

# What is the Advent Season?

The Advent season includes Advent, Christmas, and Epiphany.

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  
Shepherd:  
Meditations and  
Prayer for the  
Season of Advent*



<https://shorturl.at/ZcBuT>



# A Guide to Advent Season

Dec 1-Jan 5



# Themes and Practices for the Season

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

*Practice Journaling:*  
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)

*Practice Hospitality:*  
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.