that we may ever hold fast the hope which is in Jesus Christ our Lord who is alive with you and the Holy Spirit, one God now and forever. Amen (Bosco Peters).

Personal Reflection Christianity has always been the hope of God through Jesus played out in the lives of real people living in real circumstances (Doug Pagitt). How can you share this hope every day where you live, work, learn, and play?

Table Talk As a family, identify a family member, a neighbor, a friend, and a stranger that you can share hope with. Be creative, think of a gift, set aside family prayer time for one of these people, or invite them out for dinner to bless them.

Day 4

Scripture [Romans 12:9-13](#)

Prayer God of all hope, direct my steps today to bring hope to others. Amen.

Personal Reflection Hope can be a significant word in a person's life. How have you used this word in your own life? What story of hope has God carried you through that may help someone experiencing hopelessness?

Table Talk How would you define hope? Use H.O.P.E to create an acronym and your own definition of Hope. Share this with others.



Week 1: **HOPE** cont.

Day 5

Scripture[1 Peter 1:3-9](#)**Prayer**

Comfort, comfort your people God of all hope! Amen.

Personal Reflection

Hope is a state of mind, not of the world...Hope, in this deep and powerful sense, is not the same as joy that things are going well, as willingness to invest in enterprises that are obviously headed for success, but rather an ability to work for something because it is good (Vaclav Havel).

Table Talk

At dinner, go around and share how Jesus has given you hope, how you have seen him fulfill his promises, and the biggest thing you are hoping for in your life.

Day 6

Scripture[Romans 15:7-13](#)**Prayer**

God, you are our source of hope. Help us connect others to you today. Amen.

Personal Reflection

What brings you the most hope? Think about all the things around you that remind you of the hope that you have in Jesus.

Table Talk

Talk with your family and friends today about what brings you the most hope during Advent. Share this with them and be willing to share it with a stranger.

Day 7

Scripture[Matthew 1:18-25](#)**Prayer**

May the God of all hope rest deeply within our hearts and minds this Christmas season. Amen.

Personal Reflection

Let us then continually persevere in our hope, and the earnest of our righteousness, which is Jesus Christ, "who bore our sins in His own body on the tree," "who did no sin, neither was guile found in His mouth," but endured all things for us, that we might live in Him. Let us then be imitators of His patience; and if we suffer for His name's sake, let us glorify Him. For He has set us this example in Himself, and we have believed that such is the case. (Polycarp 69-155).

Table Talk

Find a picture or draw a picture of hope. Share it with your family and friends.



Week 2: PEACE

Day 8

Scripture [Isaiah 9:2-6](#)

Prayer God, fill this Advent season with peace over my life, over my family, and over my friends. Amen.

Personal Reflection Peace can be fleeting with the anxiety of the holiday season. Take time this week to reflect on the things that bring you peace, not the things that rob you of peace. Allow God to direct your thoughts and allow his peace to rest over you.

Table Talk This week, light the next candle together as a family. Meditate on the word, “peace,” and share with each other what you have heard.

Day 9

Scripture [John 14:15-31](#)

Prayer Jesus, thank you for sending the Holy Spirit to bring peace to my heart and my mind. Amen.

Personal Reflection Wherever God rules over the human heart as King, there is the kingdom of God established (Paul W. Harrison). What areas of your heart can you submit to God so that peace will reign over your soul?

Table Talk Make a list of what you are anxious about. Then, make a list of what brings you peace. Attach each word of peace with the thoughts that make you anxious and pray over them.

Day 10

Scripture [Numbers 6:22-27](#)

Prayer O Lord, thank you for the peace that is found in your salvation. Amen.

Personal Reflection A sinner’s peace cannot come from himself, nor from the knowledge of himself, nor from thinking about his own acts and feelings, nor from the consciousness of any amendment of his old self. Whence, then, is it to come? How does he get it? It can only come from God; and it is in knowing God that he gets it (Horatius Bonar). How does knowing Jesus came to die for our sins bring you peace?

Table Talk Listen to “Silent Night” as family. As you listen, count the number of times you hear the word “peace.” Think about the things you need peace for and share them with one another.

Day 11

Scripture [Philippians 4:2-9](#)

Prayer Lord, turn my anxiety to praise today. Amen.

Personal Reflection Our thoughts can deceive us during the holiday season. We can be overwhelmed with what we can’t afford, who we can’t see, or what we can’t do. Instead of thinking on these things, use the Apostle Paul’s words today to think on things that are true, honorable, right, pure, lovely, admirable, excellent, and worthy of praise.

Table Talk Create your own song or poem of praise focusing on the word peace and share it with your family and friends.



Week 2: **PEACE** cont.

Day 12

Scripture[Psalm 4](#)**Prayer**

O, Lord, let me rest in your peace today.

Personal Reflection

When despair for the world grows in me and I wake in the night at the least sound in fear of what my life and my children's lives may be, I go and lie down where the wood drake rests in his beauty on the water, and the great heron feeds. I come into the peace of wild things who do not tax their lives with forethought of grief. I come into the presence of still water. And I feel above me the day-blind stars waiting with their light. For a time I rest in the grace of the world, and am free. (Wendell Berry). Find a wild place to rest in today.

Table Talk

Competition can bring out the best and worst of us. Plan a family game night sometime this week and focus on celebrating the winner, communicating with each other, and having fun!

Day 13

Scripture[Isaiah 26:1-4](#)**Prayer**

Lord, who can I join to live at peace with today? Amen.

Personal Reflection

The proper work and special office of peace is to join to God those whom it removes from the world. For that reason, the Apostle Paul urges us to this good purpose when he says, "Therefore, being justified by faith, let us have peace with God" (Romans 5:1). In this brief sentence are summed up nearly all the commandments, for where true peace is, there can be no lack of virtue. But what is it, dearly beloved, to have peace with God, except to will what He bids and not to will what He forbids (Leo the Great)?

Table Talk

Do a kind action to someone you have been in an argument with. Pray for someone that you may not like.

Day 14

Scripture[Colossians 3:12-17](#)**Prayer**

May the peace of the Lord Jesus Christ reign in our heart and minds forever. Amen.

Personal Reflection

Unforgiveness can rob us of peace. Is there anyone in your life that you need to commit time in prayer to forgive? Is there someone that needs forgiveness from you? Forgive and let the peace of the Lord reign over your heart.

Table Talk

Is there someone where you live, work, learn, and play that you are not at peace with? As a family, invite each other to confess and pray that you will be able to find peace with this person during the Christmas season.



Week 3: JOY

Day 15

Scripture[Luke 2:8-20](#)**Prayer**

Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen (Book of Common Prayer).

Personal Reflection

The purpose and cause of the Incarnation was that He might illuminate the world by His wisdom, and excite it to the love of himself (Peter Abelard/France 1079-1142). Be the light where you live, work, learn, and play this week by sharing a time of prayer with someone today.

Table Talk

This week, light the next candle together as a family and meditate on the word, "joy." After spending time in silence thinking on this word share with each other what you have heard.

Day 16

Scripture[Isaiah 12](#)**Prayer**

Thank you Lord for your unbounded joy. Let joy be my song today.

Personal Reflection

Worship through song is such a key point of the Advent season. Look up the words for "Joy to the World," by Isaac Watts. Meditate on the words and listen to the song.

Table Talk

Have a family music night singing songs of joy together. Start by listening too and singing together "Joy to the World."

Day 17

Scripture[James 1:2-4](#)**Prayer**

Oh Lord, there are things that I cannot control that steal my joy. Help me to have joy through this.

Personal Reflection

Those who plant in tears will harvest with shouts of joy. They weep as they go to plant their seed, but they sing as they return with the harvest (Psalm 126:5-6). What joyous song is Jesus planting in your heart today?

Table Talk

Spread joy this week with a neighbor or friend. As a family, go caroling in your neighborhood or text your favorite Christmas songs on the theme of joy to friends and family.

Day 18

Scripture[Habakkuk 3:17-19](#)**Prayer**

O Lord, my God, grant us your peace; already, indeed, you have made us rich in all things! Give us that peace of being at rest, that Sabbath peace, the peace which knows no end. Amen (Augustine of Hippo).

Personal Reflection

Joy often comes on the tail end of longing fulfilled. This is the Christmas story. The Advent of Jesus, fulfilling every promise made in the Old Testament. Write down the promise of God that you have seen him fulfill in your own life as joy fills you when you begin to reflect on his goodness.

Table Talk

Share with your family and friends one thing that you have been waiting for.



Week 3: JOY cont.

Day 19

Scripture [1 Thessalonians 5:14-18](#)

Prayer God, I have joy knowing that every word I share with you, you willing receive and cherish.

Personal Reflection John Owen states, “There is a state of perfect peace with God to be attained under imperfect obedience.” Our world can leave us anxious causing us to make mistakes. But God doesn’t make mistakes. We can be obedient through prayer and joyfully wait for God to help us in every area of our life. Pray now about the thing that is bringing you the most anxiety.

Table Talk Get sticky notes and write down things that bring you joy. Pick a sunny window in your house and put all these joyful sticky notes on the window. Let the sun shine the joy into your home.

Day 20

Scripture [Psalm 51:12-19](#)

Prayer Lord, we shout to you with all the earth, praising your name as we sing for joy! Amen.

Personal Reflection Take time to reflect on all the joyous moments that Christmas brings to you. Think about the past, present, and future as you fill your day with joyful thoughts.

Table Talk Use J.O.Y. as an acronym and define it.

Day 21

Scripture [Zephaniah 3:14-20](#)

Prayer We can rejoice that Jesus has come to be the king of our heart forever. Amen.

Personal Reflection Jesus came to fulfill the Messiah’s claims of the Old Testament. These meant that Jesus came to be king. How can we joyously proclaim his kingdom here on earth as it is in heaven today? Think about ways you can be Jesus’ herald where you live, work, learn, and play.

Table Talk Confess with family and friends an area of your life that you need Jesus to be king over so that your joy may be complete.



Week 4: LOVE

Day 22

Scripture

[John 3:16-17](#)

Prayer

Father, how deep is your love for me that you would send your only begotten son to die for me. Amen.

Personal Reflection

O Love, How deep, how broad, how high, it fills the heart with ecstasy, that God, the Son of God, should take our mortal form for mortals' sake (Thomas a Kempis). Take time today to write down all the ways you have felt the love of God this Advent season.

Table Talk

This week, light the next candle together as a family and meditate on the word, "love." After spending time in silence thinking on this word share with each other what you have heard.

Day 23

Scripture

[Titus 3:4-7](#)

Prayer

How great is your goodness, dear Lord! Blessed are you forever! May all created things praise you, O God, for loving us so much that we can truthfully speak of your fellowship with mankind, even in this earthly exile; and however virtuous we may be, our virtue always depends on your great warmth and generosity, dear Lord. Your bounty is infinite. How wonderful are your works! Amen (Teresa of Avila).

Personal Reflection

Take time today to make a list of your loved ones. Write down your wish for each of them. Then ask God what he wants for them. Dive into his unconditional love for you and your loved ones through this meditation.

Table Talk

Call a loved one or friend and tell them why you love them today.

Day 24

Scripture

[1 Corinthians 13](#)

Prayer

O, Lord, how lovely are your ways. Thanks for coming to us through such humble means to save our lives. Amen.

Personal Reflection

Henry Burton writes, "He is breaking down the barriers, he is casting up the way, he is calling for his angels to build up the Gates of Day; but his angels here are human, not the shining hosts above, for the drum-beats of his army are the heart-beats of our love." Is there someone this Advent season that you can share the love of God with through an act of kindness?

Table Talk

Jesus has loved you 1,000 ways. As a family, create a posterboard writing, drawing, or painting of all the ways that God has loved you.



Week 4: **LOVE** cont.

Day 25

Scripture[Luke 2:1-20](#)**Prayer**

Let the just rejoice, for their justifier is born. Let the sick and infirm rejoice, for their savior is born. Let the captives rejoice, for their redeemer is born. Let servants rejoice, for their master is born. Let free men rejoice, for their liberator is born. Let all Christians rejoice, for Jesus Christ is born (Augustine of Hippo).

Personal Reflection

The Advent story is one of Hope, Peace, Joy, and Love. It is also about longing fulfilled. The day of Christmas can often be busy with travel, present opening, and family gatherings. Yet, take time all day to retell the Christmas story throughout the day using the Bible, crafts, or any other creative way.

Table Talk

Christmas is Jesus' birthday! Light the final candle and sing together "Happy Birthday" to Jesus. Set aside a chair in every family gathering and imagine that Jesus is sitting in the room with you at every celebration during the day.

Day 26

Scripture[Romans 8:31-39](#)**Prayer**

All our hope, peace, joy, and love is fulfilled in you, Jesus! Thank you for coming, living, dying, and promising to return to us. Amen.

Personal Reflection

Loving Father, Help us remember the birth of Jesus, that we may share in the songs of the angels, the gladness of the shepherds, and worship of the wise men. Close the door of hate and open the door of love all over the world. Let kindness come with every gift and good desires with every greeting. Deliver us from evil by the blessing which Christ brings, and teach us to be merry with clear hearts. May the Christmas morning make us happy to be thy children, and Christmas evening bring us to our beds with grateful thoughts, forgiving and forgiven for Jesus' sake. Amen (Robert Louis Stevenson).

Table Talk

Think of ways you can prepare for Jesus' second advent. Make your own discipleship plan and share it with family and friends.