



Celebrate Advent Together

Grow closer with your
family and deepen your
faith this holiday season

Join the fun!



Week 1: Exploring Patience

Practice patience together as you enter Advent, symbolizing the wait for Christmas and Jesus' birth.

Spiritual Practice:

All I want, God, is to be present for the magic of the season. To get to see the joy in my child's eyes. To snuggle while we watch a Christmas movie. To just be a part of your sacred season of Advent. Please, God, give me more patience. Gobs of it. And I will use it to live abundantly. To celebrate your birth. To give thanks for my blessings.
Amen.

Wonder: I wonder if you have ever had to wait for something you really wanted?

I wonder if you have ever had to wait for something you were dreading?

I wonder what each of these types of waiting might teach us about patience?

I wonder what the worst part of patience might be?

I wonder what the best part of patience might be?

Week 1: Exploring Patience

Practice patience together as you enter Advent, symbolizing the wait for Christmas and Jesus' birth.

Guide: Use an Advent calendar to visually track the days until Christmas.

If you don't have one, use the Advent Prayer Calendar on the next page.

Art: Art Projects take some patience! Get creative with the materials you already have at home. You will need: construction paper, scissors, a paper plate, glue, crayons

How to Make Your Wreaths:

- Cut the paper into small pieces
- Glue onto a plate in the shape of a circle.
- Add some paper candles or add some other decorations to make it a Christmas wreath.

Advent Prayer Calendar

December 1 God of hope, help us to trust in You when we feel unsure. Fill our hearts with Your promises. Amen.	December 2 Loving God, show us how to be people who share hope with others. Amen.	December 3 God, we are waiting for Jesus to come. Help us wait with patience and joy. Amen.	December 4 Thank You, God, for the prophets who told the world about Jesus. Help us listen to Your messages of hope. Amen.	December 5 God of light, help us see Your hope in the world around us. Amen.
December 6 God, You give us hope when things are hard. Thank You for being with us. Amen.	December 7 Jesus, You are the hope of the world. Thank You for coming to us. Amen.	December 8 God of peace, calm our hearts and minds when we feel worried. Amen.	December 9 God, make us peacemakers in our family, school, and community. Amen.	December 10 Thank You, God, for the angels who brought a message of peace. Help us to share good news too. Amen.
December 11 God, help us to love our neighbors so that our world can be more peaceful. Amen.	December 12 Jesus, You are the Prince of Peace. Help us follow Your ways. Amen.	December 13 God, we pray for places in the world that need peace. Bring Your love to all people. Amen.	December 14 Thank You, God, for filling us with Your peace. Help us share it with others. Amen.	December 15 God of joy, thank You for the good things You've given us. Help us share joy with others. Amen.
December 16 Jesus, You bring joy to the world. Help us to celebrate Your love. Amen.	December 17 God, give us joy even when things are hard. Help us remember Your goodness. Amen.	December 18 God, thank You for the shepherds who heard the joyful news of Jesus. Help us to listen to You. Amen.	December 19 God, help us to look for joy in the small things today. Amen.	December 20 Thank You, God, for making us Your children. That brings us so much joy. Amen.
December 21 Jesus, help us to spread Your joy wherever we go. Amen.	December 22 God of love, thank You for loving us so much that You sent Jesus. Amen.	December 23 God, help us to love others the way You love us. Amen.	December 24 Jesus, thank You for being love in human form. Help us to follow Your example. Amen.	December 24 God, thank You for showing us what real love looks like through Jesus. Amen.



Week 2: Waiting for Hope

Learn from Jeremiah's prophecy about a just and wise king, emphasizing hope during times of waiting.

Read: Jeremiah 23:5 and wonder how people felt as they waited for a better future.

You could even read this story in the [Celebrate Bible Storybook!](#)

Craft: Make a calming jar as a visual reminder to breathe and settle your mind.

- Recycle a jar.
- Get some small glitter and pour it into the jar.
- Fill the jar 1/4 of the way full with glycerin.
- Add hot water until the jar is full.
- Stir it all together.
- Add super glue to the edge of the jar and screw on the lid.
- Shake the jar. Breathe while you watch the glitter settle.

Week 2: Waiting for Hope

Learn from Jeremiah's prophecy about a just and wise king, emphasizing hope during times of waiting.

Breath Prayer

Inhale: Help me

Exhale: find hope.

Inhale: Help me

Exhale: find love.

Inhale: Help me

Exhale: find joy.

Inhale: Help me

Exhale: find peace.

Cook Together: Make a family meal! Embrace the process of preparing something and waiting to eat.

Week 3: Patience in Action

Practice patience through storytelling, baking, and listening together.

Music: Listen to an Advent playlist.
Afterward, discuss how patience shows up in the lyrics or melodies.



Advent Waiting by Be A Heart



Advent with Sacred Ordinary Days

Activity: Bake your favorite Christmas cookie recipe and practice patience by waiting to enjoy them together.

Week 3: Patience in Action

Practice patience through storytelling, baking, and listening together.

Prayer for Patience:

Dear God, it can be really hard to wait

(place hands on hips)

While we are waiting, remind us that you are here with us

(point to the ground)

Help us to find things in our days
(spread your hands wide and turn them upwards)

that remind us of you

(point to the sky)

Amen

(prayer hands)

Storytelling: Take turns telling the story sentence by sentence. Have one person start the story with a sentence and then have another family member say the next sentence of the story. Continue to take turns sharing a sentence of the story until you feel your story is complete. Talk about how it felt to wait for your turn to tell the story and how it felt not knowing what might come next. This is a great activity to do in the car or out and about when you have a little extra time!

Week 4: Celebrating the Arrival

Prepare for Christmas by slowing down and creating space for reflection and joy.

Spiritual Practice: Use a finger labyrinth, found on the next page, to slow down and focus on your breathing, symbolizing the journey toward Christmas.

Watch: Pick a favorite Christmas movie to watch together and embrace a moment of family connection.



Week 4: Celebrating the Arrival

Prepare for Christmas by slowing down and creating space for reflection and joy.

Drama: Act out a favorite Christmas story, assigning roles and retelling the story with family creativity.

Activity: Start the “Wandering Wise People” journey by moving wise figures daily toward the nativity, symbolizing their patient journey to Jesus.

Week 5: Reflecting on Patience

Wrap up Advent with reflection on what patience has taught you over the month.

Game: Work on a puzzle together, requiring focus, patience, and teamwork.

STEM Activity: Plant bean seeds in a jar or bag, watching and waiting for them to grow as a visual exercise in patience.

Week 5: Reflecting on Patience

Wrap up Advent with reflection on what patience has taught you over the month.

Journal Prompt: Reflect on a time you had to be patient and what you learned from it. Share with each other, discussing how Advent has shaped your understanding of patience.

Final Discussion: Talk about how waiting for Christmas felt this year and if anything you practiced helped make it easier.

The GenOn Christian Parenting Project

growing in faith together no matter where we are

We can help you raise good kids who love God and neighbor.

When parents and caregivers are asked what they want for their children's spiritual growth they say they want their children to have a loving relationship with God/Jesus/Christ, and that they want their children to become good people. But what is a good person?

Each person evaluates a good person based on our personal values. Values guide our choices and help us create meaning as we live. Our values affect our decisions, our relationships, and our understanding of God. Through these resources, we will connect commonly held values to our Christian faith. This will deepen our experiences of God and help us better understand why these values matter so much to us. It also helps each member of the family practice and explore the values we hold dear.

In the fall of 2022, GenOn Ministries received a grant to create resources for Christian caregivers and families and to help churches more effectively support the families in their churches and communities. The project seeks to build relationships between family members and between families and churches so that all people are loved, cared for, and belong.

Each week, you will receive an email with three suggested spiritual practices for your family to try out together and an additional email for the caregiver. Every activity connects to everyday life and is easy to do. Plus, it's free for your whole family!

Want to be a part of the project? Tell your church leader you'd like to be added to the platform. They'll submit the grown-up(s) first and last name(s) and email address(es). It's that easy!

[Learn more at genonfamilies.genonministries.org.](https://genonfamilies.genonministries.org)

