What is the Advent Season?

The Advent season includes Advent, Christmas, and Ephiphany.

Advent, which means coming, is a time of preparation. In the weeks leading up to Christmas, we focus on hope, peace, joy, and love to center our hearts and minds on Christ and reconnect to the reason we are celebrating – Christ's birth.

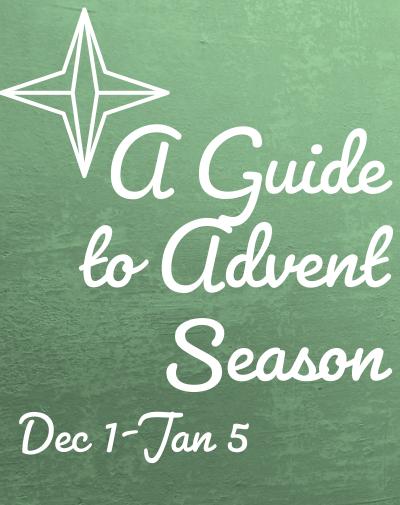
After Christmas is Epiphany, meaning appearance or manifestation, at which time we observe the Magi's visit - an event that represents the inclusion of Gentiles into the church - and Christ's baptism.

Abilene Christian University
Graduate School of
Theology's daily Advent
devotional

Singing With The Sheperd:
Meditations and Prayer for the Season of Advent



https://shorturl.at/ZcBuT





Themes and Practices for the Season

Week 1: December 1 Hope (Psalm 25:1-10)

Practice Jounaling:
Write (or draw) your hopes
for this holiday season.



Week 2 December 8
Preparation & Prophecy
(Luke 3:1-6)

Practice Simplicity or Slowing:

Remove one task from your holiday preparation lists; do without it. Or, as you go from event to event this week, drive at or under the speed limit.

Week 3 December 15 Joy & Peace (Philippians 4:4-7)

Practice Silence:
Find time this week for silence. Grab a warm beverage and a blanket and sit with God. Set a timer if needed, but try being quiet for at least 20 minutes. Don't listen to or read anything.



Week 4 December 22 Love (1 John 3:1-5)

Invite someone you don't know well to your home. Before you meet, pray for them and your conversation. Then, in your meeting, focus on loving and seeing them as Christ does.

Week 5 December 29 Christmas Reflections (Psalm 8)

Practice Forgiveness:
Sit down and reflect on your gatherings. Who do you need to forgive or seek forgiveness from? If appropriate, have a conversation with the person(s) that hurt you or you hurt. If it is not safe or possible, write a letter to them (offering or asking for forgiveness); you may or may not send the letter, but even if not posted, consider it sent in your heart and offer it to God.



Week 6: January 5 Epiphany (John 1:9-14)

Practice Gratitude:
Write a note telling someone
you met over this holiday
season what their visit, action,
or words meant to you.