

# Advent Faith Practices



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>Instead of focusing on material things this Advent, focus on faith! This advent faith practices calendar rotates through three types of practices: prayer [P] service [S] and spiritual practice [SP] 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 <a href="http://www.traci-smith.com">www.traci-smith.com</a> for more faith and family inspiration.</p>						<p>1. [SP] Waiting. Practice waiting today by taking a few extra moments to rest between activities today.</p>
<p>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.</p>	<p>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.</p>	<p>4. [SP] Silence. How long can you sit in silence? Try one minute, two minutes or even five minutes!</p>	<p>5. [S] Write a note of appreciation to someone in a helping or serving profession to tell them how much you value their work.</p>	<p>6. [P] Hope, continued. Today, light one candle for hope.</p>	<p>7. [SP] Imagination. Look at the clouds or the grass or snow outside. What do you see there?</p>	<p>8.[S] Donate food or other needed items to an organization that serves those in need.</p>
<p>9. [P] Peace. What gives you peace? Thank God for peaceful things.</p>	<p>10.[SP] Gratitude Practice gratitude today by listing the things for which you are thankful.</p>	<p>11.[S] Make a special effort to offer a smile or kind gesture (such as opening the door) for a stranger today.</p>	<p>12.[P] Peace, continued. Light two candles today. One for hope and one for peace.</p>	<p>13.[SP] Play! Play a game together as a family. Did you know play can be a spiritual practice? It can!</p>	<p>14. [S] Pick up trash around your neighborhood or other public place.</p>	<p>15. [P] Pray for others today. Who do you know who needs an extra word of prayer to God? Write their name down.</p>
<p>16. [SP] Beauty. Take a walk outside and notice three beautiful things.</p>	<p>17. [S] Do something kind for a neighbor. Shovel their walk, leave a plant, or write a kind note.</p>	<p>18.[P] Today's prayer word is joy. What brings you joy? Draw a picture of it or say a prayer.</p>	<p>19. [SP] Listening. It is a spiritual discipline to listen well. Ask someone in your family three questions. Listen closely to their answer.</p>	<p>20.[S] Compliment a stranger today.</p>	<p>21.[P] Joy, continued. Light three candles. One for hope, one for peace, and one for joy.</p>	<p>22. [SP] Hospitality. Invite someone to come to your house today.</p>
<p>23. [S] Give a gift to someone who really needs it today.</p>	<p>24. [P] Love. Today's prayer word is love. Draw a picture of someone you love.</p>	<p>25. [P] Love, continued. Light four candles today. One for hope, one for peace, one for joy, and one for love.</p>	<p>This calendar brought to you by Traci Smith, author of <i>Faithful Families: Creating Sacred Moments at Home</i>. 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 Chalice Press!</p>			