



Your (Unofficial) Guide to Advent

Connecting to the Holy During Advent

Here are some spiritual practices that can help you stay connected to the reason for the season (as we love to say).

- **Daily Prayer:** Write a short prayer out on a card, put it somewhere you will encounter it regularly, and say it every day. It helps to do it at the same time and place, but that is certainly not necessary.
- **Worship with Others:** Carve out time each week for a community spiritual practice or holy habit: worship, bible study, fellowship, service, giving, advocacy, or a family Advent calendar. However you praise, spend time growing with other people of faith.
- **Go Deeper:** Explore ways to deepen your faith and understanding of Jesus this Advent. Find a new book or podcast, take on a new spiritual practice, Holy Habit, or family ritual for the season, or take a self-directed study on some of the big questions of our faith. (You can find resources with great ideas on the UCRD website!)

