



Advent Reflections for the Soul



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The word "Advent" comes from the Latin word *adventus*, which means "coming." The season of Advent is a season of anticipation. A season of waiting. A season of wonder.

Advent is not just a calendar countdown. Advent invites a spiritual posture of waiting, watching, and longing... for God to be born anew in the world, in ourselves, and in the life to come.

In Advent, we wait for the coming of Christ: God entering our world as a fragile, newborn child, as a presence in our daily lives, and as the fullness of love and justice yet to come. We are invited into a sacred space between what has been and what is yet to be. We are called not only to hope but to notice, to breathe, and to wonder at the small and sacred moments that surround us. *Waiting in Wonder* encourages us to pay attention to both the challenges and the quiet gifts of this season, allowing our hearts to open to the themes of Hope, Peace, Joy, and Love. As you move through each week, let these reflections guide you to explore what is stirring within, to embrace the unknown with gentle curiosity, and to find wonder even in the waiting. Keep a journal close!



Christmas often sweeps us along, moving quickly from one task to another, fulfilling the expectations and wishes of others. Yet beneath the busyness, what hopes, dreams, and longings dwell quietly in our own hearts? How might Advent invite us to pause, to sit with our waiting, our wanting, and our wondering?

This guide is designed to invite our soul to wonder and dream as we wait, with the God who is Always With Us and Always Coming to Us.



Week 1

Light the first candle, a symbol of Hope.

The light that breaks into our darkness.

Advent begins in the quiet dark, a season of longing and promise. We wait for a light we cannot yet see, trusting that even the smallest flicker of hope can pierce the deepest night. Hope is not wishful thinking; it is courage born of faith, the steady belief that God's light is already on the horizon. As we begin this journey of waiting in wonder, may our hearts be open to the whispers of promise that rise like dawn.

"The celebration of Advent is possible only to those who are troubled in soul, who know themselves to be poor and imperfect, and who look forward to something greater to come."

— Dietrich Bonhoeffer

As you step into this season, take a moment to consider these two questions:

1 What feels difficult about waiting, and where might wonder be quietly growing in those spaces?

2 When waiting unfolds into wonder, what do you hope to find there?

Sunday, Nov 30

Isaiah 9:2-7

The people who walked in darkness have seen a great light...

As you begin to wait, what light do you yearn for in your life and how might wonder open you to seeing it?

Monday, Dec 1

Isaiah 11:1-10

A shoot shall come from the stump of Jesse; the Spirit of the Lord rests on him...

What new growth or promise might be hidden beneath what seems dead or dormant and how does wonder help you notice it?

Tuesday, Dec 2

Psalms 130:5-6

I wait for the Lord, my soul waits, and in his word I hope.

How can you wait with hope instead of impatience this week?

Wednesday, Dec 3

Romans 8:24-25

If we hope for what we do not see, we wait for it with patience.

What unseen hope are you holding in your heart?

Thursday, Dec 4

Luke 1:26-33

The angel said, "Do not be afraid... you have found favor with God."

What might God be birthing in you that invites both fear and wonder?

Friday, Dec 5

Isaiah 11:1-2

A shoot shall come from the stump of Jesse...

Where might new life be quietly growing from something that felt finished?

Saturday, Dec 6

Psalms 27:14

Wait for the Lord; be strong, and let your heart take courage.

How does courage shape the way you wait?



Week 2

Light a second candle, a symbol of Peace.

The stillness where God meets us.

After the spark of hope comes the invitation to peace... a peace not found in perfect circumstances, but in the still center of God's presence. In a world filled with noise and haste, Advent calls us to slow down, breathe deeply, and rest in the assurance that God is near. Peace does not erase our waiting; it transforms it, giving us the strength to stand still and trust the unfolding work of grace.

"True peace is not merely the absence of tension; it is the presence of justice."

— Martin Luther King Jr.

As we begin Week 2 of Advent, here
are a few questions to begin:

1 Where in your life is waiting stirring both tension and calm,
and how might wonder bring peace to those spaces?

2 What is one thing you need from God in order to
sustain a healthy spirit through this time of waiting?

Sunday, Dec 7

Isaiah 40:1-5

Comfort, O comfort my people, says your God.

What comfort do you most need in this season?

Monday, Dec 8

Philippians 4:6-7

The peace of God, which surpasses all understanding, will guard your hearts.

What would it look like to let God's peace guard your heart today?

Tuesday, Dec 9

Mark 1:2-4

Prepare the way of the Lord, make his paths straight.

What needs clearing in your life and heart to make room for peace?

Wednesday, Dec 10

Luke 1:68-79 (Zechariah's Song)

...to guide our feet into the way of peace.

How might God be guiding your steps toward peace, even in uncertainty?

Thursday, Dec 11

Psalms 85:8-10

Steadfast love and faithfulness will meet; righteousness and peace will kiss each other.

Where have you seen peace come from love and faithfulness working together?

Friday, Dec 12

John 14:27

Peace I leave with you; my peace I give to you.

What part of your life most needs Christ's peace right now?

Saturday, Dec 13

Micah 5:2-5

He shall be the one of peace.

What would it mean for Christ's peace to shape your home, your work, your world?



Week 3

Light a third candle, a symbol of Joy.

The joy that rises from wonder.

Joy arrives often quietly... a laugh shared, a moment of gratitude, a glimpse of beauty amid the ordinary. It is the song that rises from hope and peace intertwined, reminding us that God's promises are not distant dreams but living realities taking shape even now. In our waiting, joy becomes both gift and guide, teaching us to find wonder in every small sign of God's presence.

"Joy is the most infallible sign of the presence of God."

— Pierre Teilhard de Chardin

A few questions for this week:

1 What is one childlike thing you can do this week, releasing your adult “importance” and enjoying the loving heart of God?

2 In the midst of waiting, what sparks of joy or small wonders are shining through, even if briefly?

Sunday, Dec 14

Isaiah 12:2-6

Surely God is my salvation; I will trust and not be afraid.

Where is joy trying to find a home in your heart?

Monday, Dec 15

Luke 1:39-45

Elizabeth said, "Blessed is she who believed that the Lord would fulfill his promises."

What promises of God bring you joy when you remember them?

Tuesday, Dec 16

Luke 1:46-55 (Mary's Song)

"My soul magnifies the Lord, and my spirit rejoices in God my Savior."

How might praise renew your sense of joy today?

Wednesday, Dec 17

Psalms 126:2-3

Then our mouth was filled with laughter, and our tongue with shouts of joy.

What memories remind you that joy and gratitude are linked?

Thursday, Dec 18

John 15:9-11

I have said these things so that my joy may be in you, and that your joy may be complete.

What would complete joy look like for you this Advent?

Friday, Dec 19

Nehemiah 8:10

Do not grieve, for the joy of the Lord is your strength.

How can joy strengthen you in the waiting?

Saturday, Dec 20

Luke 2:8-10

I bring you good news of great joy for all people.

Where might joy be waiting to be shared through you?



Week 4

Light a fourth candle, a symbol of Love.

Love that draws near.

As Advent draws toward its fulfillment, we arrive at LOVE, the heartbeat of the season, the center of every promise. Love is God's choice to come close, to dwell among us, to be known in flesh, and light, and tenderness. In this final week of waiting, we are invited to open our hearts fully, to make room for the One who is Always With Us and Always Coming to Us. Love is both the destination and the journey itself.

Love is the wonder that holds all our waiting.

"The incarnation is the place, if you will, where hope contends with fear; where God shows that love will take on flesh and dwell among us."

— Frederick Buechner

As enter the last week of this Advent journey, think about these two questions:

1 Who or what are you longing to love more fully, and how might the wonder of waiting open your heart?

2 What would it look like for you/your family/your community to let Christmas continue, to carry its hope, peace, joy, and love into the days that follow?

Sunday, Dec 21

1 John 4:9-11

Since God loved us so much, we also ought to love one another.

How might you express God's love in a tangible way this week?

Monday, Dec 22

John 1:1-5, 14

The Word became flesh and lived among us.

What does it mean for love to take on flesh in your life?

Tuesday, Dec 23

Luke 2:1-7

She gave birth to her firstborn son... and laid him in a manger.

As Christ comes near, what space in your heart and life do you want to make room for him? Where, if any, is there resistance in making space?

Wednesday, Dec 24

Titus 2:11-14

For the grace of God has appeared, bringing salvation to all... while we wait for the blessed hope and the manifestation of the glory of our great God and Savior, Jesus Christ.

As love draws near and grace appears in the world once more, how might you open yourself to receive this gift... not just tonight, but every day that follows?

Thursday, Dec 25 - Christmas Day

Light a final candle, a symbol of Jesus, Light of the world!

Luke 2:8–20

The shepherds returned, glorifying and praising God for all they had heard and seen.

How will you carry the wonder of Christmas into the days that follow?

“The birth of Christ is the dawn of hope, the revelation of joy, the song of peace, and the embodiment of love.”

— Howard Thurman

Let's do 2026 differently.

**Looking for more reflection resources?
Check out the Soul Care Journal!**

