



Welcome to Advent Prayer Cards

The front of each card is a table prayer based on an Advent theme. Choose a different card for each of the days of Advent. The back of the card continues the theme with a Bible verse and table topic. Just as food is needed for the body, prayer and conversation is needed during Advent for the soul.

Directions

Before you begin eating, read the Advent prayer for the day beginning with # 1 Hope. After reading the prayer you may wish to continue with your own prayer or time of silence. As you begin to eat, read the Bible verse on the back of the card, and then discuss the theme word for the day. Notice that the first 21 cards are numbered in order from the 1st Sunday of Advent. After the 4th Sunday choose from the unnumbered cards to fill in the days before Christmas Eve.

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The Advent Season

The Advent Season begins on the fourth Sunday prior to Christmas Day. The word *Advent* means “coming” or “arrival.” During December we are in a hopeful attitude of preparing, expecting and anticipating, not just the baking, shopping, decorating and gift giving, but the coming of our Bethlehem Savior. Advent reminds us that Jesus was born 2000 years ago, but is being born each day in our hearts, and will come again as history unfolds. It is a season of hope expressed by the familiar Advent hymn, “O Come, O Come, Emmanuel.” The word Emmanuel means “God with us!” May God be with you as you enter this season of wonder and joy!

(continued on the back)

THE ADVENT WREATH is an Advent tradition in many churches and homes. You can easily create your own by taking an evergreen wreath (artificial or real), and placing four candles around the circle of the wreath. The four candles in this series of prayer cards will represent HOPE, JOY, PEACE and LOVE and be lit on the four Sundays of Advent. Place a fifth white candle in the center of the wreath, and plan to light the Christ Candle on Christmas Eve or Christmas Day. Let the circle of the wreath remind you of God’s endless presence and love. Let the green be a sign of hope and newness. Let the light of each candle bring the light of hope, joy, peace and love to your home. Let the light of the Christ Candle remind you that it is His light that brightens the whole world and guides us on our way.



First Sunday of Advent

1. Hope

Dear Lord, at this table
Fill us with thanks
For the gifts of food,
Life and loved ones.

Lord, at this table
Fill us with Hope
As we look forward to all
That You will bring us
During this Advent season.
We thank you, God, for the
Advent gift of HOPE!
Amen

Bible Reading

Now faith is the assurance of things HOPEd
for, the conviction of things not seen. Hebrews 11:1

Optional Activity

Create an advent wreath by placing four candles in a circle representing HOPE, JOY, PEACE and LOVE. Place a white candle in the middle of the circle to represent Christ. On this first Sunday of Advent, light one of the four candles to be the light of HOPE.

Table Topic

Read the card entitled "The Advent Season."
Look up and/or discuss the meaning and importance of HOPE. Invite each person to express some of their hopes for the Advent Season.



19. Goodness

Lord, the good food on our table

Reminds us of Your goodness,

And the gifts You give.

Guide us in our gift giving

That we might honor You in

Our goodness to others.

Teach us to honor You in

Our good-will toward all people.

We thank you, God, for Your

Advent gift of **GOODNESS!**

Amen

Bible Reading

Surely **GOODNESS** and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long. Psalm 23:6

Table Topic

Look up and/or discuss the meaning and importance of **GOODNESS**. Ask each person to say one thing they could do to be good to someone they know.