

ADVENT REFLECTIONS

These daily reflection questions build on the themes of the candles in the Advent wreath.

Advent 1: Hope...

- 11/27 is courageous. How will hope empower you to be bold today?
- 11/28 is rooted in the soul, not the head. How will you tune into your heart today?
- 11/29 makes us ready. How will hope prepare you to take on a challenge today?
- 11/30 is sustained by glimmers of promises fulfilled. How will you celebrate progress today?
- 12/1 is practical. What will hope allow you to accomplish today that hopelessness wouldn't?
- 12/2 brings light into a broken world. Where will you look for hope among despair today?
- 12/3 is stoked by prayer. What spiritual discipline will you take on today to grow in hope?

Advent 2: Love...

- 12/4 is patient. Who needs your patience today?
- 12/5 trusts. Whom will you encourage by your trust today?
- 12/6 forgives. What old hurt will you let go of today?
- 12/7 sees and values people as they are. Whom will you see and appreciate today?
- 12/8 moves us closer to God. How will you thank God for the love in your life today?
- 12/9 is creative. In what innovative way will you show love today?
- 12/10 for others is related to love for self. How will you care for yourself today?

Advent 3: Joy...

- 12/11 is persistent. How will you experience joy as a result of not giving up today?
- 12/12 is contagious. How will you share joy with someone else today?
- 12/13 defies evil. How will you overcome malice by laying claim to joy today?
- 12/14 requires openness. What new person or experience will you seek out today?
- 12/15 is sometimes quiet, sometimes not. What will you revel in today?
- 12/16 can sneak up on us. How will you allow yourself to be surprised by joy today?
- 12/17 takes nothing for granted. What small grace are you grateful for today?

Advent 4: Peace...

- 12/18 is an inner reality as well as an outer one. How will you bring peace to your spirit today?
- 12/19 depends on repentance. What change toward someone else will you make today?
- 12/20 is for everyone, or for no one. How will you advocate for peace for someone else today?
- 12/21 is prophetic. How will you take a risk today?
- 12/22 is constructive. What will you create today that will contribute to peace?
- 12/23 is sown and reaped communally. With whom will you partner to bring peace today?
- 12/24 must be waged. What instrument of peace will you take up today?

