

**Week 1 // Day 7**

**Rhythm // Saturday**

**Theme // Hope**

Scripture // Jeremiah 33:14-16

Draw, Sketch, or Outline Notes from Scripture Reading:

Look over your notes. Underline anything that points to this week's theme, **Hope**. Add a star\* next to anything that tells more of the story of Jesus at Christmas, including theology and Old Testament discussions and prophecies.

Review your notes again. What questions do you have about this?  
What curious observations stand out to you as you ponder these verses?

Participate in the spiritual discipline and activity. What additional reflections do you have on today?

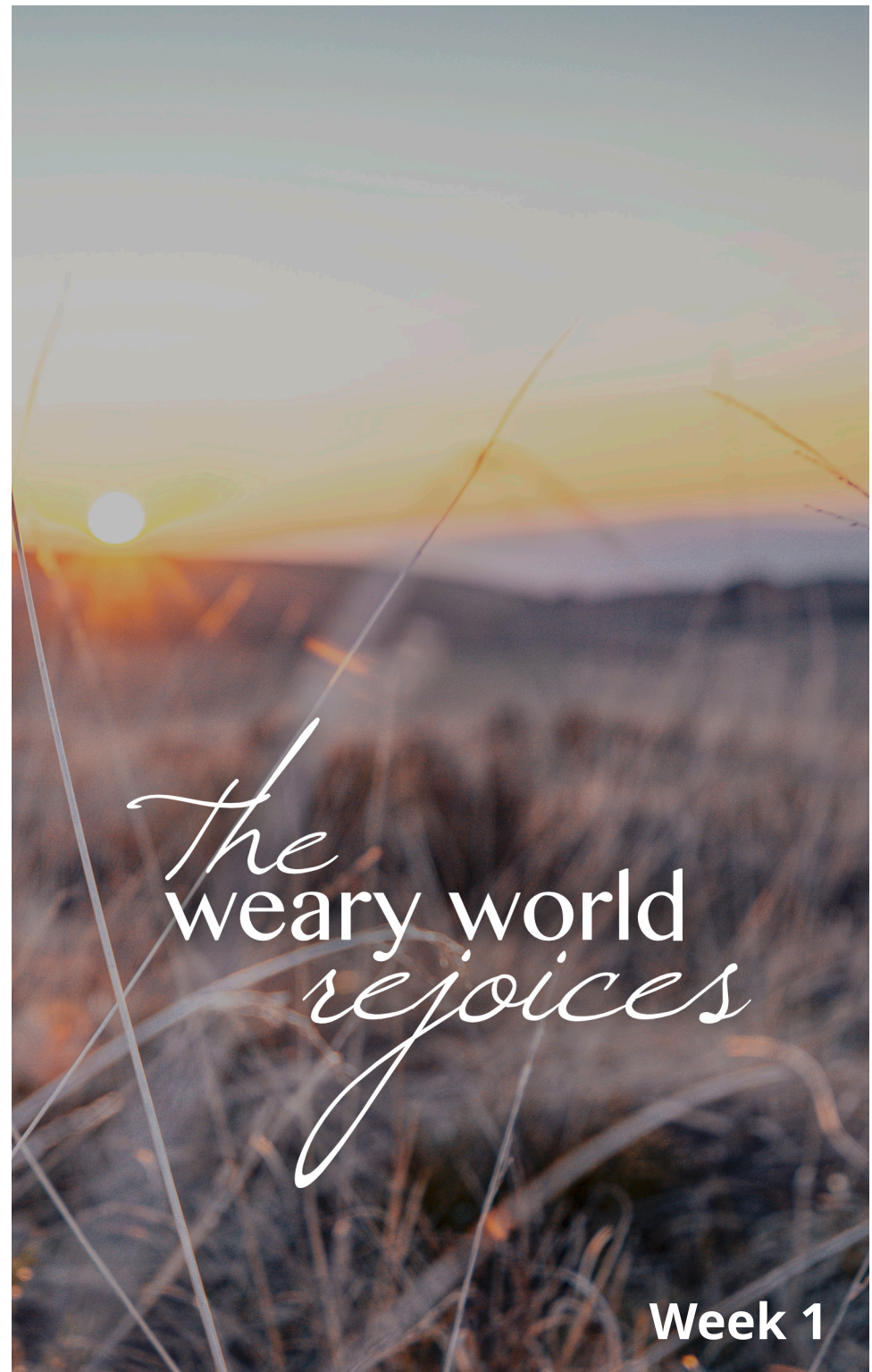
Candles // none

Spiritual Discipline // Fasting: Self-Denial

Activity // Serve

**#advent #thewearyworldrejoices #serve**

Playlist // *Magnificat* by Josh Lavender



## Week 1 // Day 1

Rhythm // First Sunday of Advent

Theme // Hope

Scripture // Isaiah 7:14, 40:1-5, Malachi 3:1-4

Draw, Sketch, or Outline Notes from Scripture Reading:

Look over your notes. Underline anything that points to this week's theme, **Hope**. Add a star \* next to anything that tells more of the story of Jesus at Christmas, including theology and Old Testament discussions and prophecies.

Review your notes again. What questions do you have about this?  
What curious observations stand out to you as you ponder these verses?

Light today's candles and participate in the spiritual discipline and activity. What additional reflections do you have on today?

Candles // 1 Purple, Red, or Blue Candle

Spiritual Discipline // Fasting: Darkness

Activity // Flame

**#advent #thewearyworldrejoices** #hope

Playlist // *O Come, O Come, Emmanuel* arranged by Salt of the Sound

## Week 1 // Day 6

Rhythm // Friday

Theme // Hope

Scripture // Luke 1:39-45

Draw, Sketch, or Outline Notes from Scripture Reading:

Look over your notes. Underline anything that points to this week's theme, **Hope**. Add a star\* next to anything that tells more of the story of Jesus at Christmas, including theology and Old Testament discussions and prophecies.

Review your notes again. What questions do you have about this?  
What curious observations stand out to you as you ponder these verses?

Participate in the spiritual discipline and activity. What additional reflections do you have on today?

Candles // none

Spiritual Discipline // Fasting: Pause

Activity // Sabbath

**#advent #thewearyworldrejoices** #sabbath

Playlist // *He Has Come For Us (God Rest Ye Merry Gentlemen)* by

Meredith Andrews

## Week 1 // Day 5

Rhythm // Thursday

Theme // Hope

Scripture // Luke 1:26-38

Draw, Sketch, or Outline Notes from Scripture Reading:

Look over your notes. Underline anything that points to this week's theme, **Hope**. Add a star\* next to anything that tells more of the story of Jesus at Christmas, including theology and Old Testament discussions and prophecies.

Review your notes again. What questions do you have about this?  
What curious observations stand out to you as you ponder these verses?

Participate in the spiritual discipline and activity. What additional reflections do you have on today?

Candles // none

Spiritual Discipline // Fasting: Frugality

Activity // Save

**#advent #thewearyworldrejoices** #frugal

Playlist // *Arrival* by Hillsong

## Week 1 // Day 2

Rhythm // Monday

Theme // Hope

Scripture // Matthew 19:16-30

Draw, Sketch, or Outline Notes from Scripture Reading:

Look over your notes. Underline anything that points to this week's theme, **Hope**. Add a star\* next to anything that tells more of the story of Jesus at Christmas, including theology and Old Testament discussions and prophecies.

Review your notes again. What questions do you have about this?  
What curious observations stand out to you as you ponder these verses?

Participate in the spiritual discipline and activity. What additional reflections do you have on today?

Candles // none

Spiritual Discipline // Fasting: Vacancy

Activity // Purge

**#advent #thewearyworldrejoices** #vacant

Playlist // *Come, Thou Long Expected Jesus* arranged by Kings (MHM)

## Week 1 // Day 3

Rhythm // Tuesday

Theme // Hope

Scripture // Isaiah 58:6-14

Draw, Sketch, or Outline Notes from Scripture Reading:

Look over your notes. Underline anything that points to this week's theme, **Hope**. Add a star\* next to anything that tells more of the story of Jesus at Christmas, including theology and Old Testament discussions and prophecies.

Review your notes again. What questions do you have about this?  
What curious observations stand out to you as you ponder these verses?

Participate in the spiritual discipline and activity. What additional reflections do you have on today?

Candles // none

Spiritual Discipline // Fasting: Hunger

Activity // Crave

**#advent #thewearyworldrejoices** #crave

Playlist // *All Who Are Thirsty* by Kutless

## Week 1 // Day 4

Rhythm // Wednesday

Theme // Hope

Scripture // Luke 1:5-25

Draw, Sketch, or Outline Notes from Scripture Reading:

Look over your notes. Underline anything that points to this week's theme, **Hope**. Add a star\* next to anything that tells more of the story of Jesus at Christmas, including theology and Old Testament discussions and prophecies.

Review your notes again. What questions do you have about this?  
What curious observations stand out to you as you ponder these verses?

Participate in the spiritual discipline and activity. What additional reflections do you have on today?

Candles // none

Spiritual Discipline // Fasting: Empathy

Activity // Listen

**#advent #thewearyworldrejoices** #listen

Playlist // *Even So Come* by Passion