



AN ADVENT PRAYER JOURNEY

YOUTH
Down
SOUTH



AN ADVENT PRAYER JOURNEY

• WEEK ONE •
November 29–December 5
• HOPE •

• WEEK TWO •
December 6–12
• PEACE •

• WEEK THREE •
December 13–19
• JOY •

• WEEK FOUR •
December 20–26
• LOVE •

• WEEK FIVE •
December 27–January 2
• LIGHT •



WEEK ONE

HOPE

PRAYER PRACTICE: WAITING & TRUSTING

"Here is something I am still sure of. I will see the Lord's goodness while I'm still alive. Wait for the Lord. Be strong and don't lose hope. Wait for the Lord." **Psalms 27:13-14 NIRV**

"May the God who gives hope fill you with great joy. May you have perfect peace as you trust in him. May the power of the Holy Spirit fill you with hope." **Romans 15:13 NIRV**

"But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak." **Isaiah 40:31 NIRV**

PRAYER EXPERIENCE

Have everyone sit or stand in a circle and hold hands. Explain that when we hold hands, we remind ourselves that we don't wait alone. God is with us, and we have one another.

Go around the circle. Each person can pray one short sentence beginning with:

"God, we hope for..."

They might pray for something personal, someone they love, or something happening in the world. If someone doesn't know what to say, they can simply say, "God I put my hope in You."

Finish by having someone say, "God of hope, help us trust You while we wait. Amen."

FAMILY CHALLENGE

Look for hope. Each day this week, name one place where you see God's goodness, even while you're waiting.





WEEK TWO

PEACE

PRAYER PRACTICE: GIVE GOD YOUR WORRIES

“Don’t worry about anything. No matter what happens, tell God about everything. Ask and pray, and give thanks to him. Then God’s peace will watch over your hearts and your minds. He will do this because you belong to Christ Jesus. God’s peace can never be completely understood.” **Philippians 4:6-7 NIRV**

“Turn your worries over to the Lord. He will keep you going. He will never let godly people be shaken.” **Psalms 55:22 NIRV**

“I leave my peace with you. I give my peace to you. I do not give it to you as the world does. Do not let your hearts be troubled. And do not be afraid.” **John 14:27 NIRV**

PRAYER EXPERIENCE

Give each person a small piece of paper. Ask, “What is something that is making you worried, afraid, or upset?” They can write it down or draw a picture. Then, have everyone fold their paper and place it in a basket or box. Label the box, “God, I Give This to You.”

Then, pray together. Teach them a simple breath prayer:

Breathe In: “Jesus, give me peace.”

Breathe Out: “I give You my worries.”

Repeat it several times.

FAMILY CHALLENGE

Whenever someone in the family feels worried this week, pause and pray the breath prayer together or pray “God, I give this to You.”





WEEK THREE

JOY

PRAYER PRACTICE: PRAYER OF PRAISE

“Shout for joy to the Lord, everyone on earth. Worship the Lord with gladness. Come to him with songs of joy. Know that the Lord is God. He made us, and we belong to him. We are his people. We are the sheep belonging to his flock. Give thanks as you enter the gates of his temple. Give praise as you enter its courtyards. Give thanks to him and praise his name. The Lord is good. His faithful love continues forever. It will last for all time to come.” **Psalms 100:1-5 NIRV**

“Always be joyful because you belong to the Lord. I will say it again. Be joyful!” **Philippians 4:4 NIRV**

“But the angel said to them, ‘Do not be afraid. I bring you good news. It will bring great joy for all the people. Today in the town of David a Savior has been born to you. He is the Messiah, the Lord.’” **Luke 2:10-11 NIRV**

PRAYER EXPERIENCE

Give everyone a battery-operated candle, glow stick, or flashlight. Turn off the lights.

Read Luke 2:10.

Have each person turn on their light and say something they praise God for.

Examples:

- “God, thank You for my family.”
- “God, thank You that You love us.”
- “God, thank You for sending Jesus.”

After everyone has prayed, turn on the lights and explain that our joy grows when we remember what God has done.

FAMILY CHALLENGE

Start a Joy Jar. Every day, put one thing you’re thankful for inside. Read them together on Christmas Day.





WEEK FOUR

LOVE

PRAYER PRACTICE: PRAYER FOR OTHERS

“Here is how God showed his love among us. He sent his one and only Son into the world. He sent him so we could receive life through him. Here is what love is. It is not that we loved God. It is that he loved us and sent his Son to give his life to pay for our sins. Dear friends, since God loved us this much, we should also love one another.” **1 John 4:9-11 NIRV**

“God so loved the world that he gave his one and only Son. Anyone who believes in him will not die but will have eternal life.” **John 3:16 NIRV**

“But here is what I tell you. Love your enemies. Pray for those who hurt you.” **Matthew 5:44 NIRV**

PRAYER EXPERIENCE

Give everyone a candle or flashlight. Explain that Jesus came because God loves the whole world – not just our family. We’re going to use our lights to remind us to pray for people who needs God’s love.

Have everyone hold their light and pray for a different group:

- Someone who is lonely
- Somone who is sick
- Someone who is grieving
- Someone who doesn’t know Jesus
- Families who don’t have enough
- People experiencing war or conflict
- Your community
- Missionaries
- Someone your family knows who needs prayer

Close with, “Jesus, help us not only to pray for people who need Your love, but help us show them Your love.”

FAMILY CHALLENGE

Put feet to your prayers. Do one loving thing for the people you prayed for this week. Send a card. Make a phone call. Prepare a meal. Send an invitation. Do a small act of kindness.





WEEK LIGHT LIGHT

PRAYER PRACTICE: LISTENING PRAYER

"Life was in him, and that life was the light for all people. The light shines in the darkness. But the darkness has not overcome the light."

John 1:4-5 NIRV

"Your word is like a lamp that shows me the way. It is like a light that guides me." **Psalms 119:105 NIRV**

"You are the light of the world. A town built on a hill can't be hidden. Also, people do not light a lamp and put it under a bowl. Instead, they put it on its stand. Then it gives light to everyone in the house. In the same way, let your light shine so others can see it. Then they will see the good things you do. And they will bring glory to your Father who is in heaven." **Matthew 5:14-16 NIRV**

PRAYER EXPERIENCE

Dim the lights. Place one candle in the middle of the family.

Read John 1:4-5 slowly.

Explain that for the next 60 seconds, we're going to be quiet. You don't have to say anything. Just remember that Jesus is with you in the silence.

Set a timer for 60 seconds.

Afterwards, ask, "What did you think about while you were quiet?"

Kids can share if they want.

Explain that it can be easier to hear God's voice when we're quiet and focused on Him.

Then pray:

"Jesus, thank You for being our light. Help us follow You, listen to You, and shine Your light wherever we go. Amen."

FAMILY CHALLENGE

Each person will choose one way to shine Jesus' light during the week. Consider writing it down and displaying it somewhere everyone can see.

