



*Advent*  
at Westlife

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**November 30, 2025 – December 24, 2025**

# Advent at Westlife

*We're inviting you into the heart of Jesus each Sunday – a time to sit with Him as you begin each Advent week.*

*Inside you'll find four devotions that prepare your heart for this sacred season: Hope, Peace, Joy, and Love. If you have four candles, light them week by week – one for Hope, then adding Peace, Joy, and Love – until all four shine together, reminding us that Christ's light grows as we wait for His coming.*

*Each week offers two reflections – two pathways for the heart:*

**On the left**, words for those walking in a steadier season: hearts ready to lean into the beauty and anticipation of Christ's coming.

**On the right**, words for those carrying grief, weariness, or pain: hearts still waiting for light to break through.

*Psalm 100:4-5 calls us to enter His gates with thanksgiving. If you printed this, each page begins with three songs to help you step into worship. You can also visit [www.tinyurl.com/westlifeprays](http://www.tinyurl.com/westlifeprays) to see the full setlists. If you are viewing this online, you will find links on both sides of the page that lead to longer playlists designed to help you seek His presence in whatever season you are in.*

**Both lead us to the same place:** the steadfast hope found in Jesus, who meets us where we are and draws us near to Himself.



**Week One:**  
*Light your candle  
representing hope.*

Worship:

**Just Be** - Kim Walker-Smith

**You Keep Hope Alive** - Mandisa, Jon Reddick

**Noel** - Lauren Daigle

**Isaiah 9:2, 6-7a**

*The people who walk in darkness will see a great light. For those who live in a land of deep darkness, a light will shine. For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. His government and its peace will never end.*

**Leaning into  
Hope**

*In this season of Advent, we celebrate the God who keeps His promises and comes to dwell among us. Let your heart rise with expectancy. Notice the small ways God's light is shining around you - in kindness, beauty, or quiet moments. Even in the ordinary, hope whispers that God is near - preparing, sustaining, and guiding us toward what is yet to come. **Take a moment** to pause and breathe in His promise, letting it shape your thoughts, your words, and the way you move through this season. This is the hope that carries us forward, a steady, unshakable anchor for our souls.*

**Holding onto Hope  
When it Feels Dark**

*If your heart feels heavy, know that hope does not deny your sorrow. Advent invites us to sit with Jesus in our lament - to bring our grief, our weariness, our longings into His presence.*

*He is present with every tear, every quiet ache, every unanswered question. As you sit with Him, **let hope take root slowly**: a single breath, a whispered prayer, a candle flickering in the dark. The same light promised in Isaiah reaches into the quiet corners of your heart, reminding you that Christ is near, faithful, and unchanging - even when your heart feels fragile.*

**Step into Hope:**

*Each day this week, notice one small way God's light is at work in your life or around you. It could be a kind word, a beautiful sunrise, or a moment of peace. Write it down or speak it aloud as a declaration of hope.*

**Optional:** As December can be more full, take a moment each night this week to pause. Light your candle and say: "Lord, thank You for Your light shining in my life today."

*Each day, take one small step toward receiving hope. It could be a quiet prayer, lighting your candle and sitting in stillness, or writing one thing you long for God to bring into your life. Let it be gentle - hope can start as a whisper in the dark.*

**Optional:** As December can be more full, take a moment each night this week to pause. Light your candle, say: "Jesus, meet me here in my waiting. Shine Your light into my heart and give me hope for tomorrow."

**Worship for the Journey**

**Worship for the Heart That Feels Heavy**

*May the God of hope fill your heart with His light this week. Whether your soul feels bright or weary, may you sense His presence, His promises, and His steadfast love surrounding you.*

# Peace

**Week Two:**  
Light your candle  
representing hope  
and add the candle  
to represent peace.

## Worship:

**Holy Spirit** - Bryan & Katie Torwalt

**Peace Be Still** - Lauren Daigle

**Peace Has Come** - Hillsong Worship

### **Luke 12:13-14**

Suddenly, the angel was joined by a vast host of others - the armies of heaven - praising God and saying, "Glory to God in highest heaven, and peace on earth to those with whom God is pleased."

### **Leaning into Peace**

In the wonder of that first Christmas night, heaven broke into earth with a song of peace. The angels declared a Saviour who brings wholeness, rest, and restoration to every heart that welcomes Him. **Let** your spirit grow still for a moment as you remember that His peace is not fragile and not dependent on circumstances. **Notice** where His calm is already meeting you - in quiet breaths, in gentle mercies, in the steady truth of His presence. **Pause** and let His peace settle over your thoughts and shape your steps. This is the peace He gives - deep, steady, and anchored in His nearness.

### **Standing in Peace When it Feels Difficult**

If peace feels far from you, know that heaven's song was given for you too. Jesus steps into the places where fear rises and where sorrow sits heavy. **Bring** your ache to Him and let yourself rest in His presence even if you cannot feel peace yet. **Let** His peace grow slowly - Take a deep breath in, and let it out slowly. **Repeat.** Place your hand on your heart and notice the rhythm. **Feel** the peace that meets your beating heart. The same Savior announced by angels still meets you in the places that feel unsettled and reminds you that His peace is steady, faithful, and unchanging even when your heart feels fragile.

### **Step into Peace:**

Each day this week, notice one small way God's peace is at work in your life or around you. It could be a quiet moment, a comforting word, or a deep breath that brings calm.

Write it down or speak it aloud as a declaration of peace.

**Optional:** As you move through your day - walking, driving, or commuting - speak peace over the places, people, and neighborhoods you pass. Your words have the power to breathe life - invite God's presence to bring calm and blessing wherever you go.

**Worship for the Journey**

Read [1 Thessalonians 5:23](#). Take a moment to speak to your whole self: spirit, soul (mind & heart) and body. You might notice tension, restlessness, or memories that make your body want to act. Gently invite each part of you to come under Christ's care. Let Him bring proper order, letting His peace settle where there is unrest.

**Optional:** Daily, take a moment to breathe deeply and ask Jesus, the Prince of Peace, to reveal peace in your spirit, soul and body.

**Worship for the Heart That Feels Heavy**

*God will keep in perfect peace all who trust in Him and whose thoughts are fixed on Him.*



**Week Three:**  
*Light the first two  
 candles, then add  
 the candle  
 representing joy.*

**Worship:**

***Joyful Joyful We Adore Thee*** - Maverick City  
***Hallelujah For The Cross*** - Chris McClarney  
***I Thank God*** - Jesus Culture

**Luke 2:8-11**

*That night there were shepherds staying in the fields nearby, guarding their flocks of sheep. Suddenly, an angel of the Lord appeared among them, and the radiance of the Lord's glory surrounded them. They were terrified, but the angel reassured them. "Don't be afraid!" he said. "I bring you good news that will bring great joy to all people. The Savior - yes, the Messiah, the Lord - has been born today in Bethlehem."*

**Walking in Joy**

*On that night in Luke 2 sheep grazed in the quiet fields and nothing seemed extraordinary until heaven broke in with a message of great joy. The joy announced that night was not shallow or passing. It was the joy of God drawing close. As you enter this week, let your heart open to His presence in the middle of ordinary rhythms and simple moments. **Notice** where joy rises in small ways - in grace given, shared laughter, playful moments. **Let** these moments draw your attention back to Jesus, the One who brings lasting joy that steadies the soul and brightens the path ahead.*

**Finding Joy When the  
 Darkness Feels Brighter**

*If joy feels distant, know that the story of Luke 2 meets you right there. Joy was not announced in daylight but in the middle of the night - to people who likely understood fear, fatigue, and uncertainty. God did not wait for daylight to send His messenger. He met the weary and unseen right where they stood. **Bring** your heaviness to Him and let yourself rest in His presence without forcing your heart to feel anything it cannot. **Reflect** on the words of the angel: "I bring you good news that will bring great joy to all people!" His coming is the announcement that your story is held by One who brings light, hope and rescue. **Ask** Jesus to lead you into moments of His joy this week.*

**Step into Joy:**

*Each day this week, reflect on one small way Jesus' joy is present in your life. It could be a laugh, a moment of gratitude, a song that lifts your heart, or a kindness shared with someone else. Capture it - take a photo, picture it in your mind, or speak it aloud as a declaration of His joy.*

**Optional addition:** *As we continue through December, celebrate small moments of joy - sing, dance, or play a song that lifts your heart. Take a moment to bless someone in your life who brings you joy, letting them know how they brighten your days.*

**Worship for the Journey**

*Each day, take one small step toward receiving His joy. It could be singing a favorite worship song/hymn, pausing to notice beauty around you, or offering a word of encouragement to someone. Notice the unexpected smiles and laughter shared.*

**Optional addition:** *As we continue through December, celebrate small moments of joy - sing, dance, or play a song that lifts your heart. Reach out to someone who brings joy to your life and share a word of thanks or encouragement.*

**Worship for the Heart That Feels Heavy**



***Thank you Jesus that You returned to the Father  
 so Your joy is made full in us.***



**Week Four:**  
Light the first three  
candles, then add  
the candle representing  
love.

## Worship:

**Love of God** - Phil Wickham, Brandon Lake

**How He Loves Us** - Kim Walker Smith

**Love Came Down** - Kari Jobe

### John 1:14

So the Word became human and made his home among us. He was full of unfailing love and faithfulness. And we have seen his glory, the glory of the Father's one and only Son.

### Standing in His Agape (love)

In this season of Advent, we celebrate the God who comes to dwell among us in perfect love. His agape (love) is unconditional, selfless, and desires your best, no matter what you feel or deserve. **Let** your heart rise with wonder at the gift of Christ - God with us - bringing light, grace, and peace into the world. **Feel** His love in simple ways: a friend reaching out to listen, a smile from a loved one, or an unexpected act of generosity from a stranger.

**Pause and breathe** in His love, letting it shape your thoughts, words, and the way you move through this season. **Remember:** when you woke up this morning, before your feet touched the floor, you were loved perfectly, completely, and eternally by God.

### Finding His Agape (love) in a Harder Season

In this season of Advent, we remember the God who comes to dwell among us in perfect love, even when life feels heavy or uncertain. Depending on your circumstances, you may not feel like God could possibly love you - but agape (love) means His love is present, unconditional, selfless, and desires your best, no matter your circumstances. **Pause and breathe deeply**, letting this love settle into your heart, soul, and mind. Even when it doesn't feel like it, God's love surrounds you, carrying you through the harder moments. **Recognize** His love through the people around you - friends who cheer you on, loved ones who hold you steady, strangers who remind you goodness still exists. **Remember:** when you woke up this morning, before your feet touched the floor, you were loved perfectly, completely, and eternally by God.

### Step into Agape

Each day this week, take a moment to ask God to reveal His agape to you.

**Optional:** As you move through your day - walking, driving, or interacting with others - invite His love to flow through you. Speak out the goodness you see in people, calling them to their true identity in Christ. Ask God to reveal what He loves about them. Let His love shine through encouraging words, actions, and presence.

Each day this week, pause and breathe God's agape into your soul. Let the truth of His Word settle deep in your heart: John 17:17 says, "Sanctify them in the truth; your word is truth." Speak the reality of God's love and identity over yourself (the soul He created in agape) reminding yourself that His love transcends your current circumstances, and that you are adored and beloved. Let this truth anchor you, bringing peace, hope, and strength to every part of your being.

**Optional:** Spend the week exploring Scripture about God's character and His love for you. Meditate on these verses, study the original Hebrew or Greek if you like, and ask God to give you a deeper understanding of His agape love - what it means and how it shows up, especially in this more difficult season.

### Worship for the Journey

### Worship for the Heavy Heart



**Thank you Jesus that your perfect love surrounds Your people and drives out every fear so we can walk in the fullness of Your heart.**