



PILGRIMAGE OF ADVENT  
*PRAYING THE STATIONS*





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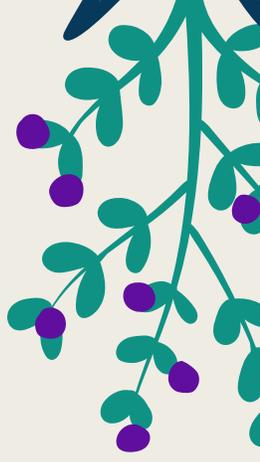
PRAYING THE STATIONS

Welcome to the Advent prayer stations we're calling a *Pilgrimage of Advent*. In Advent, we wait together, keeping watch for our coming King. There's a sense of expectation and excitement to everything. Traditionally, the Church has focused on four themes as being prominent in Advent: hope, peace, joy, and love. These stations are a way to engage with those themes and let them sink into us and deepen our awareness of God at work all around us and in us this season.

You may engage with the stations in any order. Linger at one if it stirs something in you. Maybe come back each Sunday this Advent and just pray one station. Or do all of them at once! The choice is yours.

In addition to this being a guide to praying through the stations, there are also prayers, both historic and contemporary, that are excellent companions to our own prayers this season. Extra suggestions for activities to mark the season in your family are also provided. Feel free to look through these at the beginning of Advent and use whichever ones would enrich your own celebrations.

May you experience the hope, peace, joy, and love of Christ this Advent!

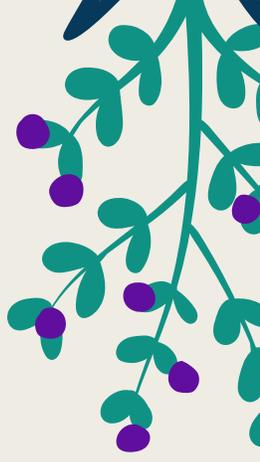


# Station 1: Hope

*A shoot will come up from the stump of Jesse;  
from his roots a Branch will bear fruit.  
The Spirit of the Lord will rest on him—  
the Spirit of wisdom and of understanding,  
the Spirit of counsel and of might,  
the Spirit of the knowledge and fear of the Lord  
Isaiah 11:1-2*

*Out of the depths I cry to you, Lord;  
Lord, hear my voice.  
Let your ears be attentive  
to my cry for mercy.  
If you, Lord, kept a record of sins,  
Lord, who could stand?  
But with you there is forgiveness,  
so that we can, with reverence, serve you.  
I wait for the Lord, my whole being waits,  
and in his word I put my hope.  
I wait for the Lord  
more than watchmen wait for the morning,  
more than watchmen wait for the morning.  
Israel, put your hope in the Lord,  
for with the Lord is unfailing love  
and with him is full redemption.  
He himself will redeem Israel  
from all their sins.  
Psalm 130*

- What are the hopes I am carrying in life right now?
  - Where do I see God creating something new?
  - Where is my life marked by waiting?
  - How might I live with faith in the hopes I have named here?
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# Hope at Home

Advent is a season of preparation and waiting. We remember in this season the waiting of a pregnant Mary, the mother of Jesus, and explore how she might have encountered God as she waited.

You spend time every day waiting—for a friend to text, someone to pick you up, a cake to bake, a big event to occur, or even for your turn at something.

- Find a jar and decorate it with paint and ribbons.
  - Then, take some small slips of paper. For the next month, you are invited to write on a slip of paper each day either something you waited for, how waiting made you feel; or where you saw God as you waited.
  - Each week during Advent, take a look through your jars and share with others what you're learning about waiting, patience, and God from this practice.
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*The advent of our Lord is near and we long for his coming*

*We long for new light to shine where there has been darkness.*

*The advent of our Lord is near and we long for him to call us home*

*We long for new hope to reign where there has been death and despair.*

*The advent of our Lord is near and we long for him to appear.*

*We wait on tiptoe, attentive to all the signs of his coming.*

*God we have caught a glimpse of your Messiah-healed world*

*And we long for its coming.*

*We long for the place where all beauty comes from  
The place where all life is renewed.*

*God we live in anticipation of Messiah's birth and the world's rebirth*

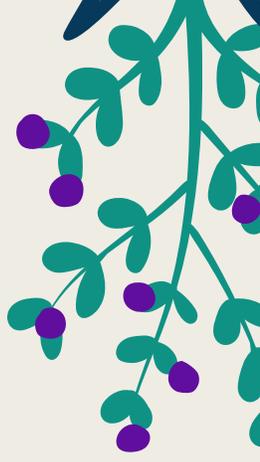
*And we long for its coming.*

*God we long to come home to your world of wholeness and peace:*

*Home to your eternal world where love reigns over all.*

*-Theresa Cho*



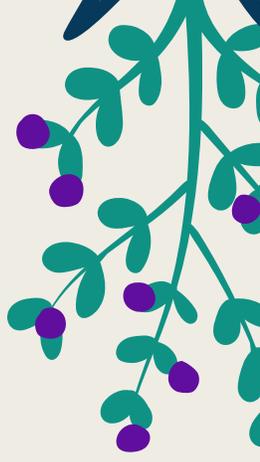


## Station 2: Love

*Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.*

*1 John 4:7-12*

- How have you experienced God's love in your life?
  - Are other things crowding out room for the love of God in my life?
  - What does God's love ask of me? How might you show love to others this season?
  - Who has God placed in my path this Advent that I can love more intentionally?
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# Love at Home

Advent is a time when we wait for Christmas when Jesus was born. Children all over the world count down the 24 days until Christmas using an Advent calendar.

## Make an Advent Calendar:

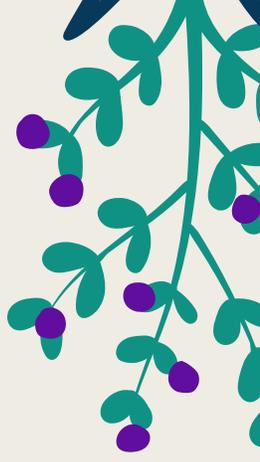
- Cut bubble wrap in the shape of a Christmas tree
- Write 1 through 24 on circular stickers
- Stick a circle sticker in order on each bubble
- Hang it in your house and each day pop a bubble.

*O Jesus,  
True Love of every heart,  
You came in meekness  
that we might learn to love.  
Kindle in us a love that is humble,  
patient, and self-giving.  
Draw us to Yourself,  
and let our love for one another  
be the outworking of Your grace within us.  
Come, Lord Jesus, and reign in our hearts.*

*Amen.*

*-Bernard of Clairvaux*





## Station 3: Joy

*Rejoice in the Lord always. I will say it again:*

*Rejoice!*

*Philippians 4:4*

*And Mary said:*

*“My soul glorifies the Lord  
and my spirit rejoices in God my Savior,  
for he has been mindful  
of the humble state of his servant.*

*From now on all generations will call me  
blessed,  
for the Mighty One has done great things for  
me—  
holy is his name.*

*His mercy extends to those who fear him,  
from generation to generation.*

*He has performed mighty deeds with his arm;  
he has scattered those who are proud in their  
inmost thoughts.*

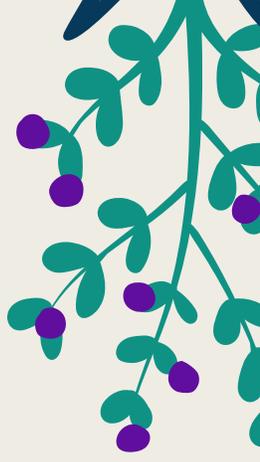
*He has brought down rulers from their thrones  
but has lifted up the humble.*

*He has filled the hungry with good things  
but has sent the rich away empty.*

*He has helped his servant Israel,  
remembering to be merciful  
to Abraham and his descendants forever,  
just as he promised our ancestors.”*

*Luke 1:46-55*

- What brings you joy?
  - Where has God given you unexpected delight?
  - Where is new life springing up?
  - How is joy breaking through even during the waiting?
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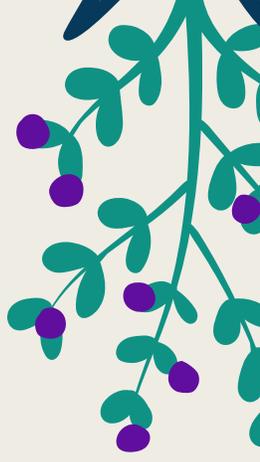
## Station 3: Joy

*O Lord, you who do not despise the day of small things, we offer up to you this day our little but faltering efforts at daily prayer, our little acts of obedience in the face of temptations to do otherwise, and our little deeds of love that may go unnoticed, and we ask that you would bless them so that we might know the joy of loving you in and through all the small things of our lives. In the name of the great I AM who became small for our sake. Amen.*

*-David O Taylor*

Take an awe walk. Walk slowly around your neighborhood or even your backyard or a room in your house. Meander and take notice of what is around you. What do you normally not see? Maybe a flower or plant, a lizard or insect, a hummingbird or a sparrow. Soak in the goodness and the joy in what is around you and hold that sense of awe at God's handiwork. You can even turn this into a scavenger hunt or game. Have everyone take pictures of what is awesome to them and then share with others what you chose and why.





## Station 4 : Peace

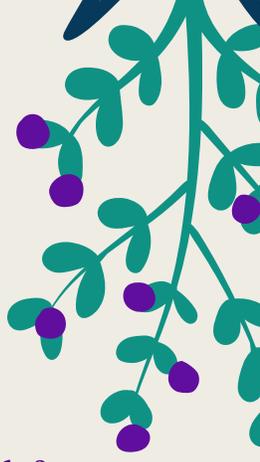
*For to us a child is born,  
to us a son is given,  
and the government will be on his shoulders.  
And he will be called  
Wonderful Counselor, Mighty God,  
Everlasting Father, Prince of Peace.  
Of the greatness of his government and peace  
there will be no end.  
He will reign on David's throne  
and over his kingdom,  
establishing and upholding it  
with justice and righteousness  
from that time on and forever.  
The zeal of the Lord Almighty  
will accomplish this.  
Isaiah 9:6-7*

*All this I have spoken while still with you. But  
the Advocate, the Holy Spirit, whom the Father  
will send in my name, will teach you all things  
and will remind you of everything I have said to  
you. Peace I leave with you; my peace I give you.  
I do not give to you as the world gives. Do not let  
your hearts be troubled and do not be afraid.  
John 14:25-27*

- Where does the world need peace?
  - Where does your life need peace?
  - What interrupts peace for you?
  - Where is God leading me to be a peacemaker this season?
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# Peace at Home



*Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.*

*O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.*

*For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.  
-Francis of Assisi*

*Lord Jesus,  
Master of both the light and the darkness, send  
Your Holy Spirit upon our preparations for  
Christmas.*

*We who have so much to do and seek quiet spaces to  
hear Your voice each day,*

*We who are anxious over many things look forward  
to Your coming among us.*

*We who are blessed in so many ways long for the  
complete joy of Your kingdom.*

*We whose hearts are heavy seek the joy of Your  
presence.*

*We are Your people, walking in darkness, yet  
seeking the light.*

*To you we say, "Come Lord Jesus!"  
Amen.*

*—Henri Nouwen*



Make your own Advent wreath for home. Traditionally, this is with various green branches and leaves gathered from outside formed into a circle around three purple candles, one pink candle, and one white.

However, Advent wreaths can take any form you'd like! Get creative and try to make a unique wreath with what you can find around your house and yard. You can use stones in a circle or some garland. What do you have in your craft closet? Make a wreath with yarn, pom poms, or pipe cleaners. Wrap some scarves together to fill out a wreath.

For the candles, use what you have or substitute for anything that emits a little light. Have fun with it and use your Advent wreath as an at-home prayer station to center your prayer time the entire season.







*The Light of the World  
has come!*

*Merry Christmas and blessings to you and yours!*

