



Advent Week 1: HOPE

Participate in these daily activities by yourself, with your family, with a friend. We pray that as we explore this week's gift of Hope our hearts would be preparing for the fullness of Christ's coming.

Sunday, November 29

Dig Deeper on this morning's Candle Lighting

Read: Lamentations 3:14-33

Share: Share or reflect on a time when it felt like you had no hope and had to cling tightly to the Lord.

Pray: Pray in thanksgiving for the gift of Hope: Hope for encouragement, hope for peace, hope for joy, but primarily hope in the coming Savior.

Monday, November 30

Memory Verse

Work on memorizing all or part of these verses today and this week.

Psalm 130:5-7

⁵ I wait for the Lord, my soul waits,
and in his word I hope;

⁶ my soul waits for the Lord
more than watchmen for the morning,
more than watchmen for the morning.

⁷ O Israel, hope in the Lord!
For with the Lord, there is steadfast love,
and with him is plentiful redemption.

Leveled options:

- For a change of vocabulary that might be easier for kids to understand, your kids can memorize the verse from the International Children's Bible (ICB) version
- To shorten this scripture for little ones to memorize, focus on only memorizing verse 5.

Tuesday, December 1

Prayer Activity

Read through this prayer from this morning's Daily Prayer, and then build on it and make it personal to you or your family.

Psalm 39:7: "And now, O Lord, for what do I wait? My hope is in you"

"Lord, so often I look for the things of this world to satisfy. I place my hope in a future physical appearance, amount of money, amount of success, or health level. These things are all passing. At best, they last only for our life here on earth. Remind me that we are to have an eternal mindset focused on you. If we place our hope in anything else, it will let us down and ultimately destroy what we hope in. You are the only place where our hope should be. My hope is in you. In your Son's name, Amen."

(A prayerful Advent reflection of Hope on Psalm 39:7)

Wednesday, December 2

Generosity Activity: Hope

Hope - Being generous with eating or food is a simple way to minister to someone's body by meeting a physical need, but there is something different that happens when it is shared. Whether in person or just shared from a distance, a connection is made when we share a meal. It is also amazing how much hope can be restored when someone has a full belly.

Ideas for this week:

- Cook a meal for your family and set the table with candles/ flowers/special dishes.
 - If financially feasible, pay for someone else's dinner or coffee.
- Offer to delivery groceries to someone who has trouble going out shopping.
 - Collect food to donate to a food pantry.

Thursday, December 3

Theme Activity: Hope

Decorate your tree or make an ornament together. We feel excited as we anticipate Christmas coming! Discuss the anticipation and hope of Jesus birth that Mary & Joseph may have felt, or that the Jews felt waiting hundreds of years for the Messiah to come.

Friday, December 4

Song Celebration

Listen to "Joy to the World (Joyful, Joyful) by Shane & Shane, featuring Phil Wickham Sing along, think intentionally about the lyrics and praise God for the hope and joy we have in him!

Saturday, December 5

Sabbath Activity

Find a quiet place, take some deep breaths, and spend five minutes thinking through Hope in light of our Savior. If you are doing this as a family, we encourage each member to do this and then come back together and talk about anything they experienced in this practice of meditating on the Lord.