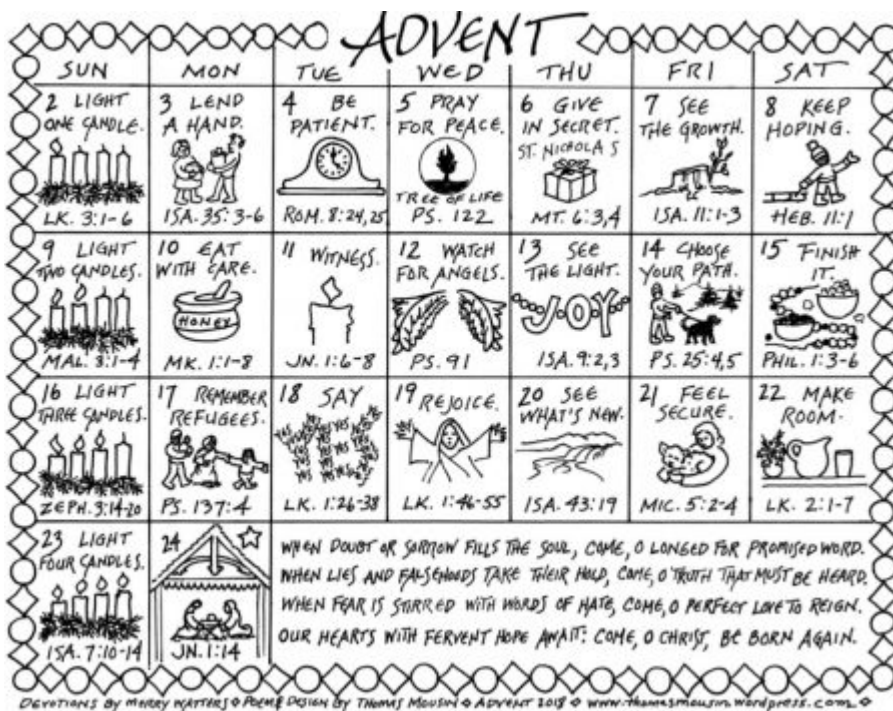


“But what the season of Advent tries to teach us is how to wait and to not lose heart, to live in hopeful patience. We rehearse during Advent the way to wait during the rest of the year, which is really the way to live during the rest of the year!” - Sybil MacBeth, *The Season of the Nativity* p.50

Advent lends itself to home practices, which is good, as while these four weeks are full of spiritual preparation for the coming of Jesus, they are also full of the rush of the holidays. If Advent has snuck up on you, don't worry! We've rounded up free Advent resources for all ages and stages of faith development waiting for you to print them off or send links to your community via newsletter or social media.

Scripture-Based for Every Age

Every year Thomas Mousin and Merry Watters produce a daily calendar of [scripture and tiny devotions](#) for each day of Advent. Calendars and poems from years past can be found on Thomas' [website](#). Permission is granted by the authors to copy and use as you wish.



For Young Families

Presbyterian pastor and author Traci Smith creates several [calendars for families](#) every year. Each day of Advent has a suggested activity, labeled for Prayer, Service, or Spiritual Practice. The calendar is free to download and share, but please do not alter or offer for sale. You can read more about practicing faith at home on Traci's [website](#).

Advent Faith Practices



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Instead of focusing on material things this Advent, focus on faith! This advent faith practices calendar rotates through three types of practices: prayer [P] service [S] and spiritual practice [SP] Make this calendar work for you and your family by adapting it to suit your needs. If you are unable to complete one of the practices on a specific day, just skip over it and pick it up on the next day. Visit www.traci-smith.com for more faith and family inspiration.</p>						<p>1. [SP] Waiting. Practice waiting today by taking a few extra moments to rest between activities today.</p>
<p>2. [S] Who in your community is in special need of a note, call, or visit? Make an effort to check up on that person.</p>	<p>3. [P] Today's prayer word is HOPE. What does it mean to have hope? Draw a picture of something hopeful or pray for a hope you have.</p>	<p>4. [SP] Silence. How long can you sit in silence? Try one minute, two minutes or even five minutes!</p>	<p>5. [S] Write a note of appreciation to someone in a helping or serving profession to tell them how much you value their work.</p>	<p>6. [P] Hope, continued. Today, light one candle for hope.</p>	<p>7. [SP] Imagination. Look at the clouds or the grass or snow outside. What do you see there?</p>	<p>8. [S] Donate food or other needed items to an organization that serves those in need.</p>
<p>9. [P] Peace. What gives you peace? Thank God for peaceful things.</p>	<p>10. [SP] Gratitude. Practice gratitude today by listing the things for which you are thankful.</p>	<p>11. [S] Make a special effort to offer a smile or kind gesture (such as opening the door) for a stranger today.</p>	<p>12. [P] Peace, continued. Light two candles today. One for hope and one for peace.</p>	<p>13. [SP] Play! Play a game together as a family. Did you know play can be a spiritual practice? It can!</p>	<p>14. [S] Pick up trash around your neighborhood or other public place.</p>	<p>15. [P] Play for others today. Who do you know who needs an extra word of prayer to God? Write their name down.</p>
<p>16. [SP] Beauty. Take a walk outside and notice three beautiful things.</p>	<p>17. [S] Do something kind for a neighbor. Showel their walk, leave a plant, or write a kind note.</p>	<p>18. [P] Today's prayer word is joy. What brings you joy? Draw a picture of it or say a prayer.</p>	<p>19. [SP] Listening. It is a spiritual discipline to listen well. Ask someone in your family three questions. Listen closely to their answer.</p>	<p>20. [S] Compliment a stranger today.</p>	<p>21. [P] Joy, continued. Light three candles. One for hope, one for peace, and one for joy.</p>	<p>22. [SP] Hospitality. Invite someone to come to your house today.</p>
<p>23. [S] Give a gift to someone who really needs it today.</p>	<p>24. [P] Love. Today's prayer word is love. Draw a picture of someone you love.</p>	<p>25. [P] Love, continued. Light four candles today. One for hope, one for peace, one for joy, and one for love.</p>	<p>This calendar brought to you by Traci Smith, author of <i>Faithful Families: Creating Sacred Moments at Home</i>. It's a book full of simple and easy to implement faith practices for your family. Find it on Amazon, Barnes and Noble, or at Chalice Press!</p>			

[Candle Press](#), dedicated to helping families nurture the gift of wonder and awe, once again offers a free family weekly activity, in the form of the [Advent wheel](#). Each week includes scripture, discussion questions, and activities.



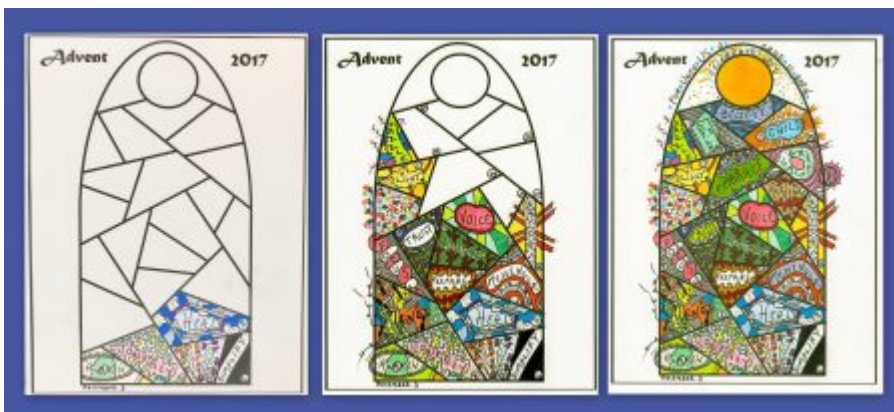
Artist and designer Joel Henriques invites all ages to discover their creativity with simple downloadable paper crafts. His [Paper City Nativity](#) is a wonderful way for children to actively engage in the nativity story.



Praying with Color for Advent

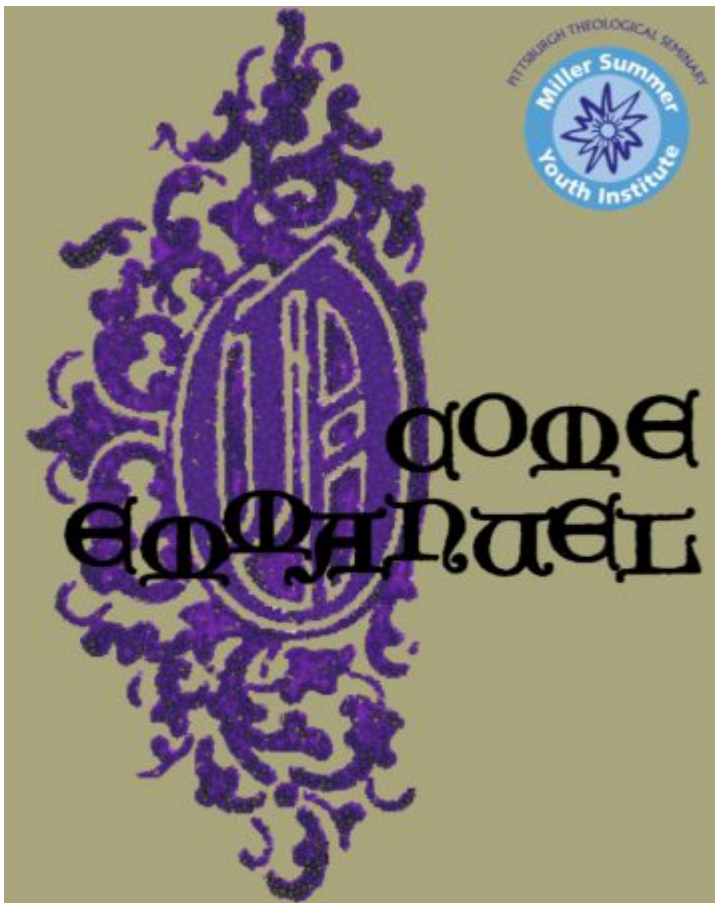
Creativity is for all ages! Sybil MacBeth has created several [praying with color Advent templates](#), available to download on her website. Consider printing these and making them available during worship for those who want to “doodle” during the service!

Sybil has also beautifully combined #Adventword with her templates, seen here from 2017. She writes, “Besides having a daily word to think and pray about, I felt less alone than I usually do during Advent. I was part of a worldwide congregation of people making the daily journey to Christmas and anticipating the celebration of Christ coming into the world. A few times I posted my daily calendar entry on the #Advent word website and global calendar. I really enjoyed the words, the meditation, and the communal experience.”



In-Depth Study

Pittsburgh Theological Seminary has produced a deep dive into the [O Antiphons](#) —the names of Jesus—based on the well-known hymn O Come, O Come Emmanuel. This power point presentation was created for small group ministry, but is totally appropriate for individual study. You will have to fill in a short informational [form](#) to access the Advent materials; once you do scroll down the page to access all of the study and worship materials.



PTS also offers a fun Advent [quiz](#) (with [answers](#))!

Music for Preparation and Expectation

More than simply calming noise, music stays with us. We use music to shape and teach during worship; it's natural to include it in at-home faith practices. Here are five seasonal

playlists to get you started. These curated albums are available on the music streaming app Spotify, which you can access via computer or smart phone and is free.

- Episcopal priest Kyle Oliver has [two playlists](#) on Spotify, each is a mix of contemplative and popular music.
- Josh Hosler, priest, former radio host, and avid listener, creates an [Advent](#) playlist every year, as well as other playlists for church seasons. His lists tend to be more contemporary and less contemplative.
- Here’s a lovely, calming playlist from [Tsh Oxenreider](#), founder of the podcast [Simple](#).
- Salt of the Sound’s music, including [Waiting for the Dawn](#), is created to encourage spiritual reflection, both in church and in times of personal quiet.

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