



# ADVENT

*Guide*



## Introduction

In a season often marked by noise, hurry, and distraction, Advent invites us to slow down, to listen, and to make room to receive what matters most. This guide is built around that invitation. Each week, you'll engage a spiritual practice that helps reorient your heart toward Christ. Our hope is that these practices create space for meaningful connection with Jesus not just on Christmas Day, but throughout the entire season.

## What Is Advent?

The word “Advent” means “arrival,” and in this season we practice four weeks of hope. We remember that God is faithful to fulfill what he promises, and we slow down to dwell on that truth in a world that rarely waits for anything. We pause from the rush and turn our attention to both the first coming of Christ (when he was born in Bethlehem), and his promised return.

## What to Expect

This guide offers one spiritual practice each week that is meant to be simple and practical—most take about 10 to 20 minutes. While these practices are written for individuals, we encourage you to do them with others if possible, whether with your family, a few friends, roommates, or someone you invite into the experience.

## Overview of the Four Spiritual Practices

Each week highlights a different way to respond to Jesus during Advent. These spiritual disciplines are rooted in Scripture and crafted to fit real life.

- **Week 1: Scripture (Promise)** – Receive and repeat God's promise through Isaiah 9:6.
- **Week 2: Simplicity (Make Room)** – Subtract something and create space for what matters most.
- **Week 3: Generosity (Give First)** – Choose how you'll give before the season decides for you.
- **Week 4: Prayer in Waiting (Light and Longing)** – Bring your deepest longings to God as an act of hope.





**PROMISE**

# WEEK 1: SCRIPTURE

Christians have practiced Advent for centuries as a season of waiting and hope. The word means “arrival.” Across four Sundays, we remember Israel’s wait for the Messiah and our own anticipation of Christ’s return. The church has long enriched this season with shared practices that turn waiting into embodied worship, and we will continue that pattern together each week. Many households also light an Advent wreath with candles often named Hope, Peace, Joy, and Love. These are not rules to keep but tools that help us worship well.

Advent begins with promise. Isaiah spoke to Judah under Assyrian threat while the north sat in deep darkness. God answered with a promise of a child who would carry his rule and bring real peace. In the ancient world, rulers took throne names that described their reign, and we are given four such names for the Messiah in Isaiah 9:6. Memorizing this verse is worship that writes God’s promise on our hearts and steadies us.

*And he will be called:  
Wonderful Counselor, Mighty  
God, Everlasting Father,  
Prince of Peace.*

Isaiah 9:6

Let the four throne names teach you who Jesus is. Wonderful Counselor speaks of supernatural wisdom that truly guides. Mighty God declares his divine strength for our weakness. Everlasting Father means “Father forever,” a royal title describing the Messiah’s unending, father-like care for his people. Prince of Peace promises shalom, a right relationship with God that brings wholeness to every part of life. Hold these names this week and ask the Lord to make them real in your home.

## Set Up the Practice:

Memorizing Scripture is a spiritual practice that keeps God's words near so they become our prayers and our responses. Use the steps below to learn Isaiah 9:6 this week.

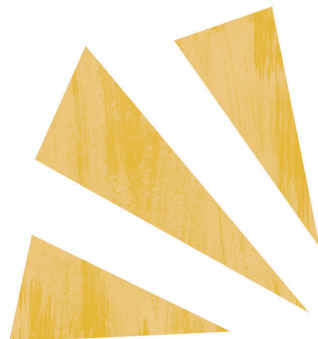
1. **Read** Isaiah 9:2–7 aloud. Write down one word or phrase that stands out and why.
2. **Memorize** Isaiah 9:6: “For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.”
3. **Remind** yourself of this Scripture by displaying it somewhere you'll frequently see it this week (*a cut-out of the verse is provided in the back of this guide*).
4. **Recite** Isaiah 9:6 each evening and pray one sentence: “Lord Jesus, make this promise my hope.”

## Prayer Prompt:

*“Jesus, you are our Wonderful Counselor, our Mighty God, our Everlasting Father, our Prince of Peace; help me trust your promise and wait with hope.”*

## *Dwell:*

How did you engage the spiritual practice this week and what would you like to remember?







**MAKE  
ROOM**



## WEEK 2: SIMPLICITY

Advent is a season of waiting that trains our attention toward Christ. Each week, we take up a spiritual practice that helps us worship with intention. This week is Simplicity. In Luke 10:38–42, Jesus visits a home in Bethany. Mary sits at his feet, the posture of a disciple, while Martha is pulled in many directions by dinner preparations. Jesus does not dismiss service. He redirects desire. He says Mary has discovered the one thing worth being concerned about: the Lord himself—language that echoes the Psalms where the Lord himself is our inheritance (Psalm 16:5).

Simplicity means that we order our lives so we can give undivided attention to Jesus. December fills quickly. If we do not plan our worship, the season will plan it for us. A small subtraction paired with a small addition makes real space: less hurry, more presence; less noise, more Scripture and love of neighbor. The aim is not doing nothing, but doing “the one thing worth being concerned about.” Simplicity isn’t saying no to joy; it’s saying no to hurry so you can say yes to Jesus.

## *Set Up the Practice:*

Simplicity removes a lesser demand so you can attend to what matters most. Use the steps below to choose one subtraction and one addition for this week.

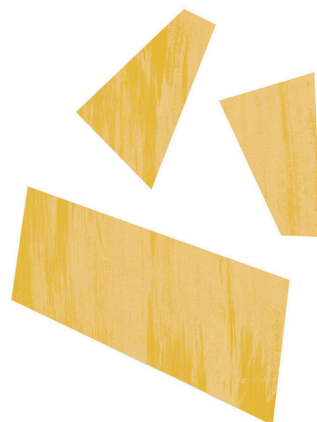
1. **Observe** your schedule demands by laying your December calendar on the table and circling your most crowded days.
2. **Subtract** one optional commitment this week by crossing it out, or remove one nightly screen habit that crowds your evenings.
3. **Add** one Advent moment to guard this week, for example a short Scripture reading, a song, inviting a neighbor for dinner, or serving together. Write both decisions on the calendar and put it on the fridge.

## *Prayer Prompt:*

*“Father, teach me to choose the one thing worth being concerned about. Help me make room for your Son this Christmas season.”*

## *Dwell:*

How did you engage the spiritual practice this week and what would you like to remember?





**GIVE  
FIRST**



## WEEK 3: GENEROSITY

Advent reminds us that the story of Christmas is a story of radical generosity. In 2 Corinthians 8:9, Paul points to the incarnation as both the pattern and the power behind Christian giving: “Though he was rich, yet for your sakes he became poor, so that by his poverty he could make you rich.” Christ gave himself—not out of obligation, but out of love. “Rich” speaks of his eternal glory; “poor” points to the humility of his birth. His arrival in a manger is both a gift and an invitation.

Advent is also a season of reversal: light entering darkness, the King coming low, and true wealth given to the spiritually bankrupt. This kind of generosity doesn’t start with extra resources—it starts with seeing Jesus. Paul celebrates believers who were “very poor,” yet overflowed in joyful giving because they had “first given themselves to the Lord” (2 Corinthians 8:2, 5). Giving, then, becomes worship: free, joyful, intentional, and shaped by grace. Not guilt. Not pressure. Simply the fruit of looking at Jesus.

This Advent, resist the current of consumerism by reallocating money you might normally spend on yourself and offering it instead for the good of others and the work of God. Let this deliberate reversal shape you more than cultural consumerism does.

## Set Up the Practice:

Generosity is a spiritual practice that trains our hearts to mirror Christ's self-giving. Use the steps below to take action this week.

1. **Consider** at least one area to focus on: **Church** (bless someone at your campus), **Neighbor** (a local person or ministry you can bless), or **Global** (a missionary or partner).
2. **Decide** on the gift by choosing a specific dollar amount and a specific need. Write it down.
3. **Give** or deliver the gift this week, and pray by name for the person or ministry.

## Prayer Prompt:

*“Jesus, you became poor so that we might become rich in you. Make me a cheerful giver.”*

## *Dwell:*

How did you engage the spiritual practice this week and what would you like to remember?





**LIGHT &  
LONGING**



# WEEK 4: PRAYER IN WAITING

Advent culminates by turning waiting into prayer. Psalm 130 is a pilgrim's cry of longing "from the depths," yet it waits with Scripture in hand: "I am counting on the Lord; yes, I am counting on him. I have put my hope in his word" (v. 5). This psalm anchors our hope not in our mood, but in God's character: "with you there is forgiveness" and "unfailing love" (vv. 4, 7). Verse 6 gives us the image of watchmen waiting for morning—and it is deliberate. They cannot make the sun rise, but they keep watch because dawn is certain. The candle is another simple sign of that certainty because light promises, "Night isn't final."

Prayer in waiting means we bring real longings to God—such as the need for healing, reconciliation, salvation, or endurance—entrusting our desires to the Lord who hears. "Come, Lord Jesus" (Revelation 22:20) is one of the church's oldest prayers. Early believers summed it in a single word: *Maranatha*—"Our Lord, come." We join that ancient chorus each time we light a candle, name our longings, and wait with hope. This small rhythm can carry you through the week, and teach your heart to keep watch beyond it.

## Set Up the Practice:

Three evenings this week, gather for a short candle liturgy that anchors your waiting in Scripture and prayer—creating a space to listen and hand over what you cannot control.

1. **Light** a candle. Read Psalm 130 aloud. Pause for one minute of shared silence.
2. **Name** one longing (healing, reconciliation, salvation, endurance, etc.). Pray one sentence for each request.
3. **Anchor** your hope by closing with: “Come, Lord Jesus. My hope is in you.” Extinguish the candle. *No candle handy? Use a small lamp or phone light.*

## Prayer Prompt:

*Extend this liturgy into the rest of the week by revisiting these longings and requests in your own prayer time. If desired, use the Dwell section as a prayer journal.*

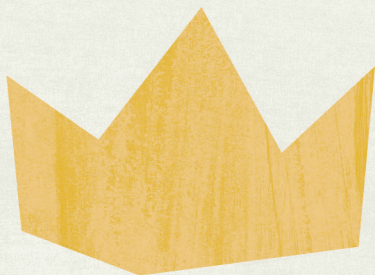
## *Dwell:*

How did you engage the spiritual practice this week and what would you like to remember?









For a child is born to us,  
a son is given to us.  
The government will rest  
on his shoulders.

And he will be called:  
Wonderful Counselor,  
Mighty God,  
Everlasting Father,  
Prince of Peace.

*Isaiah 9:6*









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