

First Sunday of Advent

Light: One candle

Meditate: Hope looked down and saw despair. "I will go there," said Hope.

Read: Isaiah 2:1-5

Pray: God, open our eyes to despair all around us, and fill us so full of hope that we can each be a light amid the shadows.



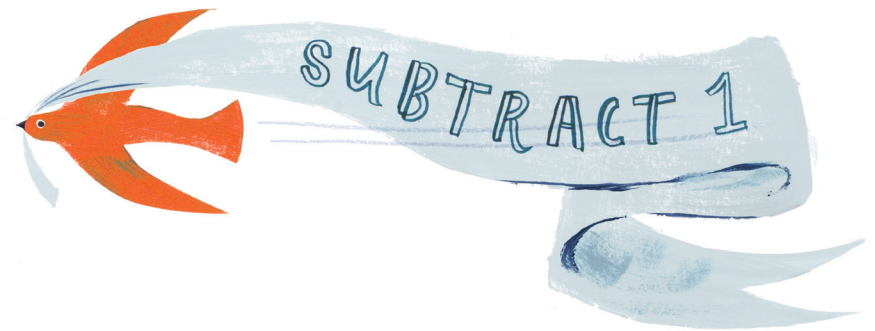
Monday (Week One)

Deliver sweets to a neighbor, or bake a yummy casserole for someone you know.

YOU ARE
BEAUTIFUL

Tuesday (Week One)

Write "You Are Beautiful" on a steamy bathroom mirror and watch it re-appear for days (God loves writing with invisible ink!).



Wednesday (Week One)

Subtract one thing from your day today - and use the extra quiet time to pray for better relationships between races in our country, our city, and our neighborhoods.



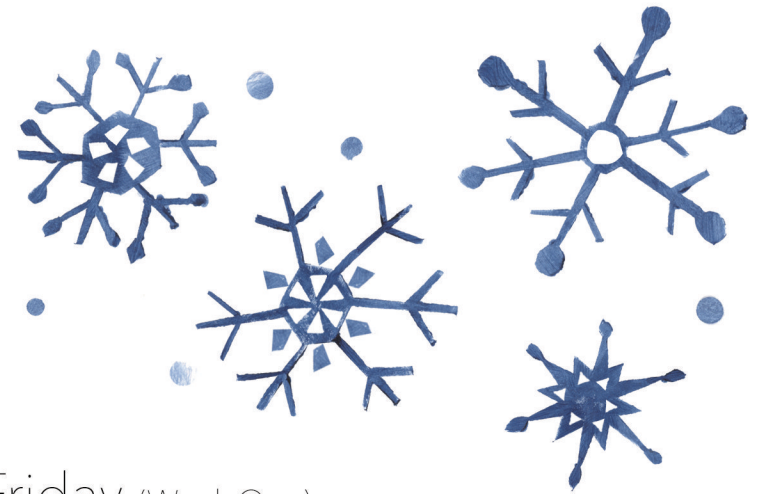
Thursday (Week One)

Write a short "I believe..." manifesto and share it with the church office and on social media.

"I believe despair will give way to hope."

"I believe my voice can make a difference."

"I believe everyone has a story worth telling."



Friday (Week One)

Sabbath Time: Turn everything off tonight (no computer, no phones, no television, no radio) - and listen for God's still, small voice.



Saturday (Week One)

Find a little - or a big! - way to be generous today: give to a cause or an organization that is doing good work.

**You might consider FCC's [Picture This Campaign](#) to create space for all.*

Second Sunday of Advent

Light: Two candles

Meditate: Peace looked down and saw war. "I will go there," said Peace.

Read: Isaiah 11:1-10

Pray: God, pour out your peace so that the wolf may lie down with the lamb, and no one will hurt or destroy on your holy mountain ever again.





Monday (Week Two)

Give "thank you" notes to helpers in your life like your mail carrier or sanitation collectors.



Tuesday (Week Two)

Turn off all the lights except Christmas lights or a candle and listen to your favorite Christmas music.



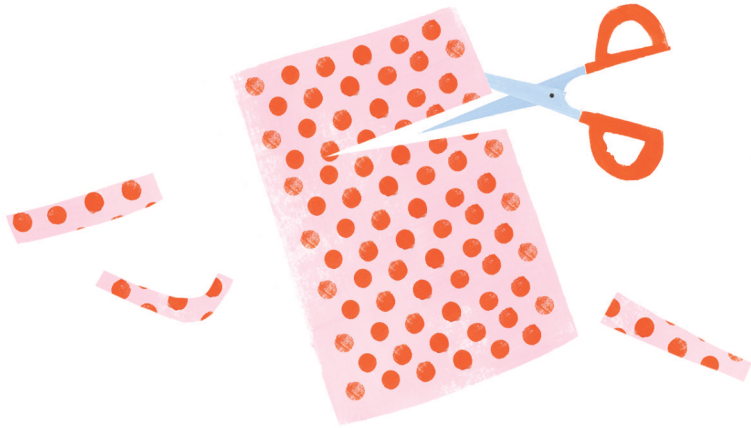
Wednesday (Week Two)

Subtract one thing from your day today - and use the extra quiet time to pray for refugees and migrants all over the world.



Thursday (Week Two)

Carry out an anonymous Random Act of Kindness for someone today: hold the door open for someone, pay for someone's coffee, do a stranger a simple favor..



Friday (Week Two)

Sabbath Time: make a list of all the things for which you're grateful, post the list somewhere as a reminder of the good in your life.



Saturday (Week Two)

Make a trip to the grocery store and buy some choice items for your local food bank - think peanut butter, almond butter, and yummy black beans.

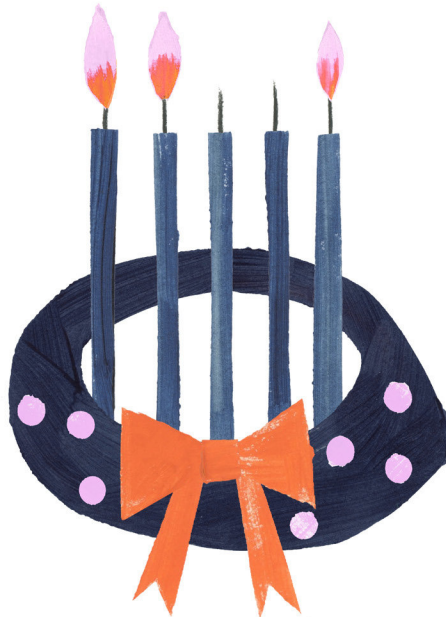
Third Sunday of Advent

Light: Three candles

Meditate: Joy looked down and saw sorrow. "I will go there," said Joy.

Read: Isaiah 35:1-10

Pray: Loving God, make the deserts of grief bloom with color and fragrance, so that we might sing for joy.



Monday (Week Three)

Make eye contact with everyone today - and smile with your eyes and your heart. :)



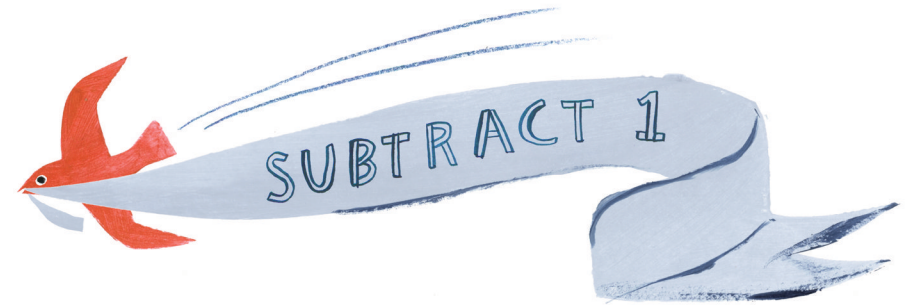
Tuesday (Week Three)

Write a short "I want to live in a world where..." manifesto and share it with the church office and on social media.

"I want to live in a world where women and men are equal."

"I want to live in a world where people are not judged by the color of their skin."

"I want to live in a world where everyone has clean water."



Wednesday (Week Three)

Subtract one thing from your day today - and use the extra quiet time to pray for all countries experiencing the strife of war.



Thursday (Week Three)

Go stargazing tonight and - with heaven and nature - sing "Joy to the World!"



Friday (Week Three)

Sabbath Time: after dinner, fill a table with tea light candles and light one for everything you are thankful for (food, shelter, family, friends, pets) - and then bask in the simple, beautiful glow of God's blessings all around!



Saturday (Week Three)

Take a break today, grab a hot drink (and maybe a treat!), and go for a gratitude walk with God. Make "thank you" your only prayer!

Fourth Sunday of Advent

Light: Four candles

Meditate: Love looked down and saw hate. "I will go there," said Love.

Read: Matthew 1:18-25

Pray: God, when the world is cold and full of hate, be our Emmanuel, "God with us," giving us the courage to be kind, vulnerable, and loving.



Monday (Week Four)

Give out compliments today with abandon!

*Sincerely
Yours*

Tuesday (Week Four)

Handwrite a note to someone dear to you and send it in the mail.



Wednesday (Week Four)

Subtract one thing from your day today - and use the extra quiet time to pray for people who are vulnerable because of physical or mental illness.



Thursday (Week Four)

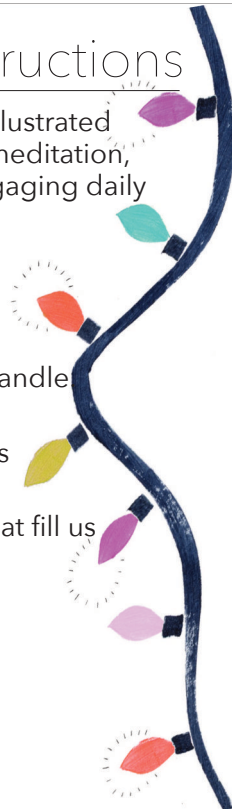
Make a birdfeeder from pinecones, peanut butter, and seeds - all God's creatures deserve special treats!

Illustrated Advent Calendar Instructions

Every day leading up to Christmas Eve has its own hand-illustrated card. Sundays include words from scripture, a bite-sized meditation, and a simple prayer; weekday cards include a simple, engaging daily practice.

Ideas for enjoying the calendar:

1. Open one envelope per day until Christmas Eve.
2. Display the cards in a circle around a centerpiece or candle.
3. Pin each card onto a large, fabric-covered canvas and place a tiny Christmas decoration on each day that has passed.
4. Celebrate the season of Advent with daily practices that fill us with holy expectation.



Peace,

FCC Worship Team

Christmas Eve

Light: Five candles

Meditate: God looked down and saw you. "I will go there," said God.

Read: Luke 2:8-11

Pray: God, thank you for coming into the world with a soft spot on your head and Mary's milk on your breath. This Christmas, change us into your hope, peace, joy, and love. Amen!

