

## Advent Practices 2016

These activities are based around Fasting [F], Almsgiving/Service [S], Joy Making [J] and a Daily Examen that focuses on the word of the week. On the prayer days, use the word provided to inspire a prayer you write, draw, sing, or place as a picture on the Servant Church Facebook page. Feel free to come up with your own practices! Each evening, find a quiet time to focus on the Examen questions for the day. Light the candles for that week and reflect: silently, aloud with friends or family, or written. Try and see when you felt the nearness of God and use this as guide for your ability to continue to do the things that brought you into the presence of the Lord. After reflection, give thanks for God for your experience. Modified from [www.traci-smith.com](http://www.traci-smith.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>11/27 HOPE:</b> Light 1 Candle Ask Nightly: When did I experience hope today? When did I feel a sense of hopelessness today?	<b>11/28 [S]</b> Collect change to donate as a Christmas gift on Christmas Eve—try to give equally what you spend on yourself and others!	<b>11/29 [F]</b> No TV or screens today (except for homework)	<b>11/30 [J]</b> Say thank you to a teacher in your life	<b>12/1 [S]</b> Call someone and tell them you are thinking of them today	<b>12/2 [F]</b> Only drink water today (instead of other drinks like coffee or juice)	<b>12/3 [J]</b> Write a card to someone with at least 2 reasons why you are grateful for them.
<b>12/4 PEACE:</b> Light 2 Candles Ask Nightly: When did I experience peace today? When did I feel restless today?	<b>12/5 [S]</b> Make a card for someone who needs extra love	<b>12/6 [F]</b> Do not listen to anything in the car	<b>12/7 [J]</b> Have hot cocoa or cider	<b>12/8 [S]</b> Take a treat or a meal to someone	<b>12/9 [F]</b> No snacks between meals today	<b>12/10 [J]</b> Make some Christmas Cookies!
<b>12/11 JOY:</b> Light 3 Candles, pink one is for joy Ask Nightly: When did I experience joy today? When did I feel sadness today?	<b>12/12 [S]</b> Invite someone to your house for dinner	<b>12/13 [F]</b> No desserts or treats today	<b>12/14 [J]</b> Make plans to do a fun Christmas adventure—like Zilker Park	<b>12/15 [S]</b> Invite someone to go to Carols at the Cafe	<b>12/16 [F]</b> No TV or screens today (except for homework)	<b>12/17 [J]</b> Watch Christmas movie with someone.
<b>12/18 LOVE:</b> Light 4 Candles Ask Nightly: When did I experience love today? When did I feel hatred, anger, or indifference today?	<b>12/19 [S]</b> Give someone real or paper flowers	<b>12/20 [F]</b> Only drink water today (instead of other drinks like coffee or juice)	<b>12/21 [J]</b> Go look at Christmas lights	<b>12/22 [S]</b> Pick out some things to give away—things someone else might need	<b>12/23 CHRISTMAS</b> Light all 5 candles Ask for the next 12 days: When did I experience a gift today? When did I feel something was taken today?	<b>12/24</b> Say Merry Christmas! Give a gift.
<b>12/25</b> Say Merry Christmas! Give a gift.	<b>12/26</b> Say Merry Christmas! Give a gift.	<b>12/27</b> Say Merry Christmas! Give a gift.	<b>12/28</b> Say Merry Christmas! Give a gift.	<b>12/29</b> Say Merry Christmas! Give a gift.	<b>12/30</b> Say Merry Christmas! Give a gift.	<b>12/31</b> Say Merry Christmas! Give a gift.
<b>1/1</b> Say Merry Christmas! Give a gift.	<b>1/2</b> Say Merry Christmas! Give a gift.	<b>1/3</b> Say Merry Christmas! Give a gift.	<b>1/4</b> Say Merry Christmas! Give a gift.	<b>1/5</b> Say Merry Christmas! Give a gift.	<b>1/6</b> Say Merry Christmas! Give a gift.	