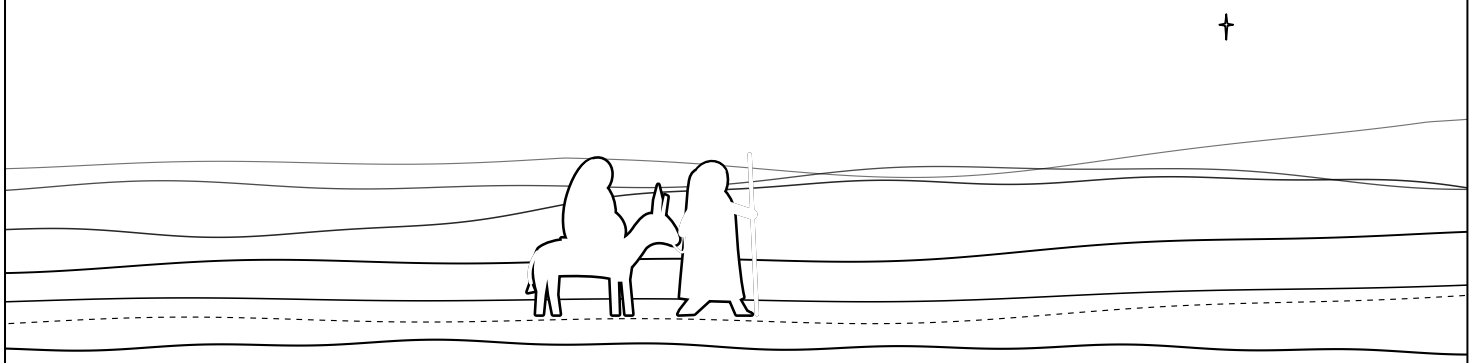
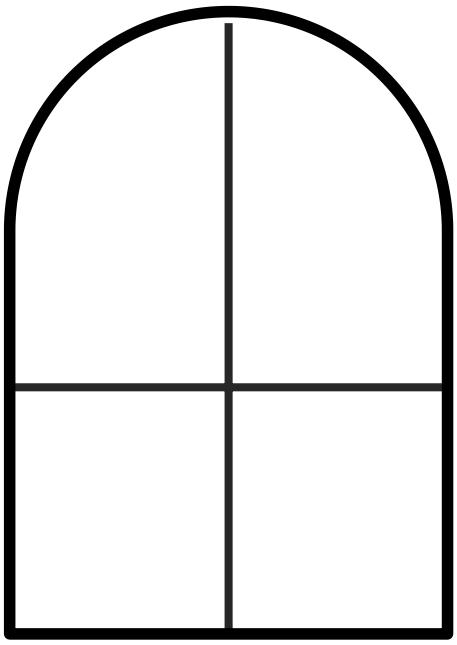
Advent

A Prayer Journal



Understand it. Say it. Remember it.

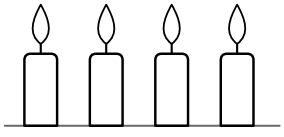
ONE CLEAR PRAYER



ADVENT · A PRAYER JOURNAL

This journal belongs to

A gift from



HOW IT WORKS

The Bible can feel like another language.

Most Advent journals hand you a verse and a blank line, and assume you know what it means. This one tells you.

Every day gets one page, with three parts:

Understand it

One verse in full. What it means, in everyday words. Then three ways to live it today.

Say it

A short line you can pray exactly as it is. Then three boxes for your own words: Praise, Thanks, Ask.

Remember it

One word to carry through the day. Then color in that day's window, at the top of the page and in the village on page 5.

A few words is enough. A name counts.

PRAISE	THANKS	ASK
You keep your promises.	*A long call with my sister.*	*Sleep for Dad. Patience for me.*



Four candles, one for each week: Hope, Peace, Joy, Love. A burning one means that week has begun. If you'd like, light a real candle at home each Sunday.

Ten minutes is enough. You don't need a Bible beside you: all 29 readings are printed in full in the Readings Companion. You don't need to believe it all yet, or know the right words. And you can't fall behind. Page 7 explains why.

You'll need: a pen, a yellow pencil and ten minutes. A candle if you like.

In 2026, Advent begins Sunday, November 29. Start there.

IN THIS BOOK

When does Advent start?	4	Advent at a glance	5
Advent prayer list	6	Missed a few days?	7
The days before December 1	8	Week one: Hope	12
Week two: Peace	19	Week three: Joy	26
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When does Advent start?

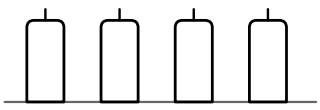
Advent starts on the fourth Sunday before Christmas, so the date moves every year. It can land anywhere from November 27 to December 3.

This journal runs from December 1 to 25, because that's how most of us count down, so it works in any year. When Advent starts before December 1, the pages for November 27 to 30 cover those extra days. Find your year below, and start where the last column says.

In 2026, Advent begins Sunday, November 29. Start there.

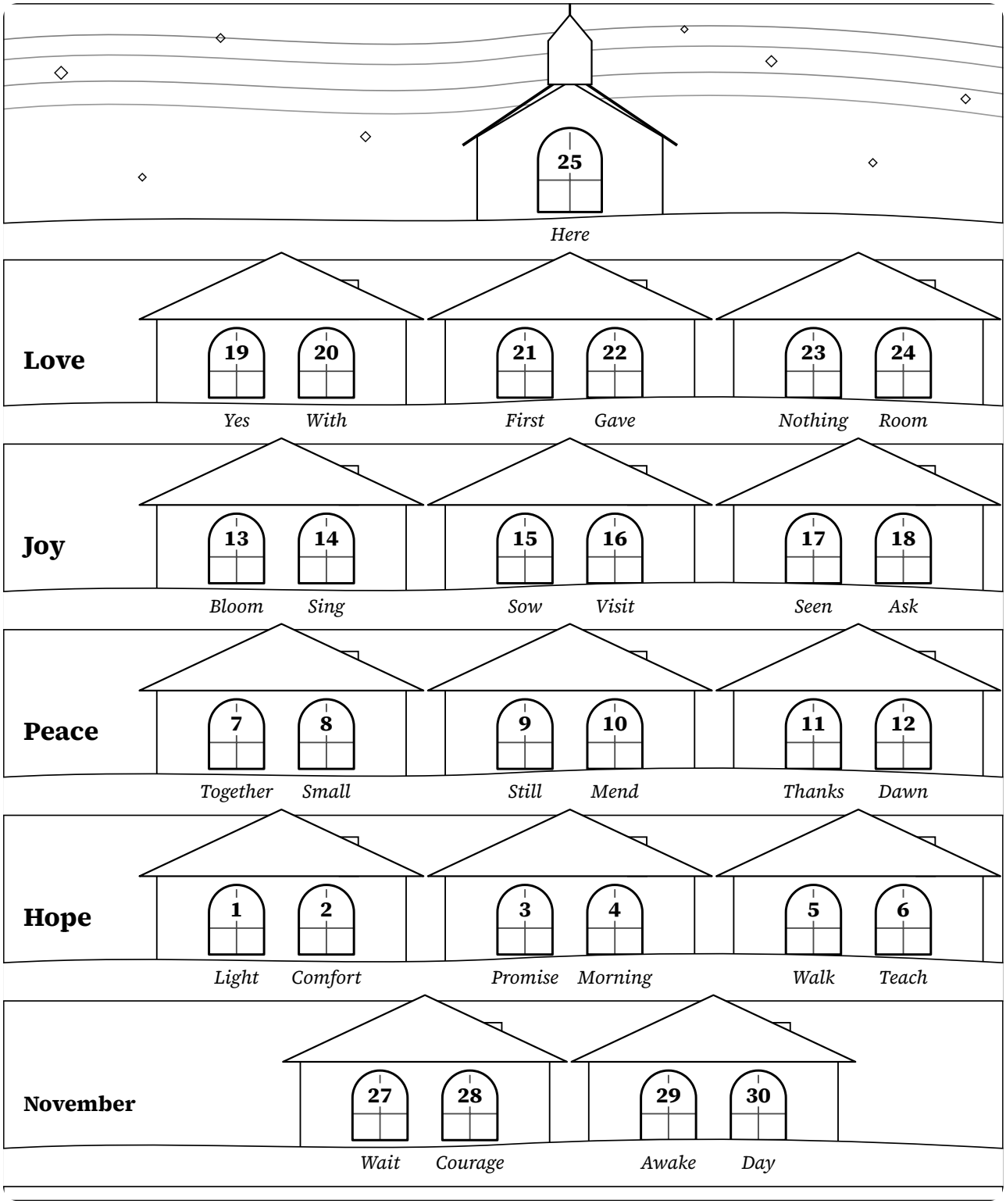
YEAR	FIRST SUNDAY	SECOND	THIRD	FOURTH	START AT
2026	**Nov 29**	**Dec 6**	**Dec 13**	**Dec 20**	**November 29**
2027	**Nov 28**	Dec 5	Dec 12	Dec 19	**November 28**
2028	**Dec 3**	Dec 10	Dec 17	Dec 24	**December 1**
2029	**Dec 2**	Dec 9	Dec 16	Dec 23	**December 1**
2030	**Dec 1**	Dec 8	Dec 15	Dec 22	**December 1**
2031	**Nov 30**	Dec 7	Dec 14	Dec 21	**November 30**
2032	**Nov 28**	Dec 5	Dec 12	Dec 19	**November 28**
2033	**Nov 27**	Dec 4	Dec 11	Dec 18	**November 27**
2034	**Dec 3**	Dec 10	Dec 17	Dec 24	**December 1**
2035	**Dec 2**	Dec 9	Dec 16	Dec 23	**December 1**

The four weeks in this book run by the calendar: Hope from December 1, Peace from the 7th, Joy from the 13th, Love from the 19th. Your church's candles won't always line up with those dates, and some churches use a different order. If you go to church, light the candle your church is on. Nobody's checking.



Advent at a glance

Each day you pray, color in that day's window. A yellow pencil is best. By Christmas the whole village is glowing, and so is the church.



KEEP THEM CLOSE

Advent prayer list

Who are you carrying this month? Write their names. You don't need to know what to ask for. A name is enough to start with.

NAME	WHAT I'M ASKING	WHAT HAPPENED

Missed a few days?

Everyone does. December is like that.

Here's the only rule in this book: pick up today. Don't go back and catch up unless you want to. Turn to today's date, read that page, and carry on.

The people in these readings weren't good at waiting either. Zechariah argued with an angel. Joseph had his own plan and was about to act on it. John the Baptist sat in prison wondering if he'd got it all wrong. None of that cancelled anything. It's all still in the story.

If you've got gaps in your village on page 5, you've got two choices. Color those windows in anyway, or leave them dark. Some houses keep their lights off for a while. They're still part of the village.

Say it

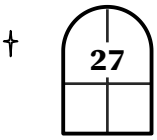
God, I'm late. I'm here.

That counts.

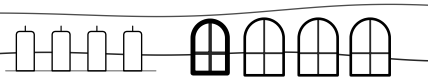
What got in the way? Write it down, then let it go.

GETTING READY

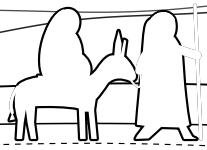
November 27



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

27

I wait for the LORD, my soul doth wait, and in his word do I hope.

PSALM 130:5

UNDERSTAND IT

The writer is in deep trouble and can't fix it. So he waits for God, the way a night guard waits for morning. He can't make the sun rise. He can only stay and keep looking. Waiting isn't giving up. It's trusting that help is on the way.

The whole passage: Psalm 130:1-8, in the Readings Companion under November 27.

Three ways to live it today

1. Name one thing you've been trying to force. Leave it alone for today.
2. When you're stuck waiting today, in a line or at a red light, say, "I'm waiting for you, God."
3. Read one line of the Bible tonight and let it be enough.

The one I'll do today:

SAY IT

God, I can't make morning come any sooner. I'll stay here and keep looking.

Tired today? Say this line and light your window. That counts.

PRAISE
One thing true about God.

THANKS
One good thing from today.

ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Wait** *or your own*

GETTING READY

November 28



Color it here and on p. 5.

THIS WEEK
Four candles, one for each week.

Nazareth — *Bethlehem*

28

Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.

PSALM 27:14

UNDERSTAND IT

David wrote this while people were lying about him and he was afraid of being left alone. He tells himself to wait, twice, because once wasn't enough. Waiting on God takes courage. It's the nerve to stay when you'd rather run.

The whole passage: Psalm 27:10-14, in the Readings Companion under November 28.

Three ways to live it today

1. Ask for courage for today only. Not the whole month.
2. Do the one thing you've been putting off because it scares you. Give it five minutes.
3. Tell someone who is waiting on news that you're thinking of them.

The one I'll do today:

SAY IT

God, I'm tired of waiting. Give me enough courage for today. Only today.

Tired today? Say this line and light your window. That counts.

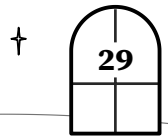
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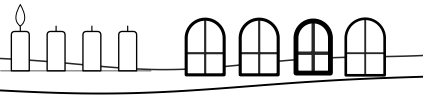
ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Courage** *or your own*

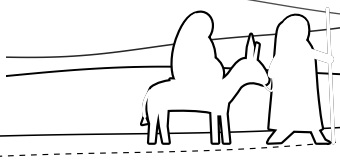
November 29



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

29

Take ye heed, watch and pray: for ye know not when the time is.

MARK 13:33

UNDERSTAND IT

Jesus tells a story about a man who goes away and asks his servants to stay awake until he's back. Nobody knows the day. He doesn't tell his friends to panic or to work out the date. He tells them to live with their eyes open, and to pray.

The whole passage: Mark 13:33-37, in the Readings Companion under November 29.

TODAY *In 2026, today is the first Sunday of Advent. Light the first candle: Hope.*

Three ways to live it today

1. Put your phone down for one meal and look at who's at the table.
2. Notice one good thing today you'd usually walk past. Say thank you for it.
3. Light a candle tonight, the first of four, and say one line of prayer.

The one I'll do today:

SAY IT

God, wake me up to my own life today. Let me notice it while it's here.

Tired today? Say this line and light your window. That counts.

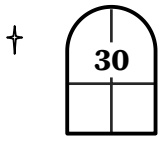
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THANKS
One good thing from today.

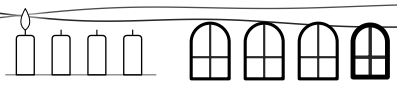
ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Awake** *or your own*

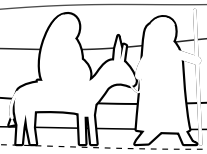
November 30



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

30

The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light.

ROMANS 13:12

UNDERSTAND IT

Paul says the night is nearly over, so get up and get dressed for the day. "Armour of light" means living the way you would if everyone could see. Drop what belongs to the dark. Put on what belongs to the day.

The whole passage: Romans 13:11-14, in the Readings Companion under November 30.

Three ways to live it today

1. Pick one habit that drags you down at night. Skip it tonight.
2. Do one thing today you'd be glad for anyone to see.
3. Open the curtains first thing and say, "Help me live in the light today."

The one I'll do today:

SAY IT

"Give us grace that we may cast away the works of darkness, and put upon us the armour of light." In today's words: help me drop what belongs to the night.

Tired today? Say this line and light your window. That counts.

PRAISE
One thing true about God.

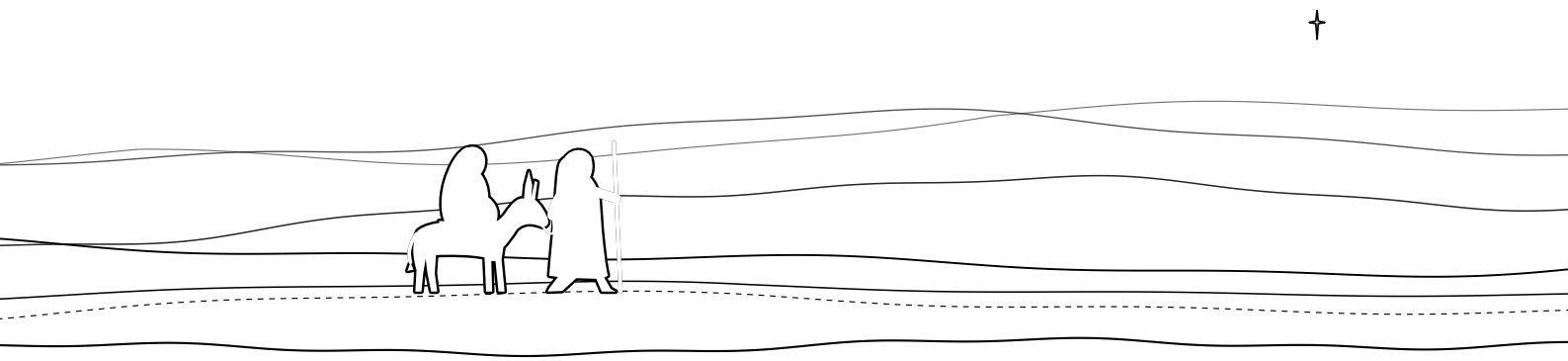
THANKS
One good thing from today.

ASK
One thing you need, or someone does.

REMEMBER IT

One word to carry **Day** *or your own*

Hope



Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

ROMANS 15:13

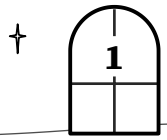
Hope is what you do while it's still dark. The people in this week's readings had lost their city, their homes or their freedom, and most of them never saw how it came out. They said it anyway. So you don't need to feel hopeful to start. You only need to turn up.



Light the first candle. In 2026, that's Sunday, November 29. Start with Day 1.

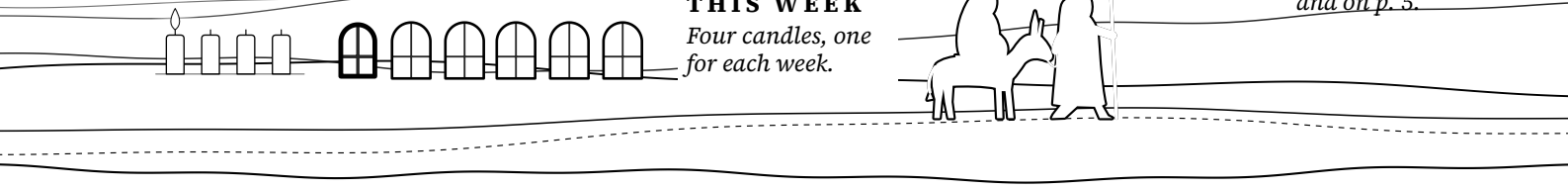
What are you hoping for this Advent that you haven't said out loud?

December 1



Color it here and on p. 5.

THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

1

The people that walked in darkness have seen a great light: they that dwell in the land of the shadow of death, upon them hath the light shined.

ISAIAH 9:2

UNDERSTAND IT

Isaiah said this to people with war at their border. He doesn't say the dark is gone. He says the people in it have seen a light. Christians read this as a promise about Jesus. You don't need the dark to end before you start looking for the light.

The whole passage: Isaiah 9:2-7, in the Readings Companion under Day 1.

Three ways to live it today

1. Look for one small light today: a kind word, a good coffee, a call. Write it down.
2. Be a light for one person. A text is enough.
3. Tell God about one dark thing you can't fix tonight.

The one I'll do today:

SAY IT

God, there's a dark part of my life I can't fix tonight. Show me one light in it.

Tired today? Say this line and light your window. That counts.

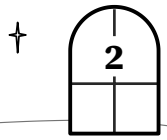
PRAISE
One thing true about God.

THANKS
One good thing from today.

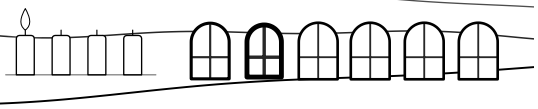
ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Light** *or your own* _____

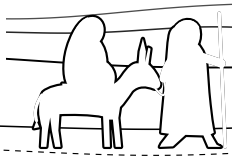
December 2



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

2

Comfort ye, comfort ye my people, saith your God.

ISAIAH 40:1

UNDERSTAND IT

God's people had lost their homes and thought God was angry with them. The first thing he says is: comfort them. He says it twice so they can't miss it. When you are hurting, God's first word to you is kindness.

The whole passage: Isaiah 40:1-11, in the Readings Companion under Day 2.

Three ways to live it today

1. When you get something wrong today, talk to yourself the way you'd talk to a friend.
2. Comfort one person. Send a text, make them a cup of tea, or sit with them. Don't try to fix anything.
3. Tell God where it hurts. One sentence is enough.

The one I'll do today:

SAY IT

God, I could use some comfort. Say it twice if you have to.

Tired today? Say this line and light your window. That counts.

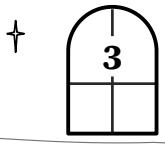
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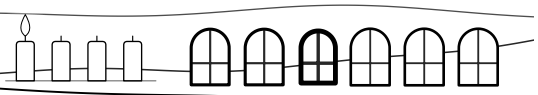
ASK
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REMEMBER IT *One word to carry* **Comfort** *or your own* _____

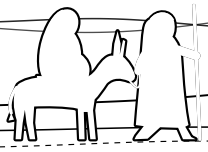
December 3



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

3

Behold, the days come, saith the LORD, that I will perform that good thing which I have promised unto the house of Israel and to the house of Judah.

JEREMIAH 33:14

UNDERSTAND IT

Jeremiah was locked up, and his city was about to fall, when God said this: a day is coming when I'll do the good thing I promised. It hadn't happened yet. Hope is trusting a promise before you can see it.

The whole passage: Jeremiah 33:14-16, in the Readings Companion under Day 3.

Three ways to live it today

1. Write down one thing you're still waiting on God for. Keep it where you'll see it.
2. Keep one small promise you've made to someone. Do it today.
3. When the wait feels long, say, "You haven't forgotten me."

The one I'll do today:

SAY IT

God, I'm still holding on to something you haven't done yet. Help me keep holding.

Tired today? Say this line and light your window. That counts.

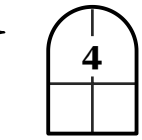
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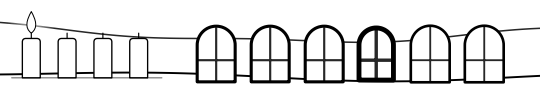
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REMEMBER IT *One word to carry* **Promise** *or your own* _____

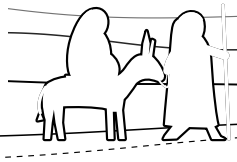
December 4



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

4

It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.

LAMENTATIONS 3:22-23

UNDERSTAND IT

This comes from the saddest book in the Bible. The city is gone and the writer is grieving. In the middle of it he sees that God's mercy came again this morning. You can be sad and still find mercy in the same day.

The whole passage: Lamentations 3:19-26, in the Readings Companion under Day 4.

Three ways to live it today

1. Before you get out of bed, say, "This morning is new."
2. Let yesterday's mistake stay in yesterday. Don't carry it into today.
3. Give someone else a fresh start. Drop one small grudge.

The one I'll do today:

SAY IT

God, yesterday is done. Thank you that this morning came with mercy in it.

Tired today? Say this line and light your window. That counts.

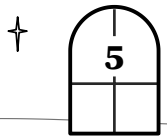
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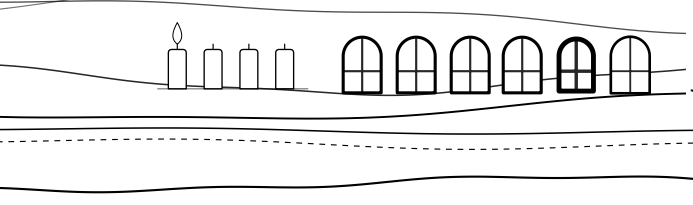
ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Morning** *or your own*

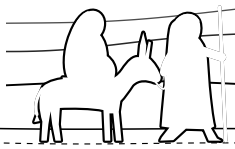
December 5



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

5

But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

ISAIAH 40:31

UNDERSTAND IT

These words were for worn-out people, a long way from home. Those who keep hoping in God get fresh strength. Look at the order: fly, run, walk. Some days the win is that you kept walking forward, one foot in front of the other even if you went off course. That counts with God.

The whole passage: Isaiah 40:28-31, in the Readings Companion under Day 5.

Three ways to live it today

1. Be honest. Are you flying, running or walking today? Tell God which.
2. Take one thing off today's list.
3. Rest for ten minutes and don't feel bad about it.

The one I'll do today:

SAY IT

God, I'm not soaring today. Help me walk.

Tired today? Say this line and light your window. That counts.

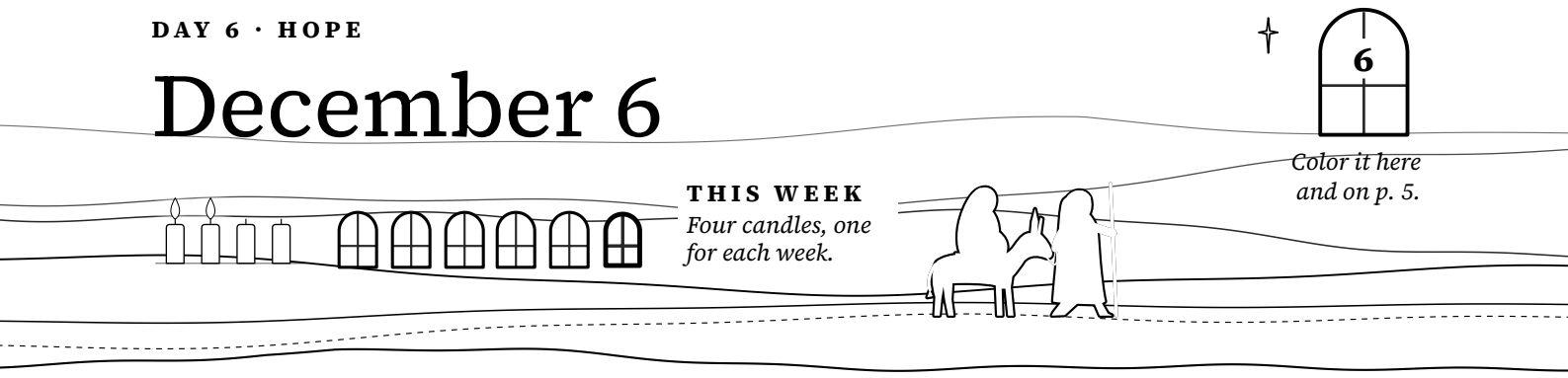
PRAISE
One thing true about God.

THANKS
One good thing from today.

ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Walk** *or your own*

December 6



Color it here and on p. 5.

THIS WEEK
Four candles, one for each week.

Nazareth — *Bethlehem*

6

Shew me thy ways, O LORD; teach me thy paths. Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day.

PSALM 25:4-5

UNDERSTAND IT

The writer doesn't say he knows the way. He asks God to show him and teach him. If the Bible feels like another language to you, this is your prayer. You're allowed to start with "teach me."

The whole passage: Psalm 25:1-5, in the Readings Companion under Day 6.

> **TODAY** *In 2026, the second Sunday of Advent. Light the second candle: Peace. It's also St. Nicholas Day, kept for a bishop who gave in secret.*

Three ways to live it today

1. Write down one question about God or the Bible you've never dared to ask.
2. Before one choice today, stop and say, "Show me the way."
3. It's St. Nicholas Day. Give one small thing in secret.

The one I'll do today:

SAY IT

God, I don't understand all of this. Teach me. Start small.

Tired today? Say this line and light your window. That counts.

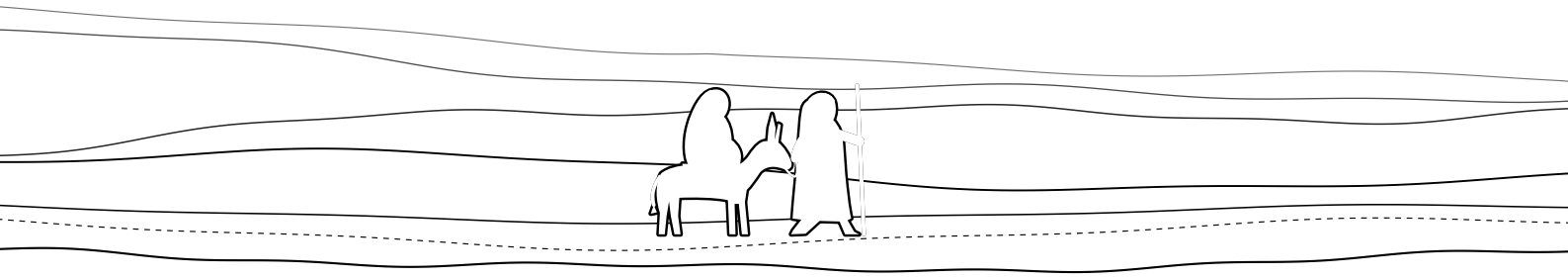
PRAISE
One thing true about God.

THANKS
One good thing from today.

ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Teach** *or your own*

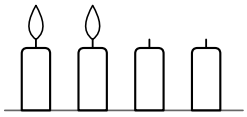
Peace



Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

JOHN 14:27

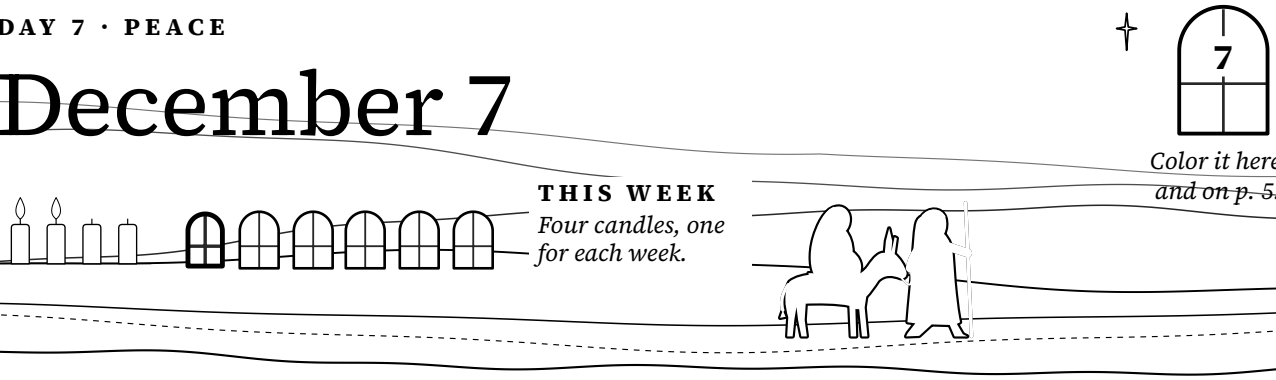
Jesus said these words at his last meal, hours before his arrest. The peace in this week's readings isn't a quiet house or a clear calendar. Most of it was promised in the middle of war, in prison, or under occupation. That's good news if your December is loud.



Light two candles. In 2026, that's Sunday, December 6. Start with Day 7.

Where would peace make the biggest difference to you right now?

December 7



Color it here and on p. 5.

THIS WEEK
Four candles, one for each week.

Nazareth *Bethlehem*

7

The wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; and a little child shall lead them.

ISAIAH 11:6

UNDERSTAND IT

Isaiah paints a world put right. The wolf lies down beside the lamb, and a little child leads them. Old enemies are safe together. This is what God's peace looks like, and it reaches the people we find hardest.

The whole passage: Isaiah 11:1-9, in the Readings Companion under Day 7.

Three ways to live it today

1. Think of one person you find hard. Pray one kind sentence for them.
2. Once today, when you could bite back, don't.
3. Let a child pick the game, the song or the walk today, and go along.

The one I'll do today:

SAY IT

God, there's someone I can't imagine lying down next to. Start there.

Tired today? Say this line and light your window. That counts.

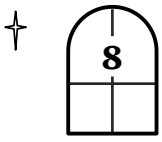
PRAISE
One thing true about God.

THANKS
One good thing from today.

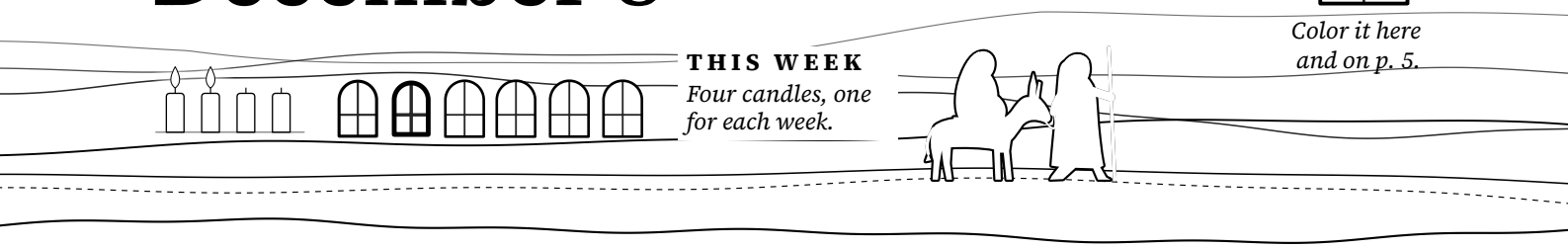
ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Together** *or your own*

December 8



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.

Nazareth — *Bethlehem*

8

But thou, Bethlehem Ephratah, though thou be little among the thousands of Judah, yet out of thee shall he come forth unto me that is to be ruler in Israel; whose goings forth have been from of old, from everlasting.

MICAH 5:2

UNDERSTAND IT

Bethlehem was a tiny town nobody counted. Micah says the great ruler will come from there. God likes to start in small places. So a small life, or a small day, is not one God passes by.

The whole passage: Micah 5:2-5, in the Readings Companion under Day 8.

Three ways to live it today

1. Do one small job today with care, as if it mattered. It does.
2. Thank someone whose work usually goes unseen.
3. Name one small good thing in your life you've been writing off.

The one I'll do today:

SAY IT

God, thank you for the small things I keep overlooking. Help me stop writing them off.

Tired today? Say this line and light your window. That counts.

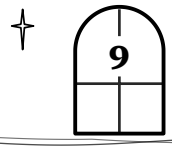
PRAISE
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THANKS
One good thing from today.

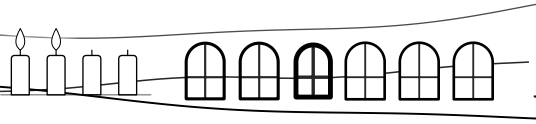
ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Small** *or your own*

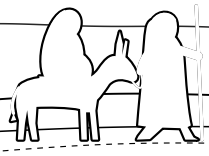
December 9



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

9

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

PSALM 46:10

UNDERSTAND IT

The psalm opens with the earth shaking and nations in uproar. Then God says, be still. It means stop. Enough. You are not in charge of everything, and he is. You can put it all down for a minute.

The whole passage: Psalm 46:8-11, in the Readings Companion under Day 9.

Three ways to live it today

1. Stop for one full minute today. No phone. Breathe and say, "You are God."
2. Pick one worry you can't control and hand it over. Out loud if you can.
3. Say no to one thing this week.

The one I'll do today:

SAY IT

God, enough. I'm stopping for one minute. You're in charge of the rest.

Tired today? Say this line and light your window. That counts.

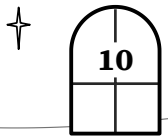
PRAISE
One thing true about God.

THANKS
One good thing from today.

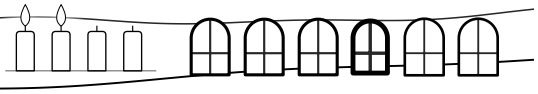
ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Still** *or your own* _____

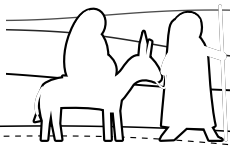
December 10



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

10

And he shall judge among the nations, and shall rebuke many people: and they shall beat their swords into plowshares, and their spears into pruninghooks: nation shall not lift up sword against nation, neither shall they learn war any more.

ISAIAH 2:4

UNDERSTAND IT

A plowshare is the blade of a plow. Isaiah sees people beating their swords into farm tools. The thing made to hurt gets turned into something that feeds. Peace doesn't just happen. It's something you make, and it takes work.

The whole passage: Isaiah 2:2-5, in the Readings Companion under Day 10.

Three ways to live it today

1. Notice what you fight with: sharp words, silence, the last word. Put it down once today.
2. Take the first small step to mend one thing. A text counts.
3. Pray one sentence for a place at war. You don't need to understand the politics.

The one I'll do today:

SAY IT

God, show me what I've been using as a weapon. Help me make something useful of it.

Tired today? Say this line and light your window. That counts.

PRAISE
One thing true about God.

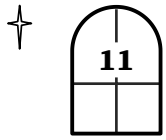
THANKS
One good thing from today.

ASK
One thing you need, or someone does.

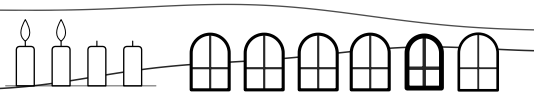
REMEMBER IT

One word to carry **Mend** *or your own*

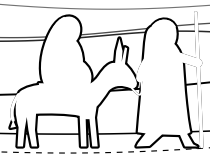
December 11



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

11

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

PHILIPPIANS 4:6-7

UNDERSTAND IT

Paul wrote this from prison. "Be careful for nothing" means don't be full of worry. Tell God what you need, and say thank you while you're there. He doesn't promise you'll get everything. He promises a peace that guards your heart.

The whole passage: Philippians 4:4-7, in the Readings Companion under Day 11.

Three ways to live it today

1. Write your worries in a list. Beside each one, write one thing you're thankful for.
2. Put the news down for one evening. Tell God what it stirred up.
3. When the worry comes back, and it will, say, "I've already handed that over."

The one I'll do today:

SAY IT

God, here's the list. All of it. And thank you for this much, at least.

Tired today? Say this line and light your window. That counts.

PRAISE
One thing true about God.

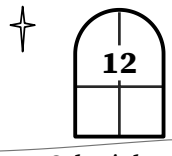
THANKS
One good thing from today.

ASK
One thing you need, or someone does.

REMEMBER IT

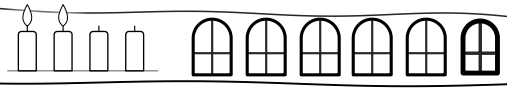
One word to carry **Thanks** *or your own*

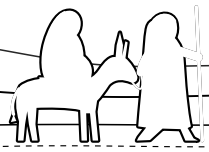
December 12



Color it here and on p. 5.

THIS WEEK
Four candles, one for each week.





Nazareth — *Bethlehem*

12

Through the tender mercy of our God; whereby the dayspring from on high hath visited us, To give light to them that sit in darkness and in the shadow of death, to guide our feet into the way of peace.

LUKE 1:78-79

UNDERSTAND IT

Zechariah sings this over his newborn son. He says God's kindness is like dawn coming to people who sit in the dark. The light isn't earned. It comes. And it does one useful thing: it shows your feet where to step next.

The whole passage: Luke 1:76-79, in the Readings Companion under Day 12.

Three ways to live it today

1. Don't plan the whole road. Ask, "What's the next step?" Take that one.
2. Look at the morning light, outside or through a window. Say thank you.
3. Help someone with one small next step of theirs.

The one I'll do today:

SAY IT

God, I'm sitting in the dark about one thing. Show me just the next step.

Tired today? Say this line and light your window. That counts.

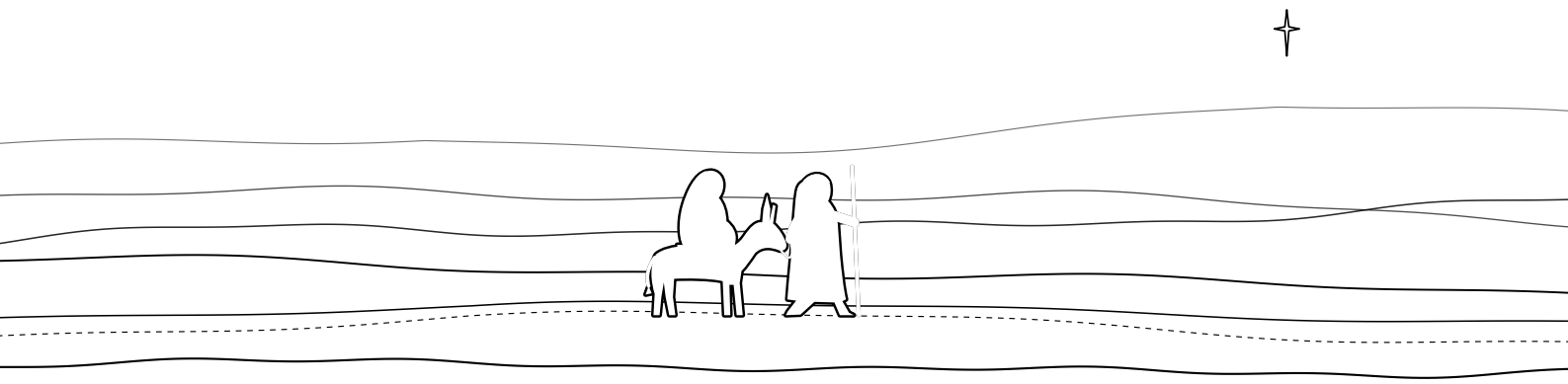
PRAISE
One thing true about God.

THANKS
One good thing from today.

ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Dawn** *or your own* _____

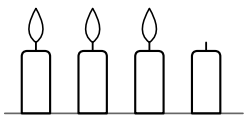
Joy



And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

LUKE 2:10

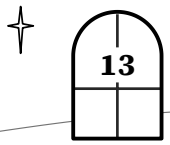
Many churches light a rose candle this week, a small lift in the middle of the waiting. The joy here doesn't ignore what's hard. A desert blooms. People sow in tears. A young woman who's just found out she's pregnant sings. A man in prison asks if it was all true. They're all in the same week on purpose.



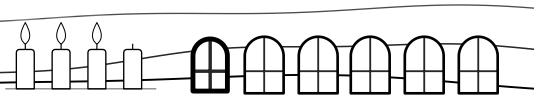
Light three candles. In many churches this one is rose. In 2026, that's Sunday, December 13. Start with Day 13.

When did joy last catch you by surprise?

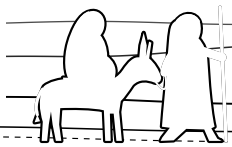
December 13



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

13

The wilderness and the solitary place shall be glad for them; and the desert shall rejoice, and blossom as the rose.

ISAIAH 35:1

UNDERSTAND IT

Isaiah pictures a desert bursting into flower. The dry place is not the end of the story. God can grow joy where nothing has grown for a long time.

The whole passage: Isaiah 35:1-10, in the Readings Companion under Day 13.

> **TODAY** *In 2026, the third Sunday of Advent. Light the third candle: Joy. Many churches use a rose candle today.*

Three ways to live it today

1. Name the dry place in your life. Ask God to grow one thing there.
2. Do one small thing that brings you joy today. A song, a walk, a treat.
3. Bring a little joy to someone having a dry month. Flowers, a card, a visit.

The one I'll do today:

SAY IT

God, there's a dry place in my life. I'd like to see something grow there.

Tired today? Say this line and light your window. That counts.

PRAISE
One thing true about God.

THANKS
One good thing from today.

ASK
One thing you need, or someone does.

REMEMBER IT

One word to carry **Bloom** *or your own*

December 14



Color it here and on p. 5.

THIS WEEK
Four candles, one for each week.

Nazareth *Bethlehem*

14

The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.

ZEPHANIAH 3:17

UNDERSTAND IT

We think of people singing to God. Here it's the other way around. God sings over his people, like a parent humming over a child who's finally home. God isn't putting up with you. He's glad about you.

The whole passage: Zephaniah 3:14-17, in the Readings Companion under Day 14.

Three ways to live it today

1. Read the verse again and put your own name in it.
2. When the hard voice in your head starts today, answer it: "God is glad about me."
3. Tell one person you're glad they're in your life.

The one I'll do today:

SAY IT

God, it's hard to believe you'd sing over me. Help me believe it for one minute.

Tired today? Say this line and light your window. That counts.

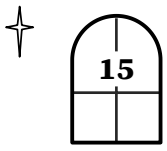
PRAISE
One thing true about God.

THANKS
One good thing from today.

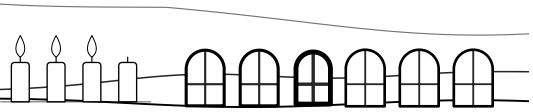
ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Sing** *or your own*

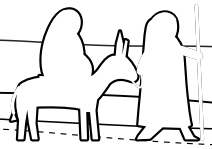
December 15



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

15

They that sow in tears shall reap in joy.

PSALM 126:5

UNDERSTAND IT

In a hungry year, a farmer plants seed he could have eaten. He cries while he does it. Later it comes up as food. The psalm says the hard work you do in a sad season isn't wasted. Joy can grow from it.

The whole passage: Psalm 126:1-6, in the Readings Companion under Day 15.

Three ways to live it today

1. Keep doing the good thing that costs you: the caring, the showing up. It's seed.
2. Let yourself cry if you need to. It isn't a lack of faith.
3. Look back and name one hard season that later grew something good.

The one I'll do today:

SAY IT

God, I'm putting in the work with tears in my eyes. Let something come of it.

Tired today? Say this line and light your window. That counts.

PRAISE
One thing true about God.

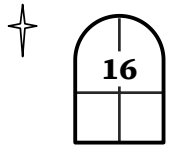
THANKS
One good thing from today.

ASK
One thing you need, or someone does.

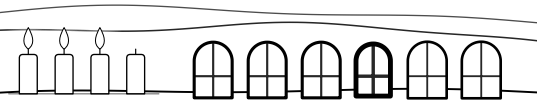
REMEMBER IT

One word to carry **Sow** *or your own*

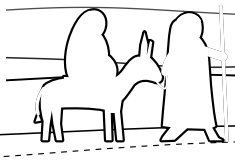
December 16



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

16

And blessed is she that believed: for there shall be a performance of those things which were told her from the Lord.

LUKE 1:45

UNDERSTAND IT

Mary has just learned she'll have a baby. She goes to see her older relative Elizabeth, who is pregnant too. Elizabeth tells her: you're blessed, because you believed. Neither of them has proof yet. Faith is easier when someone believes with you.

The whole passage: Luke 1:39-45, in the Readings Companion under Day 16.

Three ways to live it today

1. Visit, call or write to one person this week.
2. Tell someone, "I believe you," or "I believe in you."
3. Ask a friend to pray with you about one thing.

The one I'll do today:

SAY IT

God, show me who needs someone to say "I believe you" this week.

Tired today? Say this line and light your window. That counts.

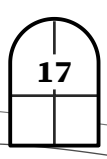
PRAISE
One thing true about God.

THANKS
One good thing from today.

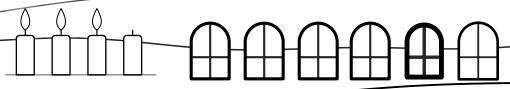
ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Visit** *or your own* _____

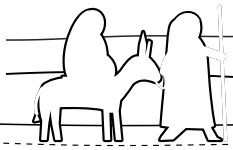
December 17



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

17

And Mary said, My soul doth magnify the Lord, And my spirit hath rejoiced in God my Saviour. For he hath regarded the low estate of his handmaiden: for, behold, from henceforth all generations shall call me blessed.

LUKE 1:46-48

UNDERSTAND IT

This is Mary's song. She is young and poor, and her first reason for joy is that God has looked at her. He noticed someone the world didn't. God sees you too, right where you are.

The whole passage: Luke 1:46-55, in the Readings Companion under Day 17.

> **TODAY** *From tonight until December 23, churches sing the old prayers behind 'O Come, O Come, Emmanuel'.*

Three ways to live it today

1. Thank God for one way he has looked after you this year.
2. Really look at one person today who gets overlooked. Use their name.
3. Sing or hum one carol while you do a job.

The one I'll do today:

SAY IT

God, you've looked at me. Help me look up and sing about it.

Tired today? Say this line and light your window. That counts.

PRAISE
One thing true about God.

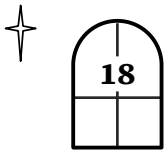
THANKS
One good thing from today.

ASK
One thing you need, or someone does.

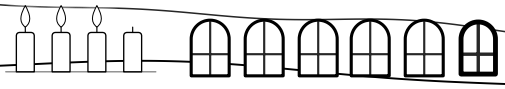
REMEMBER IT

One word to carry **Seen** *or your own*

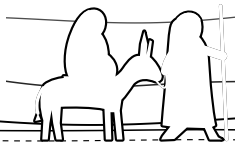
December 18



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

18

Now when John had heard in the prison the works of Christ, he sent two of his disciples, And said unto him, Art thou he that should come, or do we look for another?

MATTHEW 11:2-3

UNDERSTAND IT

John the Baptist had told everyone who Jesus was. Now he's in prison and not so sure. He sends friends to ask: are you really the one? Jesus doesn't scold him. He answers. You can bring your doubts to God.

The whole passage: Matthew 11:2-6, in the Readings Companion under Day 18.

Three ways to live it today

1. Ask God your real question today. Out loud.
2. Jesus answered John with what people had seen. Look for one good thing this week and write it down.
3. Be gentle with someone else's doubt. Listen. Don't lecture.

The one I'll do today:

SAY IT

God, here's my real question. I'm asking it out loud.

Tired today? Say this line and light your window. That counts.

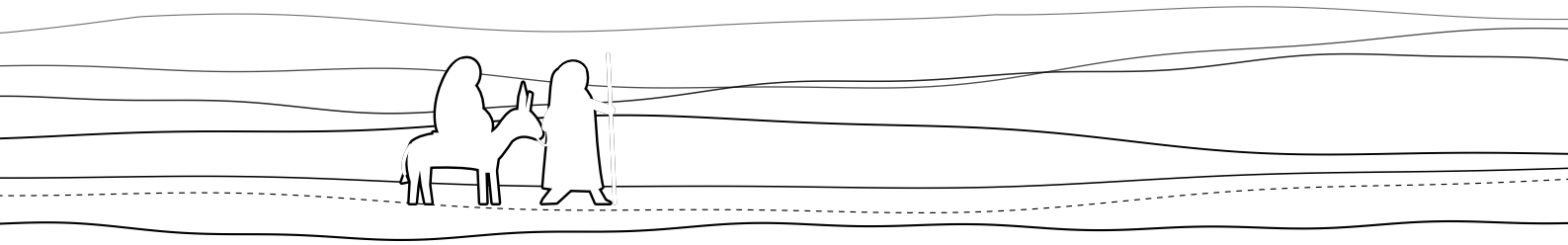
PRAISE
One thing true about God.

THANKS
One good thing from today.

ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Ask** *or your own*

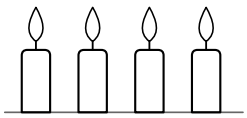
Love



We love him, because he first loved us.

1 JOHN 4:19

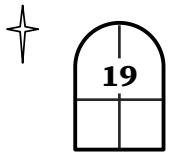
This is the week the story gets close. A girl says yes. A man has a dream and changes his plans. There's a baby, and nowhere to put him. Love in these pages looks less like a feeling and more like showing up in a place nobody would choose.



Light all four candles. In 2026, that's Sunday, December 20. Start with Day 19.

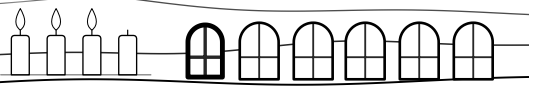
Who has shown up for you in a place nobody would choose?

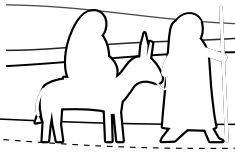
December 19



Color it here and on p. 5.

THIS WEEK
Four candles, one for each week.





Nazareth — *Bethlehem*

19

And Mary said, Behold the handmaid of the Lord; be it unto me according to thy word. And the angel departed from her.

LUKE 1:38

UNDERSTAND IT

An angel tells Mary she will have God's son. She asks how. Then she says yes, and that yes could cost her a lot. Saying yes to God doesn't mean you have no questions. It means you trust him with them.

The whole passage: Luke 1:26-38, in the Readings Companion under Day 19.

Three ways to live it today

1. Say one small yes today to something good you've been dodging.
2. Ask God your "how?" question. It's allowed.
3. Start the day with, "Here I am. Use today."

The one I'll do today:

SAY IT

God, you can ask me. I might have a question first. Then I'd like to say yes.

Tired today? Say this line and light your window. That counts.

PRAISE
One thing true about God.

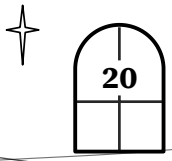
THANKS
One good thing from today.

ASK
One thing you need, or someone does.

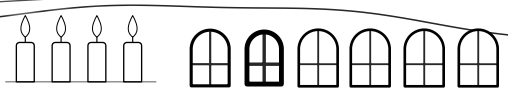
REMEMBER IT

One word to carry **Yes** *or your own*

December 20



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

20

Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us.

MATTHEW 1:23

UNDERSTAND IT

Joseph learns in a dream that Mary's child will be called Emmanuel. The word means "God with us." It doesn't mean hard things stop. It means you're not in them alone.

The whole passage: Matthew 1:18-25, in the Readings Companion under Day 20.

TODAY *In 2026, the fourth Sunday of Advent. Light the fourth candle: Love.*

Three ways to live it today

1. In your hardest moment today, say, "God with me."
2. Be "with" someone. Sit beside them. You don't need the right words.
3. Light all four candles tonight and say the word Emmanuel.

The one I'll do today:

SAY IT

God, be with me in this. I'm not asking you to explain it. Just be here.

Tired today? Say this line and light your window. That counts.

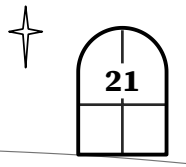
PRAISE
One thing true about God.

THANKS
One good thing from today.

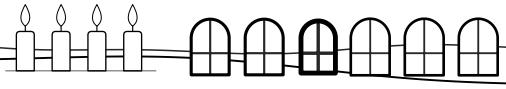
ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **With** *or your own*

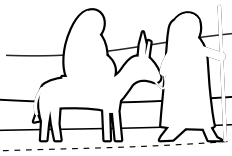
December 21



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.



Nazareth — *Bethlehem*

21

Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.

1 JOHN 4:10

UNDERSTAND IT

Most of us think love has to be earned. John says God loved us first, before we had done anything. "Propitiation" is a big word for what mends the break between people and God. You don't have to earn what's already been given.

The whole passage: 1 John 4:7-12, in the Readings Companion under Day 21.

> **TODAY** *The longest night of the year. Some churches hold a quiet service tonight for anyone finding Christmas hard.*

Three ways to live it today

1. Stop trying to earn one thing today: God's love, a rest, your place.
2. Love someone first. Don't wait for them to go first.
3. It's the longest night. If Christmas is hard this year, tell God so.

The one I'll do today:

SAY IT

God, you moved first. I don't have to earn the next part. Thank you.

Tired today? Say this line and light your window. That counts.

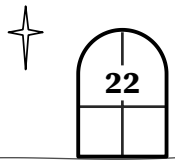
PRAISE
One thing true about God.

THANKS
One good thing from today.

ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **First** *or your own*

December 22



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.

Nazareth — *Bethlehem*

22

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

JOHN 3:16

UNDERSTAND IT

Jesus says this to a man who came to him at night with questions. God loved the world, all of it, and so he gave his Son. "Only begotten" means one and only. Love gives. And "the world" includes you.

The whole passage: John 3:16-17, in the Readings Companion under Day 22.

Three ways to live it today

1. Say it with your own name: "God so loved ___."
2. Give one thing today that nobody will know about.
3. Give someone your time. Ten minutes, phone away.

The one I'll do today:

SAY IT

God, the whole world includes me. Help me take that in. Help me give something today.

Tired today? Say this line and light your window. That counts.

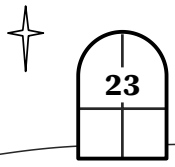
PRAISE
One thing true about God.

THANKS
One good thing from today.

ASK
One thing you need, or someone does.

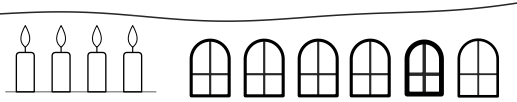
REMEMBER IT *One word to carry* **Gave** *or your own*

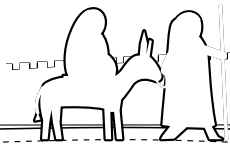
December 23



Color it here and on p. 5.

THIS WEEK
Four candles, one for each week.





Nazareth — *Bethlehem*

23

For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

ROMANS 8:38-39

UNDERSTAND IT

Paul lists everything that might come between you and God. Death. Life. Today. Tomorrow. Anything at all. Then he says none of it can. Nothing that happens to you can cut you off from God's love. Not even your worst day.

The whole passage: Romans 8:31-39, in the Readings Companion under Day 23.

Three ways to live it today

1. Name the thing you're afraid is coming. Say, "Not even this."
2. If you're missing someone this Christmas, read this verse for them.
3. Tell someone who feels far from God that they're still loved.

The one I'll do today:

SAY IT

God, here's what I'm afraid has come between us. Tell me again: nothing.

Tired today? Say this line and light your window. That counts.

PRAISE
One thing true about God.

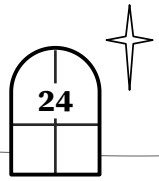
THANKS
One good thing from today.

ASK
One thing you need, or someone does.

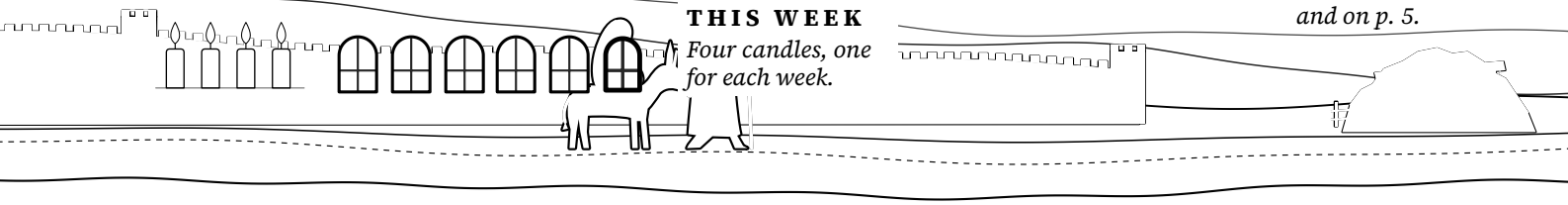
REMEMBER IT

One word to carry **Nothing** *or your own*

December 24



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.

Nazareth — *Bethlehem*

24

And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

LUKE 2:7

UNDERSTAND IT

Luke tells the birth in one sentence. A mother, some cloth, and an animal's food box for a bed, because there was no room. God came into a place nobody had saved for him. He isn't waiting for your house, or your life, to be ready.

The whole passage: Luke 2:1-14, in the Readings Companion under Day 24.

> **TODAY** *Across Mexico and the US Southwest, tonight ends Las Posadas: nine nights of neighbors acting out the search for a room.*

Three ways to live it today

1. Make a little room tonight. Five quiet minutes before bed.
2. Make room for a person. Set one more place, or call someone who's alone.
3. Leave one thing undone. Nothing was ready that night either.

The one I'll do today:

SAY IT

God, it's Christmas Eve and my house is full. Show me where there's still room.

Tired today? Say this line and light your window. That counts.

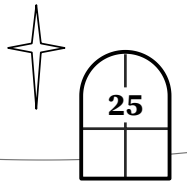
PRAISE
One thing true about God.

THANKS
One good thing from today.

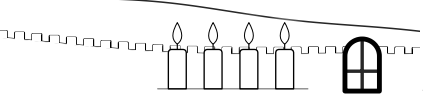
ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Room** *or your own* _____

December 25



Color it here and on p. 5.



THIS WEEK
Four candles, one for each week.

Nazareth — *Bethlehem*

25

And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.
JOHN 1:14

UNDERSTAND IT

"The Word" is John's name for Jesus. He says the Word became a person and came to live with us. The old words mean he pitched his tent next door. All that waiting, and God came close. He's here.

The whole passage: John 1:1-14, in the Readings Companion under Christmas Day.

Three ways to live it today

1. Before the day gets busy, say, "You're here. Thank you."
2. Be fully here with the people in the room today.
3. Light every candle, color the last window, and read your 29 words back.

The one I'll do today:

SAY IT

God, you're here. Thank you. I don't need to say anything else.

Tired today? Say this line and light your window. That counts.

PRAISE
One thing true about God.

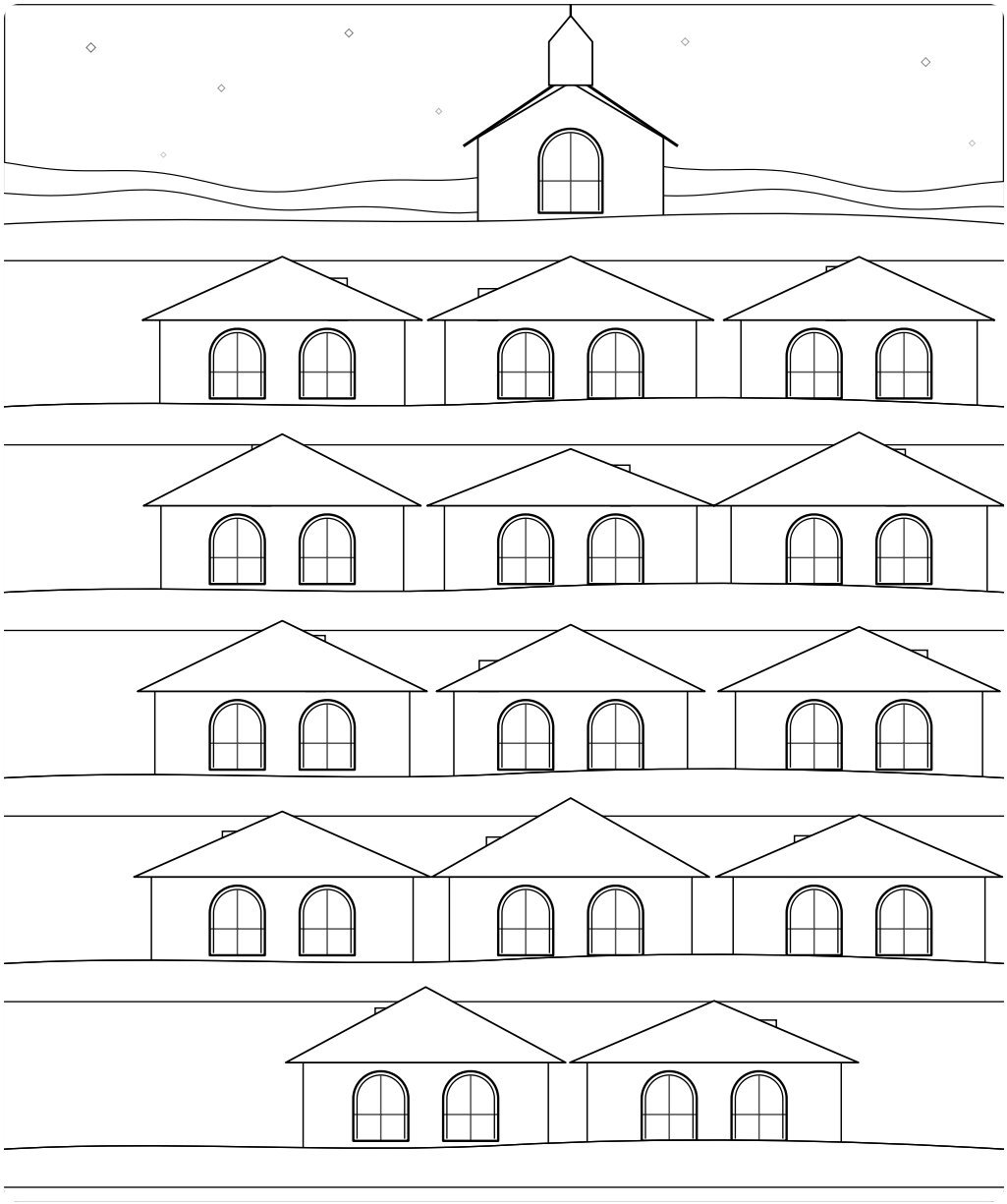
THANKS
One good thing from today.

ASK
One thing you need, or someone does.

REMEMBER IT *One word to carry* **Here** *or your own*

Every window glowing, page 41 · Gifts of grace, page 42 · Into the new year, page 44

Every window glowing



The LORD bless thee, and keep thee: The LORD make his face shine upon thee, and be gracious unto thee: The LORD lift up his countenance upon thee, and give thee peace.

NUMBERS 6:24-26

Gifts of grace

Not everything you asked for came. Some things came that you didn't ask for. Write down both, so next December you can read it back.

DATE	WHAT I ASKED FOR	WHAT CAME

My 29 words

Copy each day's word onto its line.

November 27

November 28

November 29

November 30

December 1

December 2

December 3

December 4

December 5

December 6

December 7

December 8

December 9

December 10

December 11

December 12

December 13

December 14

December 15

December 16

December 17

December 18

December 19

December 20

December 21

December 22

December 23

December 24

December 25

Into the new year

Christmas morning comes and then, a few days later, an ordinary Tuesday. That's the point of all this. The light doesn't go out on the 26th.

Three words I carried that stayed with me:

One verse I want to keep reading in January:

One prayer I haven't finished praying:

One person I want to keep on my list:

A word for next year:

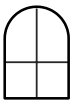
YOURS

Notes

For anything that didn't fit in a box.

Verse cards

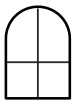
Cut along the dashes. Keep one in your coat pocket. Write a name on another and give it away, with a line from you on the back.



And the light shineth in darkness; and the darkness comprehended it not.

JOHN 1:5

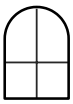
For: _____



It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.

LAMENTATIONS 3:22-23

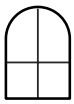
For: _____



Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

PSALM 46:10

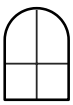
For: _____



But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

ISAIAH 40:31

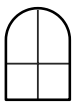
For: _____



And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

LUKE 2:10

For: _____



Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us.

MATTHEW 1:23

For: _____

Where the words come from

An old prayer. The line on November 30 comes from the Collect for the First Sunday of Advent in the Book of Common Prayer (1662).

The notes. The notes try to say what a passage meant to the people who first heard it and what Christians have made of it since. Where Christians or Jewish readers see it differently, the note says so. They're a way in, not the last word. If you have a pastor or priest, ask them about anything that puzzles you. If you don't, bring the question to God. That's a prayer too.

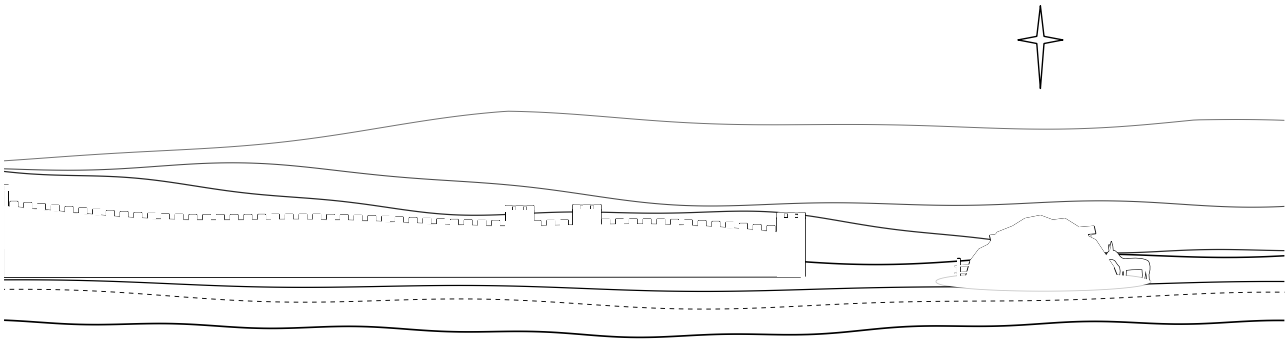
A gift to pass on

This journal is our gift to you. Print it as many times as you like, for yourself and the people in your own home. Then share this gift with 2 others that need it this season: the friend who's worried, the neighbor on their own this December, someone who's been on your mind. Send them to oneclearprayer.com/advent and they'll have their own copy, free. It may be the helping hand they've been hoping for, and it will have come from you.

If you're leading a church, a class or a small group, use the Leader and Family Pack, which has its own license.

Printing

Print at 100% or "actual size" on Letter or A4. Choose "print on both sides" if you'd like a book. Some home printers leave a thin white edge on the full-color pages. That's normal. Ink-saver editions are black and white line drawings, with no dark areas, and you can color them in yourself.

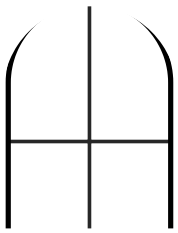


Where to go from here

One window a day, one word at a time. Some days your window glowed and some days it didn't. Either way, you kept coming back, and that matters more than how well it went.

There's more waiting for you at oneclearprayer.com: short prayers for real moments, for mornings and nights, for worry, and for the people you love. Read one, pray it, keep the page for the day you need it.

And if you'd like a prayer to come to you in the new year, there's the weekly prayer. One prayer, one passage of Scripture and a few quiet minutes with God, in your inbox once a week. It's free.



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The day you can't find the words

The week you're running on empty

The person you nearly walked past

You'll find them all at oneclearprayer.com/prayers/

Whether prayer is part of your day, you're finding your way back to God, or you're only curious, you're welcome here.