

Advent

30 ADVENT JOURNAL PROMPTS

NAME _____

DATE _____

- 1 What is one small sign of Advent you noticed today, like a candle, a wreath or a familiar song in a store?
- 2 Name three things you are waiting for this month, from the ordinary to the deeply important.
- 3 Which of the four Advent themes, hope, peace, joy or love, feels most within reach for you right now?
- 4 Write a one-sentence prayer you could say each morning this Advent as you light a candle or start your day.
- 5 Where in your home could you set aside a quiet corner for prayer during these weeks, and what would you place there?
- 6 What did Advent look like when you were a child, if you marked it at all?
- 7 Which Christmas carol or hymn keeps returning to you this year, and what line stays with you?
- 8 What is one thing you could set down this week to make a little more room to wait well?
- 9 Where did you see light today, even a small amount?

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| 10 | Who is one person you want to pray for by name every day this Advent? |
| 11 | Write down one moment today when you felt peace, even if it lasted only a few seconds. |
| 12 | What is one quiet act of love you could offer someone this week without anyone knowing it came from you? |
| 13 | How do you hope people feel when they walk into your home this December? |
| 14 | Advent is a season of waiting. What is hard for you about waiting, and what has waiting taught you in the past? |
| 15 | What does preparing your heart for the coming of Jesus mean to you, apart from preparing your house? |
| 16 | Where are the busy weeks before Christmas crowding out quiet for you, and what is one change you could make? |
| 17 | Read about the shepherds in Luke 2:8-20. Where do you feel like you are keeping watch in the dark right now, and what would good news look like there? |
| 18 | Mary's song in Luke 1:46-55 celebrates the lowly being lifted up. Who in your community feels overlooked this season, and how could you notice them? |
| 19 | Joseph's plans changed in Matthew 1:18-25. When has an interruption to your plans later made room for something good? |
| 20 | What does peace mean to you right now: quiet around you, calm within you, or repair between people? |

- 21 Zechariah was silent for months in Luke 1. Sit in silence for a few minutes, then write what you noticed when the noise fell away.
- 22 Elizabeth welcomed Mary when she arrived. Who welcomed you in a season when you felt unsure, and how could you pass that welcome on?
- 23 What would it look like to welcome joy this week without needing everything to go perfectly?
- 24 How could your household mark the weeks of Advent together in one simple way that fits your real evenings?
- 25 Make a list of gifts you have received this year that could never be wrapped.
- 26 Write about a Christmas season that was hard for you. What helped, even a little?
- 27 As the days grow shorter, how do you feel about the long dark evenings, and what light could you bring into them?
- 28 What are you longing for this Advent that you have not yet said out loud to anyone? Write it here as a prayer.
- 29 Write a letter to Jesus about what it means to you that he came into the world as a small, vulnerable baby.
- 30 Where does darkness feel close in your life right now? Write about it honestly, then write about one place you have seen light, however faint.