

RHYTHM OF *Advent*

24 ideas for following a Rhythm of Life during Advent

Sing your favourite Christmas song, and reflect on what it means to you.

Think as a church community how you might draw someone in more deeply to the church family.

Buy this week's food shop or Christmas food as locally and ethically as you can.

Turn off all the digital devices in your home and spend some time with God and each other.

As we prepare to receive God's greatest gift, reflect on how we receive gifts graciously from others.

Read the Christmas story, and reflect on it afresh.

Ask the people you live or work with what they are most looking forward to about Christmas.

Go for a prayer walk around your local area.

Reflect on the meaning, symbols and traditions in Advent worship.

Donate something to a local charity or food bank.

Invite someone over for an Advent or Christmas meal.

Talk to someone about why you celebrate Christmas as a Christian.

Make an extra effort to say 'thank you' to people today, even for the little things.

Listen to the new carol written for the Church of England this Christmas.

Reflect on how you feel when giving to someone or something this Advent and Christmas.

Pray for someone who will find this Christmas difficult.

Invite someone to one of your church's Advent or Christmas services.

As a church community, think of people who might be alone this Christmas, and invite them to someone's home.

Set aside a day to rest.

Buy a Christmas present for someone you wouldn't normally give to.

Attend an Advent service in your local church.

Recycle all Christmas wrapping paper, card envelopes and food packaging.

Try using Morning and/or Evening prayer as a routine, either on your own or with others.

Do something today that brings you joy.



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Advent is a season of expectation and preparation for the gift of the infant Jesus. We celebrate the mystery of God coming to live among humanity as one of us. This great feast has inspired the many joyful customs and traditions that we use to mark Christmas. But there is more than tinsel, trees and reindeer - there is amazement, wonder and joy.

In the Diocese of York, we share a vision to Live Christ's Story, and part of this means adopting patterns of Christ-like living that help us to grow in faith. We call this a Rhythm of Life, and is shaped around six things that Jesus asks us to do. Advent is a good time to reflect on these things, and to explore ways we can embed these habits that work for us.

What might your Rhythm of Advent be?
You can use this space to make a note of some ideas.



PATTERNS OF PRAYER AND BIBLE READING



BEING PART OF THE WORSHIPPING LIFE OF YOUR CHURCH



LOVING ONE ANOTHER



LIVING GENEROUSLY



SHARING FAITH WITH OTHERS



HAVING REGULAR PATTERNS OF REST

Lord Jesus, Light of light, you have come among us.
Help us who live by your light to shine as lights in your world.
Glory to God in the highest. Amen.