



Promise of Restoration



Advent
HOPE

Self- Care Advent Guide



What is Advent?

Advent is a season of four weeks including four Sundays. **Advent** derives from the Latin “*adventus*”, which means “**coming**”. The season proclaims the comings of the Christ—whose birth we prepare to celebrate once again, who comes continually in **Word** and **Spirit**, and whose return in final victory we anticipate. Each year Advent calls the community of faith to prepare for these comings; historically, the season was marked by fasts for preparation.

This year, with so many things happening, we are calling our faith community to remember to “**HOPE**” as we hold on to the “**Promise of Restoration**”. While remembering to “**HOPE**”, self-care is necessary.

This **Advent Self-Care Guide** is here to provide guidance in which we may reflect, meditate and take care of ourselves during these interesting times.

Week 1

We lean into “HOPE” as we ask for “HELP”.

Read: Jer. 33:14-16



Lighting of the candle proclamation

Home. The prophet Jeremiah speaks of a branch that will be raised. Jesus spoke of a Son of Man that will descend. Both point to a hope. A hope that calls us home. Our true home, where we're welcomed, loved and included. Where there is justice and equality and peace. It's time, this Advent season, time to hope and go inwardly and outwardly home.

Week 1

Advent Self Care Tips

Day 1: Take inventory of your current self-care in body-mind-spirit. What needs tending to? What are you already doing well? Set three self-care goals for yourself this season.

Day 2: Look over your calendar and schedule time for the goals you set yesterday. If that party, you don't want to go to makes the schedule, so can the things that are important to you!

Day 3: Give yourself permission to say "no" to invitations, relatives, and overspending.

Day 4: Make a holiday playlist to listen to all month. No Christmas music required!

Day 5: Get a gift for your future self and write a card expressing your hopes for the New Year. Wrap it and open on Christmas.

Day 6: Sit outside in the morning to soak up some [vitamin D](#)!

Day 7: Wear something festive to get yourself in the holiday spirit!

Week 2

**We “HOPE” to be “OPEN” to give
God thanks.**

Read: Isaiah 12:1-6



Lighting of the candle proclamation

For many of us, the call to head home is one of joy and of hope. We can't wait to reconnect with family, with history and tradition, with a wonderful time of freedom and loving support.

We give thanks. We can't wait to go home.

Lord, we give thanks.

Week 2

Advent Self-Care Tips

Day 8: Go to bed early and protect your sleep all month! 8 hours a night really does matter!

Day 9: Acknowledge any grief this time of year brings, and give yourself permission to make new happier memories.

Day 10: Clear out the clutter. Fill a box and take it to the thrift store.

Day 11: Watch a Christmas movie you've never seen before.

Day 12: Volunteer, donate, or give a gift to help those in need.

Day 13: Light a candle or fire in the fireplace and enjoy the quiet glow.

Day 14: Eat some vegetables! It can be so easy to neglect our greens in the winter but our bodies still need them.

Week 3

Let us “HOPE” that God will purify

US.

Read Malachi 3:1-4

**SERVE, LOVE, GIVE,
PURIFY, MEDITATE,
REALIZE.**

Lighting of the candle **proclamation**

The prophet Malachi tells us that even when we are in the hottest of fires, there is a presence who can make us better, who can refine and purify.

John the Baptist tells us that the road home is always under construction, mountains leveled, and valleys filled in, to make smooth the path that leads us to our true destination, where we can live in peace and unity with all. Amen.

Week 3

Advent Self-Care Tips

Day 15: Check in with the 3 goals you set and adjust plans as needed.

Day 16: Release EMF buildup by hugging a tree or walking barefoot outside if it's warm enough.

Day 17: Treat your feet! Unbundle those toes and give yourself a pedicure.

Day 18: Go for a walk outside, bonus points for snow!

Day 19: Read a book you've had on your list and pick your reading list for the New Year.

Day 20: Bake your favorite cookies and share them with a neighbor.

Week 4

Let us “HOPE” that God will enlighten us.

Read John 1:1-10



Mary, faced with an incomprehensible burden and gift, ran to Cousin Elizabeth's house, looking for someone who knew a little of what she was going through, looking for a place to hide until the reality of her condition could become something real. And she received a blessing. The prophet Micah spoke of a blessing coming to an unexpected place, an unassuming town. Yet by God's grace would become the means through which God would bless the whole world. Amen.

Bethlehem, the little town of blessing.

We seek a blessing.

Week 4

Advent Self-Care

Tips

Day 22: Read [Luke chapter 2](#) and reflect on the meaning of this season.

Day 23: Watch your favorite Christmas movie.

Day 24: Wear some [new pajamas](#) or a favorite pair you already own.

We light these candles,
hoping to become the light,
hoping to radiate light by how
we live. We light these
candles to create a space
called home in this place, in
our place, in inner places. We
light these candles to declare
that unto us a Savior is born,
who is Christ the Lord.
Welcomed home by angels
singing and shepherds
kneeling. Welcomed home by
those like us who have
worshiped for thousands of
years.

