

The Advent Chain

On each paper link, write one activity to be completed for that day of Advent. Choose your favorite of the ideas below or write your own.

1. Offer the birds a message of hope today. Feed them a piece of bread or some seed.
2. Read the Mary's song of praise, the Magnificat ([Luke 1:46-55](#)). Then keep a symbol of Mary with you throughout the day (a rosary, necklace, picture, etc.).
3. Wish your nose a "Happy Advent". Light a candle with Christmas smells, or put water, orange peels, and cinnamon on the stove to create the smells of Advent. As the smells fill your home, let them be a prayer of praise to God for his Son, Jesus.
4. Write a letter to a person far away who touched your life in a special way. Then spend the rest of the day praying for this person.
5. Bake your favorite cookies today (or buy some). As you enjoy your treats, talk about your hopes for the time before Christmas.
6. Go to the mall or a store today and people watch. Then choose one person to pray for during this busy season. Ask God to bless the person with love and peace this holiday season.
7. Listen to a traditional Christmas song today. Pray the words as you listen and let them bring you peace, love, or joy.
8. See Christ in the lonely this December. Make a plan to reach out to a lonely neighbor or relative over the next few weeks.
9. Take a "me" break today. Remember that you are a beloved child of God.
10. Go for a ride tonight and view the colorful Christmas lights. Allow the lights to shine joy into your soul and brighten any personal darkness you might feel today.
11. Eat lunch today with a good friend (in person or virtually). Give thanks for the friendship you have received from this person.
12. Think of someone who could use a little boost from God today. Prepare a small and thoughtful gift for this person. Wrap your gift with a note that says, "The Lord made me think of you."
13. Proclaim a desert day! Fast from noise today. Spend the day quietly listening to God's voice.
14. Prepare a box of food (or donate money to the food shelf). Recognize that this holiday season there will be people in need of help. Deliver your gift of love to the food shelf.
15. Do something useless but fun today! Waste a little time with the Lord, who loves your play as well as your work.
16. Decorate your front door today with joy. Let the world know that it is welcome and that the birth of Christ is celebrated here.
17. Share this day with a child. Listen well to your little one today; the Spirit often speaks through such innocence.
18. Forgive someone today. Reach out to the person who hurt you and offer to make peace.
19. Take a walk at night. Listen to the sounds of the night. Hear the noises (owls, coyotes, traffic, sirens) as a hymn to Emmanuel, God with us.
20. Bring some living greenery into your house today. Look at it, smell it, touch it. Let the greenery remind you of God's unending love and hope.
21. Buy a Christmas candle. Give it a prominent place in your home. On Christmas Eve, light this sig of God's Son among us, read the story of Jesus' birth ([here](#)) and delight in the wonder.
22. Open the doors of your heart today. Give special attention, love, and prayers to all those who you meet today. Let your gift of self be a witness to the love of Christ among us.
23. Tell the people you live with—your children, your spouse, your parents—that you love them. Try to give each one a compliment during the day; often your voice and arms express God's love.
24. Put up your crèche (nativity scene) today. But do not put the Christ child in it yet. On Christmas Eve place the babe in the manger and read the story of Christ's birth ([here](#)).
25. Ask forgiveness of someone you have hurt. Call or write, do what you must do to make peace.