

CALM and BRIGHT

24 ideas for following a calm Rhythm of Life during Advent

Look at the stars tonight and reflect on God's creation.

Do some painting, drawing, or something else creative - only use bright colours!

Go for a walk and try and find things in nature or your environment in as many different colours as you can.

Find a place in scripture where things are calm or quiet.

Think about who last brightened up a tough day for you, and let them know.

Turn on your phone torch in a dark room - reflect on what you notice that you don't usually see.

Light a candle and use it for prayer.

Do something kind for yourself today.

Sing or listen to your favourite Christmas music, and reflect on what it means to you.

Turn off all your digital devices and spend time with God and other people.

Set aside a day to rest.

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

Do something today that brings you joy.

Spend time today reflecting on what your way of life looks like, and who God might be calling you to be.

Give thanks today for being fearfully and wonderfully made in the image of God.

Pray for someone who will find this Christmas difficult.

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

Spend some time today in silence, allowing your heart to rejoice calmly.

Meditate tonight on God's presence in the darkness as well as the light.

Talk to someone about why you enjoy celebrating Christmas as a Christian.

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.

Donate something to a local charity or foodbank.

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

RHYTHM OF ADVENT

December can feel like chaos – lots of social events, services, Christmas presents to buy, never-ending to-do lists and the pressure to create the perfect Christmas. But in the midst of this chaos, our faith offers us all an opportunity to find peace, calm and joy during this busy season. 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.

We call this a Rhythm of Life, and is shaped around seven practices that help us to grow in faith. Advent is a good time to reflect on these, and to explore ways we can embed habits that work for us.

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



Rooted in Prayer



Shaped by Scripture



Being Part of the worshipping life of your church



Loving one another



Living generously



Sharing faith with others



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.