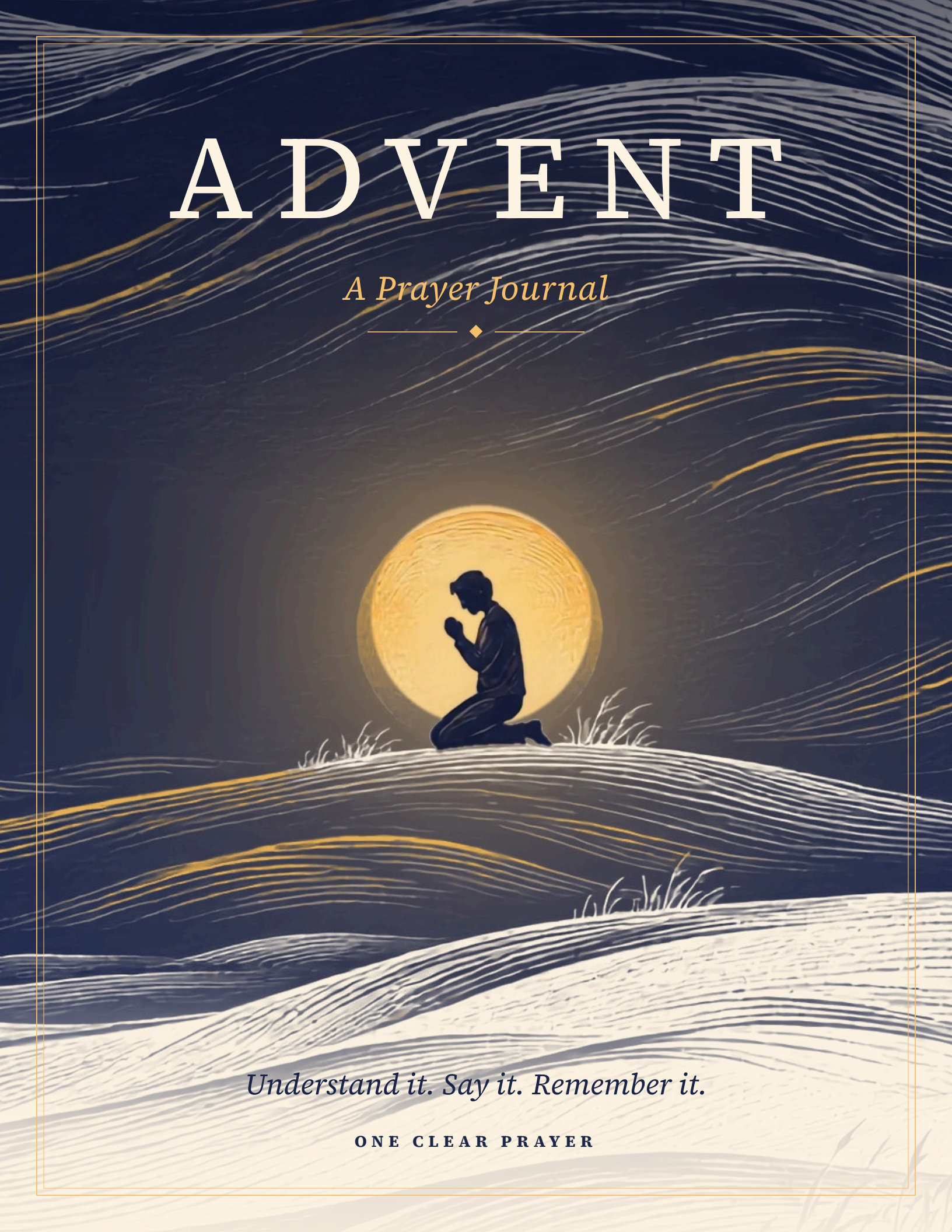
ADVENT

A Prayer Journal



Understand it. Say it. Remember it.

ONE CLEAR PRAYER

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.**

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WEEK ONE · DECEMBER 1 TO 6

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?

DAY 1 · HOPE

December 1



THIS WEEK
Four candles, one for each week.

1

Color it here and on p. 5.

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* _____

DAY 2 · HOPE

December 2



THIS WEEK
Four candles, one for each week.

2

Color it here and on p. 5.

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.

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 **Comfort** *or your own* _____

DAY 3 · HOPE

December 3



THIS WEEK
Four candles, one for each week.

3

Color it here and on p. 5.

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.

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* **Promise** *or your own* _____