



# THE WORD BECAME FLESH

A DEVOTIONAL ADVENT GUIDE  
FOR THE WHOLE FAMILY



EmpoweredHomes.org



# DECEMBER 2025



SUN	MON	TUE	WED	THU	FRI	SAT
30 	1	2	3	4	5	6
7 	8	9	10	11	12	13
14 	15	16	17	18	19	20
21 	22	23	24	25 	26	27
28	29	30	31			

## Our Priorities for Christmas

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## Acts of Kindness

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# HOW TO USE THIS ADVENT GUIDE:

Dear Families,

Our goal and passion is to help your family connect with God through Advent this Christmas season. We hope you will use this resource to prepare your heart and home for the joyful celebration of the birth of our Lord and Savior Jesus Christ.

Here is a simple way to use this guide:

## 1. FIND YOUR RHYTHM & SCHEDULE A TIME TO GATHER

Traditionally Advent is celebrated each Sunday but find the best day and time for your family to gather and walk through the guide. Identify the natural rhythms of your day and use the calendar provided to schedule intentional time together.



MORNING  
TIME



MEAL TIME



DRIVE TIME



BED TIME

## 2. GET SOME SUPPLIES

**What you need:**

- A Bible
- 5 Candles - They can be traditional Advent colors or not.
- **Week 1:** paper & markers; **Week 2:** A distraction free space; **Week 3:** sticky notes; **Week 4:** gift cards and baking supplies, optional

## 3. FOLLOW THE PROMPTS EACH WEEK

**1- LIGHT THE CANDLE:**

**3-DISCUSS:**

**2-READ:**

**4-PRAY:**

**5-PREPARE YOUR HEART & YOUR HOME:**





# CULTIVATING A PEACEFUL HOME

The peace of Jesus is an incredible gift from God and our homes should reflect peace in this Christmas season through intentional planning and preparation. Parents, as you begin decorating and planning Christmas festivities, here are a few reminders to help you cultivate a peaceful home:

1

**Remember the peaceful purpose** - The birth of Jesus was humble and simple. God could have sent Jesus in any way He wanted and He chose a humble girl to give birth to the king of the universe in a lowly stable. Remembering God's purpose for His Son to come to Earth should challenge the way we prepare and celebrate Christmas.

**Ask yourself:** Does this tradition, decoration, or gift cause me to remember the Peace of Christ or does it stir up discontentment, stress, or hurry? Reflect on that in the space below:

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2

**Prioritize a peaceful pace** - While here on Earth, Jesus was never in a hurry and He even addressed busyness with His close friends Mary and Martha as they prepared to celebrate His arrival in their home. Though the world around us moves fast, we have a choice in what pace we keep. It's a posture of our hearts and minds.

**Ask yourself:** Does our pace in this season reflect Jesus' peace or hurry and worry? Reflect on that in the space below:

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3

**Practice peaceful rhythms** - Proclaim peace in your home by scheduling rhythms that cause your family to slow down and disconnect from distractions.

**Ask yourself:** What peaceful rhythms can we put in place to practice and fully embrace God's peace through His Son, Jesus?

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# WEEK ONE: JESUS OUR LIVING HOPE



## LIGHT THE CANDLE:

Light the first candle of Advent.

**Say together as you light the candle:**  
Jesus is our living hope.

## READ: 1 PETER 1:3-4

Blessed be the God and Father of our Lord Jesus Christ. Because of his great mercy he has given us new birth into a living HOPE through the resurrection of Jesus Christ from the dead and into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you.

## DISCUSS:

- Name something you hope will happen in the future.
- How does the birth of Jesus give us hope?
- What are some things we put our hope in besides Jesus?
- How can we show that we trust in the hope is Jesus?

## PRAY:

God, thank You for sending Your son Jesus to be born so He could be our living hope through His death and resurrection on the cross. Amen.

## PREPARE YOUR HEART & YOUR HOME:

**HOPE FOR OTHERS:** The Christmas season is a wonderful time to display God's hope to the lost, broken, and hurting world around us. Remembering and serving others focuses our hearts and minds to remember that Jesus came to save us all. This week, schedule a time to write some notes or draw Christmas cards for people who need to remember God's hope. **Here are some ideas of people who may be in need of hope:**

- Hospital Patients - NICU or ICU
- Widows/widowers or shut-ins
- Nursing home residents
- Neighbors

**Your family can also find other ways to serve together to show God's hope.**





# WEEK TWO: JESUS, PRINCE OF PEACE



## LIGHT THE CANDLE:

Light the first & second candles of Advent.

**Say together as you light each one:**

Jesus is our living hope.

Jesus is our peace.

## READ: ISAIAH 9:6-7

For a child will be born for us, a son will be given to us, and the government will be on his shoulders. He will be named Wonderful Counselor, Mighty God, Eternal Father, **Prince of Peace**. The dominion will be vast, and its prosperity will never end. He will reign on the throne of David and over his kingdom, to establish and sustain it with justice and righteousness from now on and forever. The zeal of the LORD of Armies will accomplish this.

## DISCUSS:

- How would you describe peace?
- When do you feel most peaceful?
- Why is it important that Jesus bring peace to a broken world?

## PRAY:

God, thank you for sending Your Son, Jesus, to be our Prince of Peace. Guide our family to grow in peace both in our hearts and in our home. Show us where we need to allow You to be our peace. Amen.

## PREPARE YOUR HEART & YOUR HOME:

**Peace & Quiet:** As you prepare your hearts, consider practicing silence as a family. Silence has many benefits for us as believers in Jesus. It promotes inner peace, allows us to hear God's voice and be aware of His presence, nurtures self-awareness, and ultimately can enhance our emotional regulation. If you have never done this before it may feel strange at first but keep practicing. **Here are a few tips for practicing silence:**

1. **Prepare your physical space** - Find a place that is away from fast pace living.
2. **Turn off ALL devices** - We all need a break from media or being accessed by others.
3. **Set aside to-do lists** - Be okay with not accomplishing anything (we know it's hard).
4. **Engage in meaningful activities** - Silence doesn't mean zero activity it just means being quiet and letting go of striving or accomplishing. Go for a walk or sit in the yard.
5. **Choose a short Bible passage to ponder** - Try Ecclesiastes 3:7 or Psalm 62:1.
6. **Be kind to yourself** - Being silent may be hard, children may last 2 mins, it's okay. You are leading your family to grow in understanding the blessing of silence and stillness with God and that takes practice for us all.





# WEEK THREE: JESUS DISPLAYS LOVE



## LIGHT THE CANDLE:

Light three candles of Advent.

**Say together as you light each one:**

Jesus is our living hope.

Jesus is our peace.

Jesus is love.

## READ: 1 JOHN & GALATIANS

The one who does not love does not know God, because **God is love**. God's love was revealed among us in this way: God sent his one and only Son into the world so that we might live through him. **1 John 4:8-9**

I have been crucified with Christ, and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

**Galatians 2:20**

## DISCUSS:

- How is God's love shown through the birth of Jesus?
- How do you know God loves you?
- How can we celebrate Jesus' love in this season?

## PRAY:

God, we are in need of Your love. Where do we need to trust Your love for us more? Show us how to grow in our love for You and in our love for others. Amen.

## PREPARE YOUR HEART & YOUR HOME:

**BLESS & LOVE:** Our homes should be the primary place to reflect God's love and blessing. Set aside some time this week to speak blessing over each of your family members. A blessing should shine a light on "who they are" not "what they do;" as well as remind them of who they are in Jesus. (If you need ideas check out the Identity in Christ resource on the Empoweredhomes.org website.)

**Try these ideas this week:**

- Take turns blessing each family member at dinner or another gathering time.
- Individually bless each person (mornings or bedtime are a great time to bless).
- Write a note of blessing or write a sticky note each day to sprinkle the blessings in different places where they will be found unexpectedly.





# WEEK FOUR: JESUS BRINGS JOY



## LIGHT THE CANDLE:

Light four candles of Advent.

**Say together as you light each one:**

Jesus is our living hope.

Jesus is our peace.

Jesus is love.

Jesus brings joy.

## READ: LUKE 2:10-12

But the angel said to them, "Don't be afraid, for look, I proclaim to you **good news of great joy** that will be for all the people: Today in the city of David a Savior was born for you, who is the Messiah, the Lord. This will be the sign for you: You will find a baby wrapped tightly in cloth and lying in a manger."

## DISCUSS:

- How is the joy that Jesus brings different from just feeling happy?
- When does our family experience the greatest joy together?
- Why did the angel say Jesus' birth was "good news of great joy?"

## PRAY:

God, thank you for the gift of Your Son, Jesus, and that through His sacrifice we can experience joy that is unlike any other joy in this world. Fill us with Your joy this Christmas season and all year long. May the joy of the good news of Jesus be visible in all we do as a family. Amen.

## PREPARE YOUR HEART & YOUR HOME:

**SPREADING JOY:** We can experience joy in this world but it is Jesus who brings complete joy. Random acts of kindness are a wonderful way to spread joy and if someone asks why you have such joy, proclaim that it is because of Jesus and His love.

**Here are a few ideas:**

Pay for  
someone's  
groceries.

Take a meal or  
dessert to a  
neighbor.

Encourage retail  
workers with a \$5  
gift card for coffee.

Clean up a mess  
you didn't make.





# CHRISTMAS DAY: THE WORD BECAME FLESH



## LIGHT THE CANDLE:

Light five candles of Advent.

**Say together as you light each one:**

Jesus is our living hope.

Jesus is our peace.

Jesus is love.

Jesus brings joy.

Jesus is our Savior.

## READ: JOHN 1:1-5; 9; 14

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. All things were created through him, and apart from him not one thing was created that has been created. In him was life, and that life was the light of men. That light shines in the darkness, and yet the darkness did not overcome it. (v.1-5)

The true light that gives light to everyone was coming into the world. (v. 9)

The **Word became flesh** and dwelt among us. We observed his glory, the glory as the one and only Son from the Father, full of grace and truth. (v. 14)

## DISCUSS:

- Who is “the Word” in John 1:1?
- Why does the passage say “the Word became flesh?”
- Why is it good news that Jesus came to Earth to dwell among us?

## PRAY:

God, we are so thankful for Your plan to send Jesus, Your one and only Son, to save us and be our hope for eternal life. We now have full access to You because of His sacrifice. Remind us of Your great hope, peace, love and joy today in everything we do from opening gifts to eating a meal. Amen.

## PREPARE YOUR HEART & YOUR HOME:

**Gratitude:** Christmas Day marks the blessed miracle of Jesus’ birth. At some point, gather your family and take turns reading the story of Jesus’ birth in the Gospel of Luke 2:1-21. Then write a thankful list to Jesus using the prompts below and end with the Christmas Day Prayer on the next page.

Jesus, I am thankful for \_\_\_\_\_.

or Jesus thank you for being \_\_\_\_\_.





# CHRISTMAS DAY PRAYER

Holy Jesus, by being born one of us and lying humbly in a manger,  
you show how much God loves the world.  
Let the light of your love always shine in our hearts,  
until we reach our home in heaven,  
and see you on your throne of glory. **Amen.**

Lord Jesus Christ, your birth at Bethlehem  
draws us to kneel in wonder at heaven touching earth:  
accept our heartfelt praise as we worship you,  
our Saviour and our eternal God. **Amen.**

Loving Jesus, you were born in a stable but worshipped by the angels.  
Be with all who are lonely,  
and with all who feel distant from celebrations.  
Be for us a living hope that lightens their hearts. **Amen.**

Jesus, as you healed the sick,  
bring healing to those in our families.  
Jesus, Lord of love, in your mercy, hear us.  
Christ born for us, Son of God given for us,  
help us to know you, to worship and to serve you. **Amen.**

The wise men, Lord, brought myrrh, frankincense, and gold.  
Lord, we have nothing of our own to bring;  
we bring you what you have given:  
our lives for your life. **Amen.**

Jesus, Saviour, you know us and love us,  
you care for our lives and hear our prayer.  
Glory to you for ever. **Amen.**

May God, who has called us out of darkness  
into his marvelous light,  
bless us and fill us with peace. **Amen.**





# CHRISTMAS CONVERSATION STARTERS



WHAT IS THE MOST  
THOUGHTFUL GIFT  
YOU HAVE EVER  
RECEIVED?

WHAT IS YOUR  
FAVORITE  
CHRISTMAS  
MEMORY?

IF YOU HAD A PET  
REINDEER WHAT  
WOULD YOU  
NAME IT?

WHO HAS MADE A  
POSITIVE  
DIFFERENCE IN  
YOUR LIFE?

WOULD YOU RATHER  
EAT DESSERT OR  
SIDE DISHES THE  
REST OF YOUR LIFE?

WHAT DO YOU  
THINK IT WAS LIKE  
LIVING WHEN JESUS  
WAS ALIVE?

WHAT IS YOUR  
ALL TIME  
FAVORITE  
MOVIE?

IF YOU NEEDED  
HELP, WHO IS THE  
FIRST PERSON YOU  
WOULD CALL?

NAME YOUR  
FAVORITE  
CHRISTMAS  
MOVIE.

WOULD YOU RATHER  
SPEND CHRISTMAS  
SNOWED IN OR AT  
THE BEACH?

WHAT IS YOUR  
FAVORITE  
HOLIDAY  
TRADITION?

DO YOU PREFER A  
REAL CHRISTMAS  
TREE OR A FAKE  
TREE?

HOW LONG SHOULD  
CHRISTMAS  
DECORATIONS STAY  
UP?

HOW HAS GOD  
GIFTED YOU  
SPIRITUALLY?

WHO IS YOUR  
FAVORITE PERSON  
IN THE BIBLE AND  
WHY?





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