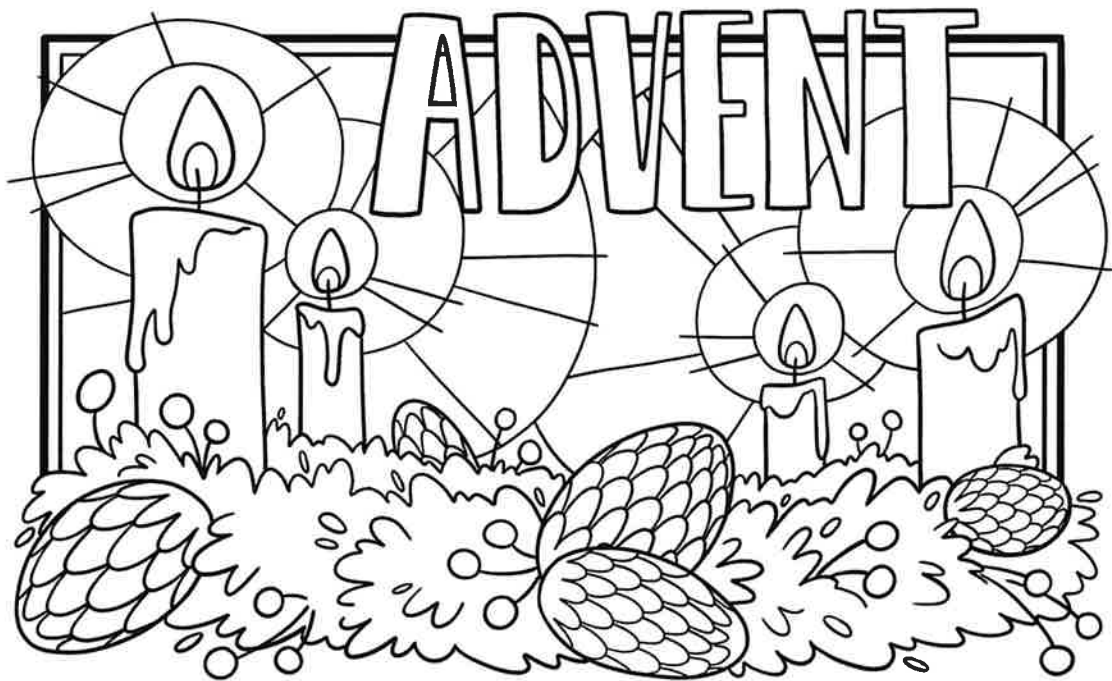
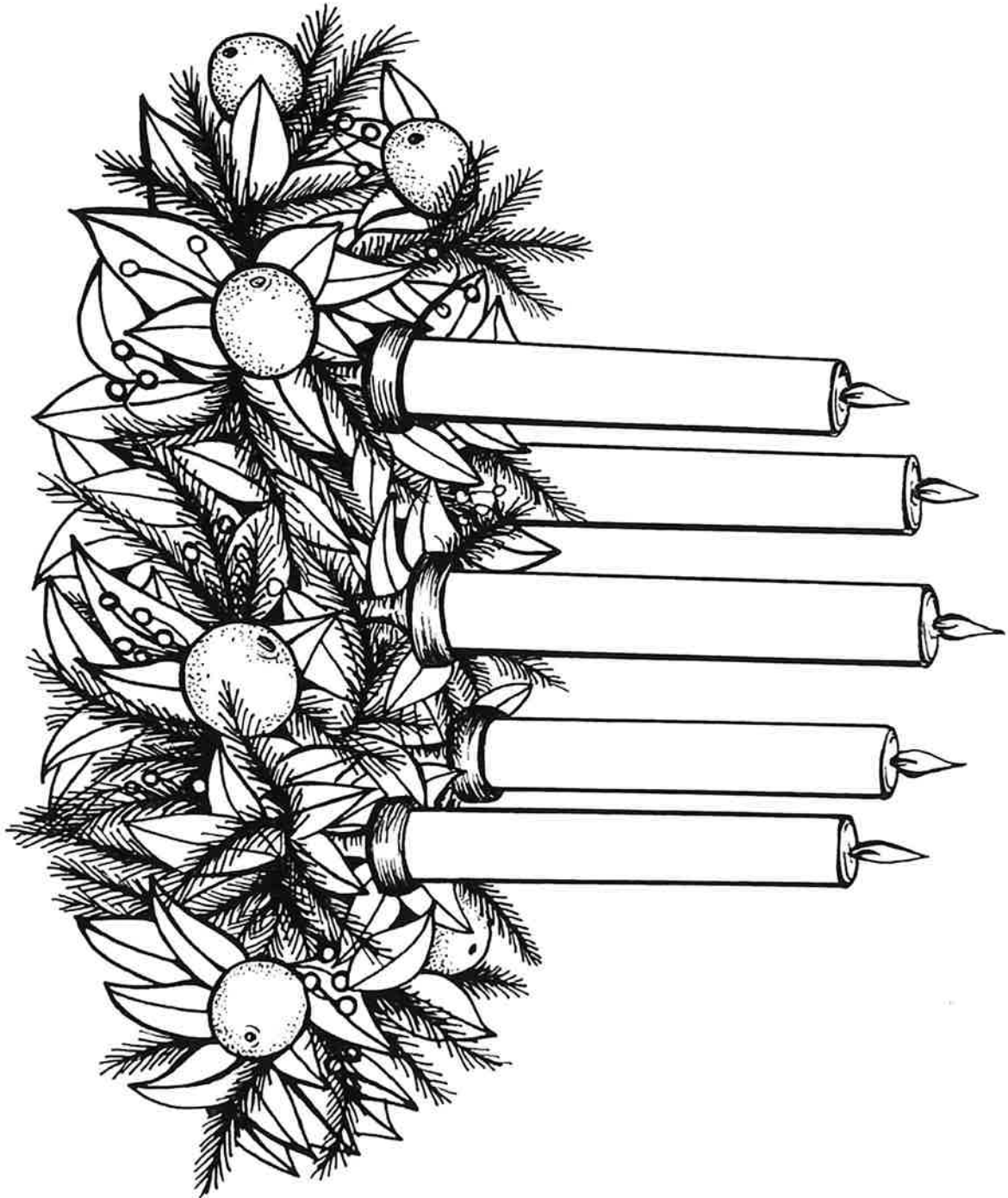


*Foothills UMC
Family Advent Guide
2022*





Week 1: Hope

What do you do to get ready for Christmas?
What does your family do to get ready?

Read Together:

Luke 1:5-25

Experience Together:

- If you are using an Advent wreath or coloring page, light (or color) the first candle. Its color is purple.
- Discuss: What is something that you are hoping for this year? What makes you feel hopeful?
- Write your hopes down on small pieces of paper (help younger children by writing for them) and keep them in a special box or jar that you can revisit later.
- Write or draw messages of hope to give to your neighbors or people in your community.
- As a family, watch a “feel good” Christmas movie that makes you feel hopeful.

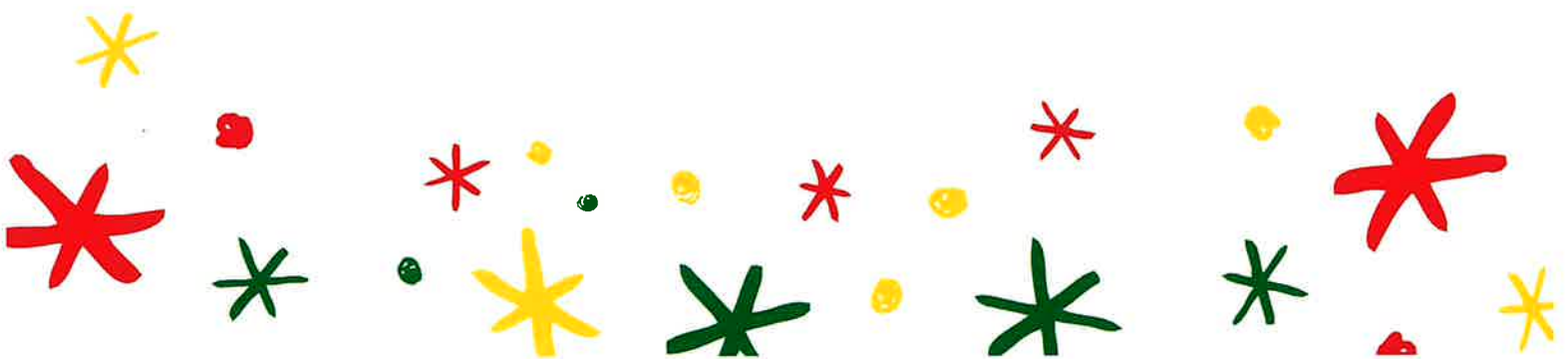
Pray Together:

Instructions: First, spend time silently praying for what you hope for this year. Then, say the following prayer together:

**We have four weeks to all prepare
our hearts for Christmas fun.
But God will be there at the start,
and when Advent is done.**

**God fills our lives with hope and love,
but doesn't stop it there;
God always gives us extra so
We'll have enough to share.**

Amen.



Week 2: Peace

Do you have a Nativity at your house?
Have you seen a Nativity at church? What does it look like?
What do you notice about these Nativities?

Read Together:

Luke 2:1-7

Experience Together:

- If you are using an Advent wreath or coloring page, light (or color) the second candle. Its color is purple
- Discuss: How do you experience peace? Are there different kinds of peace? How can you share peace with others?
- Bring peace by helping someone in need this week.
- Take time to experience inner peace. You can go on a walk, try yoga, listen to music, or do anything that brings you peace.

Pray Together:

Instructions: This is a body prayer to help us feel and remember that God loves us and that what God gives is always enough.

As you repeat each line of the prayer after me, try to do the motions as well.

Your love is enough.
(Hands over heart)

Your peace is enough.
(Point to head)

Your blessings are enough.
(Hands out with palms facing up)

You are enough.
(Arms opened out wide)

Amen!
(Praying hands)



Week 3: Joy

Do you visit friends and family this time of year?
What is it like to visit and celebrate with those you love?

Read Together:

Luke 1:39-66

Experience Together:

- If you are using an Advent wreath or coloring page, light (or color) the third candle. This candle's color is pink.
- Discuss: What is one thing that makes you feel joyful? How can you share your joy with others?
- Find a way to "jump for joy" by bouncing on a trampoline, playing hopscotch, or dancing to some joyful music. Be creative and come up with ways to move joyfully!
- Experience the joy of the season by taking a walk or drive to view Christmas lights and decorations.

Pray Together:

Instructions: Say the following call and response prayer together. Choose one person to be the leader, and others will respond with "God is great, God is good."

Leader: **Warm, bright lights and merry things—**

All: God is great, God is good.

Leader: **It's so much fun, we want to sing!**

All: God is great, God is good.

Leader: **Baby Jesus, God with us—**

All: God is great, God is good.

Leader: **Preparing our hearts for Christmas.**

All: God is great, God is good.

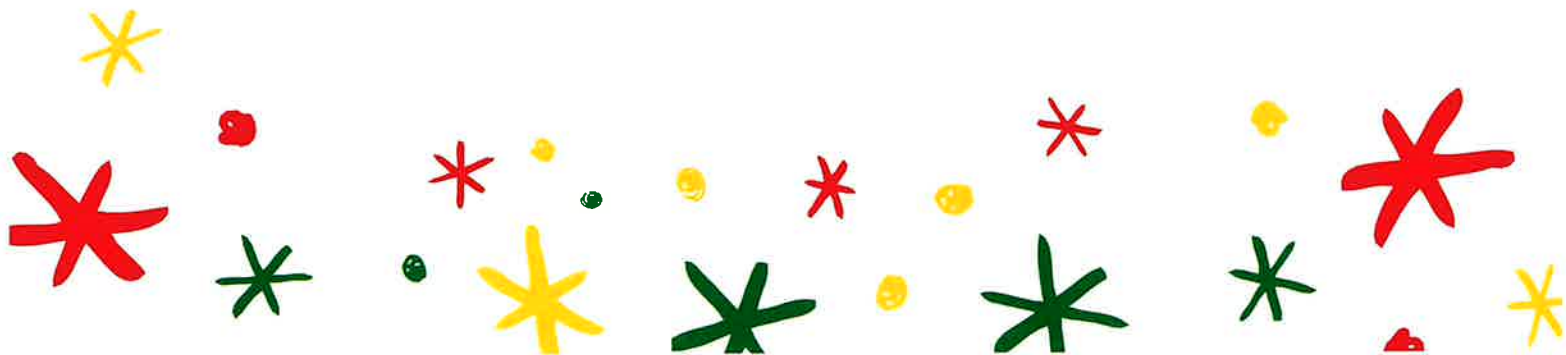
Leader: **Let us thank God for our food.**

All: God is great, God is good.

Leader: **Let us show our gratitude.**

All: God is great, God is good.

All: **Amen.**



Week 4: Love

What does it feel like to wait for something you really want?

Read Together:

Luke 1:26-38

Experience Together:

- If you are using an Advent wreath or coloring page, light (or color) the fourth candle. Its color is purple.
- Discuss: If God sent an angel to you today, what do you think God's message to you would be?
- Call a friend or family member who lives far away and let them know you love them.
- Play Christmas charades! Write down words from the Bible story, or words that remind you of Advent. Take turns acting the words out and guessing.
- Bake cookies or another holiday treat together and share with the people you love.

Pray Together:

Instructions: Say the following call and response prayer together. Choose one person to be the leader, and others will respond with "Nothing is impossible for God."

Leader: **Lord, you take care of your people.**

All: Nothing is impossible for God.

Leader: **You comforted Mary when she was afraid.**

All: Nothing is impossible for God.

Leader: **You sent Jesus as a baby so we can know how much you love us.**

All: Nothing is impossible for God.

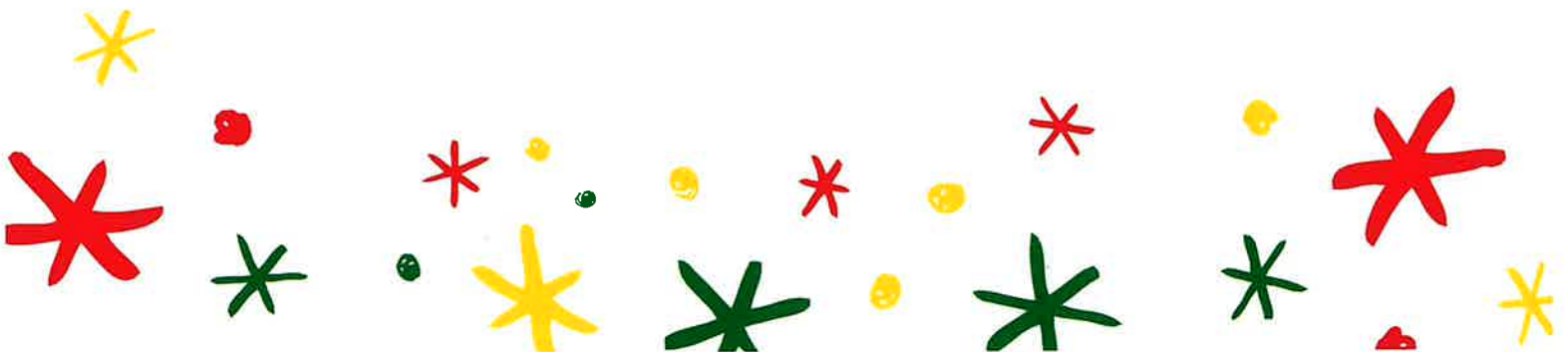
Leader: **You give us what we need for each day.**

All: Nothing is impossible for God.

Leader: **Help us to reach out and show love to the world because...**

All: Nothing is impossible for God.

Amen.



Christmas Eve or Day: Wonder

Why is Christmas such a special day?
What makes Christmas special to you?

Read Together:

Luke 2:8-20

Experience Together:

- If you are using an Advent wreath or coloring page, light (or color) the fifth candle, the Christ candle. This candle is usually white. All candles on your Advent wreath are now lit (or colored)!
- Discuss: How do you think the shepherds felt when they saw and heard the angels?
- Share: What have you learned this Advent? What has been your favorite thing about Advent and why?
- Make plans to attend a Christmas Eve worship service together.

Pray Together:

Oh God who is so good to us all, we give you thanks for all the beautiful things you've created for us to see. (Invite children to imagine something in nature that is beautiful to them: a tree, a stream, a bird flying, etc.)

God of all goodness, we give you thanks for all of the amazing sounds you've created for us to hear. (Invite children to imagine sounds they like to hear: a favorite Christmas song, a parent or friend's voice, birds singing, etc.)

Good God who loves us, we give you thanks for a world full of great tastes and smells. (Invite children to imagine things they can taste and smell: fresh bread, honeysuckle, cookies, etc.)

Good and loving God, we celebrate our sense of touch. (Invite children to imagine with their sense of touch & think of things like: water running over your hand, petting a favorite cat or dog, the stem of a flower between your fingers, etc.)

God we thank you for all of the ways you share these gifts with us and all of the ways you've created for us to experience your goodness. Thank you for the gift of Jesus, the best and greatest gift of all. Amen.

