

The devotional provided on the Peace website is meant to be done once a week during the season of Advent. Usually, it works best to pick a day of the week and a time of that day to read, ponder, pray and journal about the content of the devotional. You may want to set aside a specific time and place to do these things. Or, read out loud with family members and have conversation about what you read. Centering this devotional in prayer can be a powerful experience, and if desired, singing a favorite hymn may build a feeling of spiritual connection.

Reminder- Advent begins on November 27, 2022. You will need to begin the week before December starts to get all four devotionals in by Christmas.

For the daily prayers, readings, and hymn verses, the same practice as above may be true. Trying to set aside a specific time each day can help make this a regular practice. Especially with the hymn selections, it may be meaningful to open a hymnal (borrow one from the church if necessary) and sing an advent or Christmas hymn. Offer a prayer, light a candle or an advent wreath, pray the words given out loud or repeatedly in your heart. For scripture citations, you may want to read more verses before or after the verse(s) given.

There is no wrong way to reflect during a devotional time! Try different things, or pick something and stick with it. Either way, the intentional time with God will help you feel spiritually connected during a time of year that often brings about anxiety and frustration.

God is with you always!