



Advent Devotional

Hope • Peace • Joy • Love



**For use at home by yourself or with your family from Advent Sunday to
Christmas Eve 2025**

Advent Devotional Guide

Advent is a season of waiting, watching, and preparing for the coming of Christ. Each week we light another candle, reminding us that the light grows brighter as we draw nearer to Christmas. These weeks invite us to slow down, to notice God's presence in the ordinary, and to let hope, peace, joy, and love take root in our lives.

This booklet offers simple daily practices throughout Advent and are short prayers, readings, and actions you can do at home. They are gentle prompts, suitable whether you are new to faith or have been walking with Christ for many years.

Each Sunday draws us back into our shared rhythm of worship in church: lighting the Advent candles, praying together, and exploring that week's theme as a church family.

You don't need to do everything perfectly. Advent is not about rushing or achieving, but about making space for Christ to come close.

Whether you follow these practices alone, with family, or with friends, may they help you discover Christ's growing light and carry it with you into Christmas.

Rev Pam Smith

Advent Sunday

30th November 2025

Sunday: The Candle of Hope

Scripture: Isaiah 9:2–7

Reflection: In a world often covered in shadows, Advent begins with a promise: *"The people walking in darkness have seen a great light."* Hope is not naive optimism, it is a courageous act of trust that God is already at work.

Symbol: A single lit candle, burning steadily in the dark.

Sunday Focus:

- The Advent wreath is placed where all can see.
- We light the first candle, the candle of **Hope**.
- Listen to "Christ Be Our Light"

Invitation for the Week Ahead:

Carry the light of hope into your daily life, using the practices that follow.

Week 1

Hope

1st December to 6th December 2025

Monday 1st December

Scripture: Psalm 130

Reflection: Waiting can feel like sinking into deep waters, yet the psalmist invites us to wait “more than watchmen for the morning.” Hope is active, not passive.

Engage:

- **Embodied Prayer:** Sit with your feet on the floor. As you inhale, imagine receiving God’s hope; as you exhale, release anxiety.
- **Creative Prompt:** Draw or doodle what “first light” looks like to you.
- **Connection:** Send a message of encouragement to someone who feels weary.
- **Listen/Watch:** *O Come, O Come Emmanuel*

Tuesday 2nd December

Scripture: Romans 8:22–25

Reflection: The whole creation groans for God’s redemption—hope joins in that groaning.

Engage:

- **Breath Prayer:** “Lord, I wait... / Lord, I trust.”
- **Journal:** Where in your life do you feel “in-between”—not yet healed, but held?
- **Small Action:** Declutter one small area as a sign of making space for God.
- **Listen/Watch:** Arvo Pärt – *Spiegel im Spiegel*

Wednesday 3rd December

Scripture: Isaiah 40:1–5

Reflection: God comes to lift valleys and level mountains—hope reshapes landscape.

Engage:

- **Lectio Divina:** Read the passage slowly three times and notice what phrase calls to you.
- **Art Prompt:** Sketch a valley becoming a path.
- **Reach Out:** Ask someone, “How can I pray for you today?”
- **Listen/Watch:** *Be Thou My Vision*

Thursday 4th December

Scripture: Hebrews 6:19

Reflection: Hope is an anchor—not something that removes storms, but stabilizes you within them.

Engage:

- **Anchor Visualization:** Imagine dropping an anchor into God’s faithfulness.
- **Journal:** What currently steadies you? What doesn’t?
- **Act:** Do one grounding activity: a walk, a cup of tea, quiet music.
- **Listen/Watch:** Ola Gjeilo – *Night*

Friday 5th December

Scripture: Luke 1:5–25 (Zechariah)

Reflection: Sometimes hope feels too costly. Yet God meets Zechariah with both silence and promise.

Engage:

- **Silence Practice:** Sit in silence for 3 minutes.
- **Reflect:** Where has hope felt painful to hold?
- **Blessing:** Write a short blessing for someone longing for hope.
- **Listen/Watch:** *Great Is Thy Faithfulness.*

Saturday 6th December

Scripture: Psalm 27

Reflection: “I remain confident of this...” Even in uncertainty, David claims God’s goodness.

Engage:

- **Gratitude Walk:** Notice three signs of goodness.
- **Journal:** "I am confident of this..."
- **Prepare:** Light a candle at dinner and pray for tomorrow.
- **Listen/Watch:** *Let all mortal flesh keep silence*

Thoughts, notes or reflections:



Week 2

Peace

7th December to 13th December

Sunday: The Candle of Peace

Scripture: John 14:27

Reflection: Jesus offers peace unlike the world offers—deeper, quieter, rooted in presence rather than circumstances.

Symbol: An olive branch.

Music: *Dona Nobis Pacem*

Monday 8th December

Scripture: Isaiah 11:1–9

Reflection: God's peace is expansive—wolves with lambs, children without fear.

Engage:

- **Embodied Peace:** Place your hand over your heart and breathe slowly.
- **Create:** Draw an image of unexpected peace.
- **Connect:** Apologize or reconcile with one person where possible.
- **Listen/Watch:** *Deep Peace* by John Rutter

Tuesday 9th December

Scripture: Philippians 4:6–7

Reflection: Peace comes as we release worry, not deny it.

Engage:

- **Worry Release:** Write down your worries, then fold them closed as a prayer.
- **Journal:** Where does peace feel accessible today?
- **Act:** Do something slow—brew tea, take a warm shower, pause.
- **Listen/Watch:** *Silent Night*

Wednesday 10th December

Scripture: Psalm 46

Reflection: “Be still...” God is in the midst of chaos.

Engage:

- **Stillness:** Two minutes of intentional stillness.
- **Art:** Paint or colour what “still waters” feel like.
- **Reach Out:** Offer comfort to someone facing stress.
- **Listen/Watch:** *Make me a channel of your peace*

Thursday 11th December

Scripture: Luke 2:8–14

Reflection: Peace announces itself to the overlooked.

Engage:

- **Prayer:** Pray for peace in one specific part of the world.
- **Reflect:** Who today might feel unseen?
- **Act:** Do a hidden act of kindness.
- **Listen/Watch:** *On the nature of daylight*, Max Richter

Friday 12th December

Scripture: Colossians 3:12–15

Reflection: Peace binds community together.

Engage:

- **Breath Prayer:** “Clothe me in compassion.”
- **Journal:** Which virtue is hardest for you to wear?
- **Practice:** Do one thing that fosters peace in your home.
- **Listen/Watch:** *Let there be peace on earth*

Saturday 13th December

Scripture: Numbers 6:24–26

Reflection: God's peace is blessing, not achievement.

Engage:

- **Blessing Ritual:** Speak the blessing aloud over your home.
- **Creative:** Write your own peace blessing.
- **Prepare:** Quiet your home for Sunday—dim lights, soft music.
- **Listen/Watch:** *Fantasia on Greensleeves*

Thoughts, notes or reflections:



Week 3

Joy

14th to 20th December

Sunday: The Candle of Joy

Scripture: Luke 1:46–55 (Mary’s Song)

Reflection: Joy rises in surprising places—in the young, the humble, the waiting.

Symbol: A flowering branch.

Music: *Lo he comes with clouds descending*

Monday 15th December

Scripture: Nehemiah 8:10

Reflection: God’s joy strengthens us.

Engage:

- **Movement:** Dance or stretch for 3 minutes.
- **Journal:** What has brought delight lately?
- **Act:** Bring someone a small joy (treat, note, smile).
- **Listen/Watch:** *Jesu, joy of man’s desiring* J S Bach

Tuesday 16th December

Scripture: John 15:9–11

Reflection: Jesus wants our joy to be complete.

Engage:

- **Abiding Meditation:** Imagine resting in God’s love.
- **Create:** Write a short poem about joy.
- **Reach Out:** Share a joyful memory with someone.
- **Listen/Watch:** *How great our joy*

Wednesday 17th December

Scripture: Isaiah 35:1–10

Reflection: Joy transforms wilderness.

Engage:

- **Nature Walk:** Look for signs of beauty in dry or overlooked places.
- **Sketch:** Draw the desert blooming.
- **Act:** Bring encouragement to someone discouraged.
- **Listen/Watch:** *Joy to the world*

Thursday 18th December

Scripture: Luke 1:39–45

Reflection: Joy leaps when we encounter God in community.

Engage:

- **Joy Noticing:** What makes your spirit “leap”? Write it down.
- **Art:** Create something in bright colours.
- **Connect:** Call a friend who brings you joy.
- **Listen/Watch:** *Gloria* Vivaldi

Friday 19th December

Scripture: Psalm 16:11

Reflection: God leads us into joy-filled living.

Engage:

- **Meditation:** Sit with the phrase “fullness of joy.”
- **Journal:** Where is God leading you into joy?
- **Small Action:** Do something fun and simple.
- **Listen/Watch:** *Good Christian Friends, Rejoice!*

Saturday 20th December

Scripture: Philippians 4:4

Reflection: Joy is chosen and practiced.

Engage:

- **Gratitude List:** Write 5 things you're thankful for.
- **Create:** Make a joyful symbol for your home.
- **Prepare:** Plan a joyful moment for Sunday.
- **Listen/Watch:** *Gaudete*

Thoughts, notes or reflections:



Week 4

Love

21st December to 24th December

Sunday: The Candle of Love

Scripture: 1 John 4:7–12

Reflection: Love is God's very nature - poured out, embodied, given.

Symbol: A heart or intertwined vines.

Music: O Magnum Mysterium

Monday 21st December

Scripture: 1 Corinthians 13

Reflection: Love is patient and kind, often in unseen ways.

Engage:

- **Embodied Practice:** Slow your pace today.
- **Journal:** Which description of love resonates most?
- **Act:** Offer one loving gesture without recognition.
- **Listen/Watch:** *If ye love me* Tallis

Tuesday 22nd December

Scripture: John 3:16–17

Reflection: Love gives.

Engage:

- **Prayer:** Thank God for a love that moves toward you.
- **Create:** Draw or craft something representing sacrificial love.
- **Act:** Give something small to someone today.
- **Listen/Watch:** *In the bleak midwinter*

Wednesday 23rd December

Scripture: Luke 10:25–37

Reflection: Love crosses boundaries.

Engage:

- **Prayer:** Ask for eyes to see needs around you.
- **Act:** Help someone practically.
- **Journal:** Where is God inviting you to neighbour-love?
- **Listen/Watch:** *Love came down at Christmas*

Thursday 24th December

Scripture: Matthew 22:34–40

Reflection: Love is the centre of the Christian life.

Engage:

- **Reflection:** What helps you love God?
- **Create:** Write your own prayer of love.
- **Prepare:** Ready your heart for Christmas Eve.
- **Listen/Watch:** *Sussex Carol*



Christmas Eve

The Christ Candle

Scripture: John 1:1–14

Reflection: The Light has come, dwelling among us, full of grace and truth.

Symbol: A radiant central candle.

Practice: Light all candles. Pray for Christ's light to fill your home and world.

Music: *Christ be our light*

Thoughts, notes or reflections:



Closing Blessing

May the light of Christ guide your steps, the peace of Christ guard your hearts, the joy of Christ lift your spirits, and the love of Christ flow through your lives.

As you go from the waiting of Advent into the wonder of Christmas, may you be filled with hope, strengthened in faith, and renewed in the presence of the One who comes to dwell among us.

**Christ our Light, shine in us, through us, and before us today and always.
Amen.**



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