

# Words of Advent

## Dates of Advent (December 3-December 24)

Below is a word for each day of Advent to use in prayer. You may choose to sit with the word in meditation and journal with what arises or prayerfully draw and color with the word in the calendar from *Praying with Color*. Begin by asking the Holy Spirit to help you prayerfully explore the word. The questions below can help you go deeper in meditation and prayer.

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|------------------|-------------------------------|
| 1. Darkness      | 13. Patience                  |
| 2. Humility      | 14. Hear                      |
| 3. Longing       | 15. Joy                       |
| 4. Womb          | 16. Expecting                 |
| 5. Perplexed     | 17. Ponder                    |
| 6. Preparation   | 18. Emmanuel                  |
| 7. Consent       | 19. Light                     |
| 8. Hope          | 20. Messengers                |
| 9. Mercy         | 21. Mysteries                 |
| 10. Filled       | 22. Love                      |
| 11. Peace        | 23. Incarnate (Christmas Day) |
| 12. Anticipation |                               |

## Reflective Questions—

- What does this word mean to you this season or in your life right now?
- Does it bring certain scripture to mind, if so, write out or draw the scripture?
- Does it cause you to think of someone? Write that name and pray for that person.
- Does an image come to mind? Draw, collage, or doodle around that image as you pray out loud.
- Does the word inspire you to write a prayer or poem?
- How does this word put you in the redemption story? What do you hear, see, smell, or experience about the Biblical narrative?
- Where do you find hope, lament, or love in the word?
- **Remember:** Let the Spirit guide you through this spiritual practice as a way to draw near to the heart of God this season. I encourage you to make space each day in a quiet place to be with God and let these words open the door of your heart to God's presence. This is the season we hold the tension of the the Kingdom already, and not yet.