

ADVENT WEEKLY CALENDAR



SPACE

Pick a space you want to declutter and organize, or that needs a little TLC—it can be a room, a closet, a drawer, or a corner like a dining table covered with objects to sort through.



MINS.

Set a timer for how long you will spend here.

For smaller spaces, pull everything out and sort items to keep, donate, or throw away. Set aside any items that spark a memory you want to spend time with.

For a larger space, tidy things up while placing like items with others that fall into the same category. For example, if spending time in a bathroom – cleaning supplies would go together, and toiletries and self-care items would go in another pile together. Set aside anything any items that spark a memory that you would like to spend time with.

When your time is up, put any remaining things away or to the side if you will revisit this place tomorrow. Throw away any trash, and sit with your objects of memory.



REMEMBER & RECORD

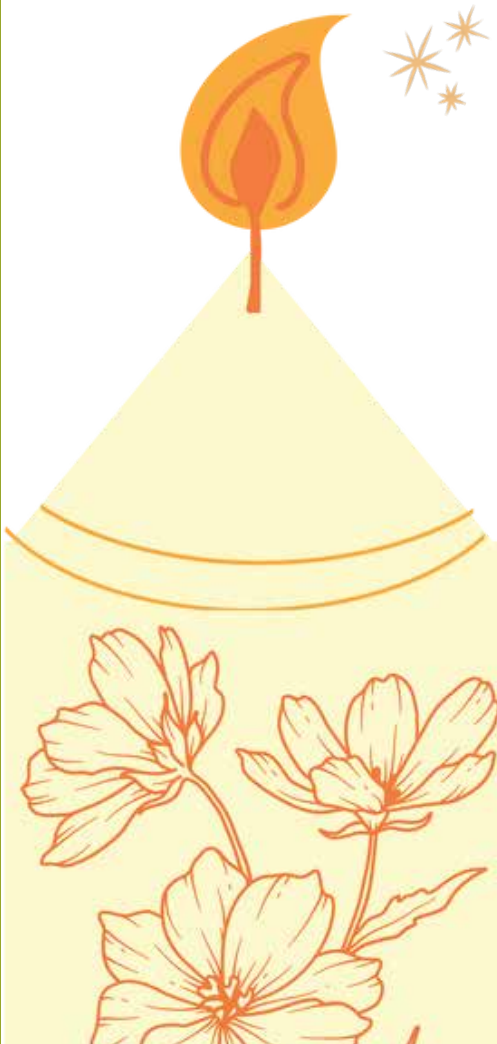
As you sit with the objects that hold memory for you, in a notebook, write down the memory, the moment, or a story about the person that you are recalling.

Before you finish, write the name of a person with whom you would like to share this memory.

PRAY AND REST

Read the weekly text, and hold in your heart any words or phrases that stand out to you. Light a candle pray and rest.

See week four for examples of how to rest





MONDAY



SPACE

_____ MINS.

REMEMBER & RECORD



PRAY Dear God, you who are in all things, even in the clutter of my mind, home, and life help me to let go of what I no longer need.

MENTAL REST

TUESDAY



SPACE

_____ MINS.

REMEMBER & RECORD



PRAY Holy one who finds us when we are lost, be with me as things I hold close appear and as I grieve those I cannot recall or find.

EMOTIONAL REST

WEDNESDAY



SPACE

_____ MINS.

REMEMBER & RECORD



PRAY Dear God, help me to not worry about tomorrow, for tomorrow will worry about itself. Instead help me to be present in the moment and with those who are with me.

SENSORY REST

THURSDAY



SPACE

_____ MINS.

REMEMBER & RECORD



PRAY Dear Lord, you who give strength to the weary and increase the power of the weak, as I sort through the nooks and corners of my life, please give me what I need to be whole.

CREATIVE REST

ADV ENT W K - 1 RITUAL



FRIDAY



SPACE

_____ MINS.

REMEMBER & RECORD



PRAY Thank you, Lord, Thank you, Lord, I just want to thank you Lord.

PHYSICAL REST

SATURDAY



SPACE

_____ MINS.

REMEMBER & RECORD



PRAY May your peace be with me as I hold these moments in my heart..

SOCIAL REST

SUNDAY



SPACE

_____ MINS.

REMEMBER & RECORD



PRAY Lord, help me to hold fast to what I have learned and received this week. Help me to stay encouraged and keep going.

SPIRITUAL REST

Exodus 12:14: "This day shall be a memorial for you, and you shall celebrate it as a feast to the LORD throughout your generations; you shall celebrate it as a perpetual ordinance."

Ecclesiastes 3:1: "There is a time for everything, and a season for every activity under the heavens."





MONDAY



SPACE

_____ MINS.

REMEMBER & RECORD



PRAY Although I may be busy I am grateful for the time I am taking for myself. Even if it is only five minutes a day. Amen.

SPIRITUAL REST

TUESDAY



SPACE

_____ MINS.

REMEMBER & RECORD



PRAY Loving God, there are some memories I don't want to revisit. As they come up allow me to put them away to be visited at a later time and give me the courage to seek healing.

MENTAL REST

WEDNESDAY



SPACE

_____ MINS.

REMEMBER & RECORD



PRAY Comforter of souls, help me to keep my mind in perfect peace, to lean into my trust in you. Amen.

EMOTIONAL REST

THURSDAY



SPACE

_____ MINS.

REMEMBER & RECORD



PRAY ///Guide my hands Lord, guide my feet lord. Lead my heart lord, surround me with your love.///

SENSORY REST

ADVENT WK-2 MEMORY

FRIDAY



SPACE

_____ MINS.

REMEMBER & RECORD



PRAY Holy, Holy is my God, comforter, creator. There is so much to do and seek;so many spaces. Let us hear your voice in each place.

CREATIVE REST

SATURDAY



SPACE

_____ MINS.

REMEMBER & RECORD



PRAY Holy Lord, I sing your praises Your endless love endures. Holy Lord, I sing your praises Your endless love endures.

PHYSICAL REST

SUNDAY



SPACE

_____ MINS.

REMEMBER & RECORD



PRAY Gracious God, thank you. Let us celebrate all victories great and small.

SOCIAL REST

Psalms 77:11-12: "I will remember the deeds of the LORD; yes, I will remember your wonders of old. I will meditate on all your works and ponder your mighty deeds."

Deuteronomy 6:20-22: "When your children ask you in the future, 'What do these stones mean?' you are to tell them, 'They are the stones that the LORD our God took from the Jordan River, the very stones the priests carried across the Jordan when the Israelites crossed over.' These stones will be a memorial for the Israelites forever."



MONDAY



SPACE



MINS.

REMEMBER & RECORD



PRAY Thank you Lord for a brand new day. Thank you for work and rest. Thank you for the people and the memories found within the nooks and corners of my life.

SPIRITUAL REST

TUESDAY



SPACE



MINS.

REMEMBER & RECORD



PRAY I don't know allways know what I need or how to ask for help. But I trust Lord that you are there. Grant me the wisdom to see your love at work.

MENTAL REST

WEDNESDAY



SPACE



MINS.

REMEMBER & RECORD



PRAY Precious Lord, you who hold me in your hand, thank you for expanding my world by providing what I need.

EMOTIONAL REST

THURSDAY



SPACE



MINS.

REMEMBER & RECORD



PRAY Wonderous God, help me to share these stories, to put on paper what is precious to hold no fear in facing memories, for there is something to know even in my leaste favorite parts.

SENSORY REST

FRIDAY



SPACE



MINS.

REMEMBER & RECORD



PRAY Gratitude is like a seed sown in my heart. Grant me the patience and care to let it grow so I can share the fruits with those I encounter.

CREATIVE REST

SATURDAY



SPACE



MINS.

REMEMBER & RECORD



PRAY With all that is weird and silly and odd, I just have to thank you lord. Thank you, thank you, thank you for all of it and a bag of chips.

PHYSICAL REST

SUNDAY



SPACE



MINS.

REMEMBER & RECORD



PRAY Christmas is around the corner. Let God's light shine, in the world! Let us bring our loved ones together, to sing songs, and eat good food.

SOCIAL REST

ADVENT WK - 3 GRATITUDE

Colossians 3:17: "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

1 Thessalonians 5:18: "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."



ADV ENT WK - 4



Go through the notes you took and the memories you recorded during this time. Call or invite someone over with whom you would like to share these memories.

CHRISTMAS EVE

PRAYER

Some of the best things happen in the dark.

The stars shine, the moon rises, the night folk keep the world going.

Christ is born.

Amen.

CHRISTMAS DAY

PRAYER

Whatever we finished is enough. Today is about sharing God's love story with the world.

Let us give thanks and pass on the stories we have revisited as well!

EXAMPLES OF DIFFERENT WAYS TO REST

1. Physical Rest

- Passive: Sleeping, napping, lying down
- Active: Gentle yoga, stretching, walking in nature

2. Mental Rest

- Mindfulness: Meditation, deep breathing, journaling
- Digital Detox: Unplugging from screens, spending time in nature

3. Emotional Rest

- Self-Compassion: Practicing kindness towards yourself, avoiding self-criticism
- Emotional Expression: Sharing feelings with a trusted friend or therapist

4. Sensory Rest

- Quiet Time: Spending time in a quiet, low-stimulation environment
- Sensory Reduction: Limiting exposure to bright lights, loud noises, and strong smells.

5. Creative Rest

- Hobbies: Painting, writing, playing a musical instrument
- Creative Play: Engaging in activities that spark imagination and creativity

6. Social Rest

- Quality Time: Spending meaningful time with loved ones
- Social Connection: Joining social groups or clubs

7. Spiritual Rest

- Prayer or Meditation: Connecting with a higher power or inner peace
- Mindfulness Practices: Focusing on the present moment, practicing gratitude

SOURCES

- **Mindful Health Solutions:** <https://mindfulhealthsolutions.com/embrace-these-7-types-of-rest/>
- **Calm:** <https://www.calm.com/blog/7-types-of-rest>
- **TED Ideas:** <https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/>