

## **Advent Action a Day**

### **Week 1: Hope**

**Sunday, November 28:** make advent wreaths with your youth group

**Monday, November 29:** read Luke 1:5-25; journal: what were John's parents hoping for? Did they have any reason to hope? What big things do you hope for? Do you tell people about them?

**Tuesday, November 30:** find time to decorate your house, whether it's a full tree or some handmade decorations to put on the door

**Wednesday, December 1:** participate in a Christmas donation (Angel Tree, Operation Shoebox, mitten and hat donation)

**Thursday, December 2:** Read Luke 1:26-38; journal: what is an unexpected blessing that has changed your life? How could you be a blessing and a supporter of others?

**Friday, December 3:** take a meditative walk around your neighborhood or a trail. Find signs of life amidst the incoming winter and say a prayer giving thanks for life that shows up in unexpected places

**Saturday, December 4:** write a psalm, song, or poem about Christmas/ Advent. Send it in to your local paper to get published as an opinion piece to spread the good news!

### **Week 2: Love**

**Sunday, December 5:** St. Nicholas day- with your youth group, get addresses of congregants and make Christmas postcards to send out

**Monday, December 6:** have dinner with your family (or friends on zoom) and ask "what does Christmas mean to you? How can we bring good news to all people?"

**Tuesday, December 7:** read Luke 1:39-56; journal: what kind of God does Mary know? In what ways does Jesus push aside expectations of who he would be?

**Wednesday, December 8:** make Christmas cookies with your family or friends, make extras to leave with a neighbor

**Thursday, December 9:** write an Advent card to someone you don't get to see often and remind them that they are loved

**Friday, December 10:** read Luke 2:1-7 journal: what do you think Mary felt that day? Giving birth in a barn surrounded by animals with no bed or proper crib... how did Jesus' parents show him love from his birth?

**Saturday, December 11:** 5 by 5 walk (separate flyer with information, talk to Jenna if you can't find it)

### **Week 3: Joy**

**Sunday, December 12:** volunteer at a local food pantry with your youth group

**Monday, December 13:** read Luke 2:8-15; journal: what would your reaction to this sort of announcement be? Why do you think the shepherds were the first people the good news went to?

**Tuesday, December 14:** take a walk around your neighborhood or a local trail with a trash bag to help cleanup the area

**Wednesday, December 15:** call or video chat a loved one who you know is pretty isolated just to talk and help them feel less lonely

**Thursday, December 16:** help bring joy to others affordably by donating your gently used clothing and coats to a local shelter or church

**Friday, December 17:** read Luke 2:16-20; journal: how did the birth of Jesus bring joy to the first people to see him (parents and shepherds)? How did his birth bring joy to the whole world?

**Saturday, December 18:** interview a neighbor, grandparent, or your pastor about their favorite Christmas tradition and what the season means to them

#### **Week 4: Peace**

**Sunday, December 19:** volunteer with a group associated with your church

**Monday, December 20:** drive or walk around town to admire the Christmas lights, find some quiet to pray for the spirit of Christmas to bring peace to the world

**Tuesday, December 21:** journal: what kind of changes in the world do you want to see? Think God wants to see? How does Jesus describe his kin-dom? How can you work to bring it about?

**Wednesday, December 22:** find a safe place to stargaze to enjoy the last few moments of quiet before the chaos of the holiday. Try to find a bright star and think about where God is leading you

**Thursday, December 23:** watch or attend your church's Christmas Eve service. Light a candle at home to celebrate a God who wants to be with us, even if we can't fully understand it

**Friday, December 24:** spend time with those you love, give thanks that we are invited to take part in the ministry of Christ. Write down 5 things you're thankful for and say a prayer of thanksgiving