

Advent Faith Practices



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Instead of focusing on material things this Advent, focus on faith! This advent faith practices calendar rotates through three types of practices: prayer, service, and mindfulness. Spiritual Practices are indicated with [SP] and are given a specific activity to try. Service practices are indicated with [S] and ideas are given for serving others through acts of kindness or charity. Prayer practices are indicated with [P] and a specific word or thought is offered to be the focus of your prayer. Pray with words or through art or silence. 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 <https://www.facebook.com/TraciMarieSmithAuthor> during December for more ideas and daily inspiration.

1. [SP] Waiting. Practice waiting today by taking a few extra moments to rest between activities today.

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.

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.

4. [SP] Silence. How long can you sit in silence? Try one minute, two minutes or even five minutes!

5. [S] Write a note of appreciation to someone in a helping or serving profession to tell them how much you value their work.

6. [P] Hope, continued. Today, light one candle for hope.

7. [SP] Imagination. Look at the clouds or the grass or snow outside. What do you see there?

8. [S] Donate food or other needed items to an organization that serves those in need.

9. [P] Peace. What gives you peace? Thank God for peaceful things.

10. [SP] Gratitude Practice gratitude today by listing the things for which you are thankful.

11. [S] Make a special effort to offer a smile or kind gesture (such as opening the door) for a stranger today.

12. [P] Peace, continued. Light two candles today. One for hope and one for peace.

13. [SP] Play! Play a game together as a family. Did you know play can be a spiritual practice? It can!

14. [S] Pick up trash around your neighborhood or other public place.

15. [P] Pray for others today. Who do you know who needs an extra word of prayer to God? Write their name down.

16. [SP] Beauty. Take a walk outside and notice three beautiful things.

17. [S] Do something kind for a neighbor. Shovel their walk, leave a plant, or write a kind note.

18. [P] Today's prayer word is joy. What brings you joy? Draw a picture of it or say a prayer.

19. [SP] Listening. It is a spiritual discipline to listen well. Ask someone in your family three questions. Listen closely to their answer.

20. [S] Compliment a stranger today.

21. [P] Joy, continued. Light three candles. One for hope, one for peace, and one for joy.

22. [SP] Hospitality. Invite someone to come to your house today.

23. [S] Give a gift to someone who really needs it today.

24. [P] Love. Today's prayer word is love. Draw a picture of someone you love.

25. [P] Love, continued. Light four candles today. One for hope, one for peace, one for joy, and one for love.

This calendar brought to you by Traci Smith, author of *Faithful Families: Creating Sacred Moments at Home*. 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 Challice Press!