

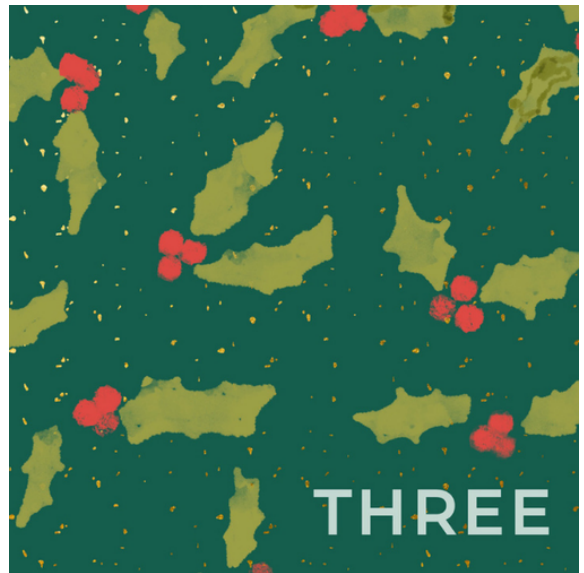


Advent Calendar

Mindfully anticipate Christmas
with 25 daily prompts from



RaiseUP
Faith



REST: Sabbath (usually Sundays for Christians all over the world) is a day when we stop and remember that God has provided all that we need.

We rest, knowing that we work out of His abundant provision. Take a moment today to pause. Quiet your body. Take some deep breaths. Today, we celebrate "Hope". The Bible says our faith is being sure of what we hope for. It is being sure of what we do not see (Hebrews 11:1). What does this kind of hope feel like to you?

WONDER: What is a shepherd? What is their job? Why do sheep need a shepherd? Why do you think Jesus is called the Good Shepherd?

PRAY: Jesus, thank you for taking care of me like a shepherd takes care of his sheep. Could you lead me to... as I learn to follow?

WONDER: What does "Messiah" mean? Where does that word come from? Where can you look to figure that out together? Have you heard the word before?

PRAY: Jesus, you are the Messiah. Your love is amazing. It is generous and kind. Thank you for loving me. Help me to love like you do.

We have heard about Jesus as the Long-Awaited One. We will learn about Jesus the Messiah next.

Advent is a journey,
not just a countdown!

This calendar takes you through the four big themes of Advent—Hope, Peace, Joy, and Love—so your family can get ready for Christmas together in a fun and meaningful way.

Thank you to our contributing artists...

Emma McIlwraith
@emmaaacath

Claire MacMillan
@creationsbyclairem

Dana MacMillan
@dreamnotepaperco



WONDER: "Hope" is the first candle of Advent, which many churches lit yesterday. What does "Hope" mean? Do you think of it as a noun (person/place/thing) or a verb (active)?

PRAY: Jesus, I am so glad that you are our hope. Help me share hope with...

OR

I want to feel hope in this season because...

Sometimes hope can take time. Did you know Jesus was known as the Long-Awaited One? God's people waited a very long time for Jesus!

WONDER: The season of Advent reminds us to wait and expect. That's called "anticipation." Waiting can be very exciting! What are you excited about today? How does that feel?

PRAY: Jesus, the most exciting thing about knowing you is... I'm excited to celebrate you this season!



9
nine



DO: When you saw candy canes in your Advent bag, was it hard to wait to open them?

Take the candy canes out of your bag (the wait is over!).

Hold it. Look at it. What do you hope they will taste like? Are you surprised? Disappointed? What does surprise teach you about hope? What does waiting teach you about enjoying? Enjoy!

WONDER: What is peace? How do you experience peace? What does peace feel like?

PRAY: Jesus, you are the peace we need in our world. We need more of you, Jesus. Help me to show others your peace by...

WONDER: Where do you need peace today? What in your life feels restless, anxious, stressful? What are you worried about?

PRAY: Jesus, you tell us that we can give our worries to you. And we know we can trust you to give us peace in exchange for our worries. Today, I'm giving you... Could you please give me peace instead?

WONDER: Another name for our Messiah is Prince of Peace. Why do we call Jesus a prince? If his Kingdom is "Peace", what would that Kingdom look like? If you were a prince or princess, what would your kingdom be?

PRAY: Jesus, you are the Prince of Peace! Thank you for inviting me to be part of your Kingdom because...

REST: Today, we celebrate "Peace" as our second Advent candle. The very nature of peace is restful and calm. Take some time today to snuggle under your favorite cozy blanket—create a peaceful moment.

Peace isn't necessarily the absence of conflict; rather it is a posture we are invited to take in the midst of difficult moments: peace of mind. Allow the peace that passes understanding to whoosh over you (Philippians 4:4-7).

WONDER: What can we make room for when we embrace peace? With quiet minds and calm spirits, what can you feel more deeply because of peace? Joy? Love? Patience? Hope? Gentleness? Self-control? Goodness? Kindness? What fruits of the Spirit have room to grow in you?

PRAY: Jesus, you grow good things in us. I want to make room for... as I choose peace. Would you fill up my spirit with good fruit this season?



14

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WONDER: Close your eyes and imagine a peaceful place. What do you see? What can you smell? What do you hear? Rest there for a moment and enjoy the peacefulness.

PRAY: Jesus, thank you for my imagination that helps me experience peace. Thank you for the gift of peace. When I need to find peace would you remind me of that peaceful place?

REST: Hope and peace can seem a bit quiet and require so much patience. But following Jesus and living like him is so much more than that! It can also be a very joyful experience!

Today we celebrate "Joy" as our third candle. Allow joy to well up inside you as you receive a full measure of God's love. Rest doesn't have to mean still. What will you do to joyfully worship today?

WONDER: Is joy a feeling or an action? Pay attention to how your family experiences and expresses joy. What do you learn about each other?

PRAY: Jesus, joy is a gift from you. Thank you that I can have joy even when I've had a hard day, and I can share joy with my family when they've had a hard day.

WONDER: John 14:27 says, "I am leaving you with a gift – peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid." What do you think is special about the peace that Jesus offers?

PRAY: Thank you, Jesus, for your gift of peace. I sometimes feel afraid when... Please help me to feel the peace that only comes from you instead.

DO: Blow up the balloons together. Pay attention to how much energy it takes to fill it. Hold the air inside by pinching the end. Notice that the surface is tight, won't stretch anymore, and might pop if you poke it with anything sharper than your finger! That's what it can feel like when we fill up with worry and tension. Now let go of the balloon and watch all that tension leave it! Next, blow the balloon up again, but with each breath, name the peace you want Jesus to fill you up with instead. Tie a knot in the balloons and throw a kitchen dance party! Peace deserves a celebration, so put on your favorite Christmas playlist and let's get this party started!

WONDER: What does joy feel like? How does it come out of you? How do you know joy when you see it in others? As you look forward to Christmas, what are you feeling inside?

PRAY: Jesus, fill us with so much joy as we prepare for Christmas! We want to celebrate you with exuberant joy. Would you help me look for joy throughout my day?

18



21

twenty-
one



23

WONDER: What does it feel like to wait a really long time? Are you waiting for something right now? Do you find it hard to be joyful and patient at the same time?

PRAY: Jesus, thank you that we don't have to wait for you anymore. As we look forward to Christmas we are joyful about...

DO: Make the popcorn included in your kit. Watch as it pops! It starts slowly, but then it's like an explosion with many kernels popping all at once. That's a lot like joy, isn't it? Sometimes it can start quietly or slowly, but then it can feel like our hearts might burst they're so full of delight! Enjoy your snack together and talk about what you love about spending time together, and where your joy comes from.

WONDER: How does "God with us" teach us about love? Emmanuel (which means God with us), is always near. Does that help you to know how much God loves you? What can you do to remind yourself that he is near, when you need love?

PRAY: Jesus, you love us so much that you came to Earth to be with us. Thank you for being with me. Help me to experience your love this week.

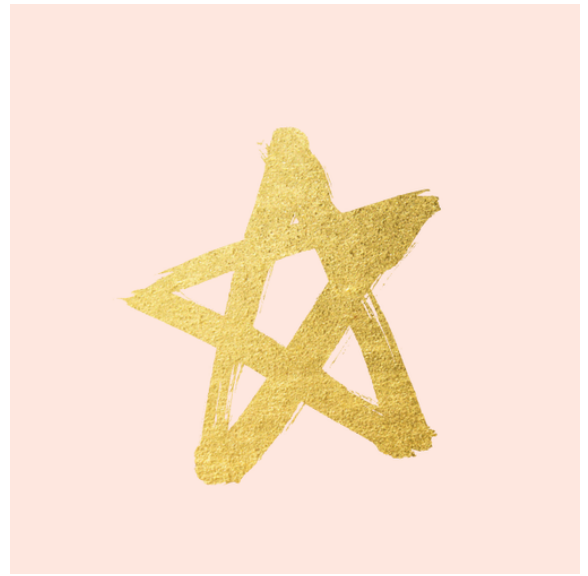
WONDER: If joy was a picture, what would it look like? Close your eyes. What do you see when you imagine joy? Can you draw it?

PRAY: Jesus, thank you for my imagination that helps me experience joy. Thank you for the gift of joy. Would you help me to bring that picture to life for others?

WONDER: John 15:11 says, "I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!" Jesus wants us to be so full of joy that it overflows to everyone we meet. How would someone know that you are Jesus' disciple?

PRAY: Jesus, I want my friends to know... about you. I want them to know your joy. I want them to know that my joy comes from you. I want to be like you in this way... Please show me how, just as you showed your disciples.

REST: Take some time today to snuggle under your favorite cozy blanket—create a peaceful moment. Today, we receive "Love" as our fourth Advent candle. Share some thoughts about love as you sit cozy together. Say "I love you" to each person you're celebrating Advent with and let it be like a blanket that keeps you warm. You are loved.



WONDER: Read Luke 2 together. Imagine yourself in the story. Wonder together about the birth of Jesus, who was there, the sights, smells, and sounds...

PRAY: Thank you, Jesus, for today! You are our Long-Awaited Messiah, Emmanuel, the Good Shepherd.

DO: Make some hot chocolate together. Anticipate the sweetness as you wait for the kettle to boil. Experience the joy of dumping in the mix and letting the aroma hit your nose. Wrap your hands around the mug like that warm blanket of love. Peace to you as you drink in this moment. Merry Christmas, family.

WONDER: It is said that Jesus is what God is like. And the Bible tells us God showed us His love by giving us Jesus. Jesus is a gift of love! What do we know about Jesus that looks like love? What can we learn about love from Jesus?

PRAY: Jesus, I want to love like you do! Please fill me with your love and help me to give it away to others. Thank you for loving us so much, God, that you gave us Jesus.

HOW TO USE

Print the Advent Calendar double-sided on white 8.5" x 11" cardstock, then cut out the cards. Hang them on a string with mini clothespins, use a bulletin board, or decorate a wall with festive tape—whatever brings you joy! Grab a simple gift bag or cloth bag to hold all the supplies for the month (listed below).

However you choose to use it, we'd love to see photos, so tag us [**@raiseupfaith**](#) on Instagram!

Day 7 - Candy Canes

- Enough for one per person.
- Ideally, to add to the surprise and wonder, the candy canes should not be traditional peppermint flavor.

Day 14 - Balloons!

- Put as many balloons in your bag as you wish, but be sure there is enough for everyone. It's time to party! Create your own Christmas Playlist!

Day 21 - Popcorn

- Depending on your family tradition, you may want to include popcorn kernels in a little bag, or a pre-pack for the microwave. You're going to make it together, so do what works for your family!

Day 25 - Hot chocolate & marshmallows

- Enough for everyone!
- At some point on this special day, take a moment to pause, reflect, read the Christmas story, and enjoy the sweetness of Jesus joy!