

Journaling with Advent Words



Instructions on Journaling with Advent Words

The intent of this practice is to meditate on one word a day throughout Advent to assist you in making space in your day to be present with God. By journaling with a word each day, you are preparing your heart for the 'coming' of Christ.

You may use a blank drawing journal, drawing pad or calendar sheet. I have attached an Advent Calendar that can be found on the Praying in Color website by Sybil

Macbeth. (<https://prayingincolor.com/resources/advent-christmas>) Be sure you have colored pencils, pens, Bible or whatever tools you need to be creative.

Each day read the word, and sit with it in prayer. Ask the Spirit to reveal what you need to hear, see, feel. Here are some prompts to get you started:

- What emotions are being stirred by the word?
- What image comes to mind, draw it?
- Does the word speak to a situation or circumstance in your life, if so, write it and pray through it. What scripture comes to the forefront, is there a poem, song, or story reflected in the word? Write, draw or wonder on your blank page however the Lord leads. Take your time.
- How does this word place you in God's redemptive story?
- Where do you see Jesus in the word, how does Jesus see you in this word?
- Where is the word drawing you into the world with Christ?
- Is God giving you an invitation through this word?
- As you sit over what you have drawn or written, spend time in conversation with Jesus about what's been revealed. Thank God for the gift he gave you in this exercise today.

Advent officially starts on November 28, but if you desire to prepare your heart for entering Advent, you may begin this practice on November 21 with the celebration of Christ the King. It is the ending of the Christian calendar where we celebrate Christ victorious before starting anew with Advent.

Christ the King (Nov. 21)

In preparation for Advent, if you'd like additional words to reflect upon in preparation for the Advent season you may start on Christ the King.

1. Triumphant
2. Kingdom of God
3. Reign
4. Throne
5. Glorious
6. Crown
7. Reconciliation

Advent (November 28-December 24)

1. (Nov. 28) Advent Sunday #1 Hope
2. Watchfulness
3. Darkness
4. (Dec. 1) Longing
5. Preparation
6. Lament
7. Awaken
8. (Dec. 5) Advent Sunday #2 Peace
9. Humble
10. Wait
11. Anticipation
12. Mourning
13. Presence
14. Light
15. (Dec. 12) Advent Sunday #3 Joy
16. Ponder
17. Stillness
18. Angels
19. Journey
20. Prophecy
21. Alone
22. (Dec. 19) Advent Sunday #4 Love
23. Descend
24. Urgency
25. Deliver
26. Judgement
27. Emmanuel
28. Christmas Day (Dec. 25): Birth