



## Everyday Immanuel Advent Experiment

**What:** Try out a new personal or family faith habit for the season of Advent, pausing for 5 minutes, 10 minutes, or more, each day to encounter God.

**Why:** Advent lends itself to faith habits and home practices, which is good, as while these four weeks are full of spiritual preparation for the coming of Jesus, they are also full of the rush of the holidays.

**When:** Advent begins Sunday, December 1 and ends Tuesday, December 24

**How:** Options, ideas and suggestions are below. You can also [sign up to receive four weekly Advent Experiment emails](#) with links to a Bible verse for each day of Advent, prayers, tips, tools and resources to help you, and your family, grow in faith throughout Advent. Watch your Monday email or go to Immanuel's website: [www.immanuel.us](http://www.immanuel.us)

### Daily Bible Readings in Advent

Pause to read and reflect on a daily Bible reading

#### Week 1: HOPE

Dec. 1: John 1:1-5  
Dec. 2: Jeremiah 33:14-16  
Dec. 3: Luke 1:5-10  
Dec. 4: Luke 1:11-17  
Dec. 5: Luke 1:18-25  
Dec. 6: Luke 1:26-38  
Dec. 7: Matthew 1:18-21

#### Week 2: PEACE

Dec. 8: Matthew 1:22-25  
Dec. 9: Isaiah 7:14  
Dec. 10: Luke 1:39-45  
Dec. 11: Luke 1:46-56  
Dec. 12: Luke 1:68-79  
Dec. 13: Luke 2:1-5  
Dec. 14: Luke 2:6-7

#### Week 3: JOY

Dec. 15: Luke 2:8-12  
Dec. 16: Luke 2:13-14  
Dec. 17: Luke 2:15-18  
Dec. 18: Luke 2:19-20  
Dec. 19: Matthew 2:1-2  
Dec. 20: Matthew 2:3-6  
Dec. 21: Matthew 2:7-8

#### Week 4: LOVE

Dec. 22: Matthew 2:9-12  
Dec. 23: Isaiah 9:6-7  
Dec. 24: John 1:1-14

### Advent Prayers

Incorporate a weekly Advent prayer into your ritual

#### Week 1: HOPE

*Dear Jesus, you are the hope in our messy world. This Advent, help us slow down, listen to your voice, and focus on what's really important. We place our hope in you as we prepare our hearts to celebrate your birth on Christmas. Amen.*

## Week 2: PEACE

*Dear Jesus, you entered our world on Christmas as the Prince of Peace. This Advent, as we strive to become the-best-version-of-ourselves, fill us with a deep and abiding peace. Help us share that peace with everyone we encounter, especially those who need it most. Amen.*



## Week 3: JOY

*Dear Jesus, help us focus on you during this busy season. May we stay aware of the joy you bring into our lives. We want to find you in the everyday moments and come with hearts of gratitude to your manger on Christmas. Amen.*

## Week 4: LOVE

*Dear Jesus, may the light of your love always shine in our hearts. As Christmas draws closer, we marvel at your great love for us. Let your love transform every aspect of our lives and touch everyone we encounter. Our hearts are open to you, Jesus. Amen.*

## O come, O come, Emmanuel

Read, sing or pray a verse of this Advent hymn

1. O come, O come, Emmanuel,  
And ransom captive Israel,  
That mourns in lonely exile here,  
Until the Son of God appear.  
Rejoice! Rejoice! Emmanuel  
Shall come to thee, O Israel.
2. O come, Thou Rod of Jesse, free  
Thine own from Satan's tyranny;  
From depths of hell Thy people save,  
And give them victory o'er the grave.  
Rejoice! Rejoice! Emmanuel  
Shall come to thee, O Israel.
3. O come, Thou Dayspring, from on high,  
And cheer us by Thy drawing nigh;  
Disperse the gloomy clouds of night,  
And death's dark shadows put to flight.  
Rejoice! Rejoice! Emmanuel  
Shall come to thee, O Israel.
4. O come, Thou Key of David, come  
And open wide our heav'nly home;  
Make safe the way that leads on high,  
And close the path to misery.  
Rejoice! Rejoice! Emmanuel  
Shall come to thee, O Israel.

## The Faith 5\*

Gather with at least one other person and use the Faith 5 around an Advent wreath, by candlelight or by the lights of your Christmas tree.

- **Share** your highs and lows
- **Read** a verse/passage from the Advent Experiment Bible readings
- **Talk** about how they connect with your life
- **Pray** for one another (turn highs and lows into thanks and asks)
- **Bless** one another

## Other Options:

- Make or buy an Advent wreath and light candles each day or week.
- Light a single candle and gather for prayer, discussion and reflection.
- Gather by your Christmas tree for your daily Bible reading and/or Faith 5\*
- Share how you are experiencing God in Advent with a photo on social media using #AdventExperiment
- Take Flat Michael with you throughout Advent and post photos with #FlatMichael

