



Journey to Joy



COUNTDOWN TO CHRISTMAS

WEEK 1

SUNDAY-25/12
Prepare a Christmas or Advent space in your home

MONDAY-26/12
Read about **GOD** and add the ornament to your tree or Advent space

TUESDAY-29/12
Prepare a playlist of uplifting Advent and Christmas songs to listen to this month

WEDNESDAY-30/12
Read about the **PROPHET ISAIAH** and add the ornament to your tree or Advent space

THURSDAY-1/12
Make a list of how you can spread joy to others this month

FRIDAY-2/12
Read about the **PROPHET MICAH** and add the ornament to your tree or Advent space

SATURDAY-3/12
Create a dance to a Christmas Song and plan to perform it to bring joy to others

WEEK 2

SUNDAY-4/12
Take time today to sit in your Advent or Christmas space, and focus.

MONDAY-5/12
Read about **ZACHARIAH** and add the ornament to your tree or Advent space

TUESDAY-6/12
Make a list of joys in your life and keep adding to it through the month

WEDNESDAY-7/12
Read about **JOSEPH** and add the ornament to your tree or Advent space

THURSDAY-8/12
Sit quietly and take some deep breaths to relax and focus yourself today

FRIDAY-9/12
Read about **CAESAR AUGUSTUS** and add the ornament to your tree or Advent space

SATURDAY-10/12
Take time to make joyful wrapping paper

WEEK 3

SUNDAY-11/12
Make confetti biscuits to share with others this week

MONDAY-12/12
Read about **MARY** and add the ornament to your tree or Advent space

TUESDAY-15/12
Make a list of neighbours and neighbours and your community who you could bless this month

WEDNESDAY-14/12
Read about **ELIZABETH** and add the ornament to your tree or Advent space

THURSDAY-17/12
Share a happy memory with or about someone who means a lot to you

FRIDAY-16/12
Read about **JOHN THE BAPTIST** and add the ornament to your tree or Advent space

SATURDAY-18/12
Make and deliver gifts, cards or letters to your neighbours and people in the community to thank them for what they do

WEEK 4

SUNDAY-18/12
Take time today to connect with someone in an unexpected way

MONDAY-19/12
Read about **JESUS** and add the ornament to your tree or Advent space

TUESDAY-20/12
Say something encouraging to 5 people today

WEDNESDAY-21/12
Read about the **ANGELS** and add the Ornament to your tree or Advent space

THURSDAY-22/12
Make a list of things you are thankful for

FRIDAY-23/12
Read about **SHEPHERDS** and add the ornament to your tree or Advent space

SATURDAY-24/12
Do some artwork, or write a story, poem or song about Unexpected joy

WEEK 5

SUNDAY-25/12
Watch a video about the Birth of Jesus

MONDAY-26/12
Read about the **WISE MEN** and add the ornament to your tree or Advent space

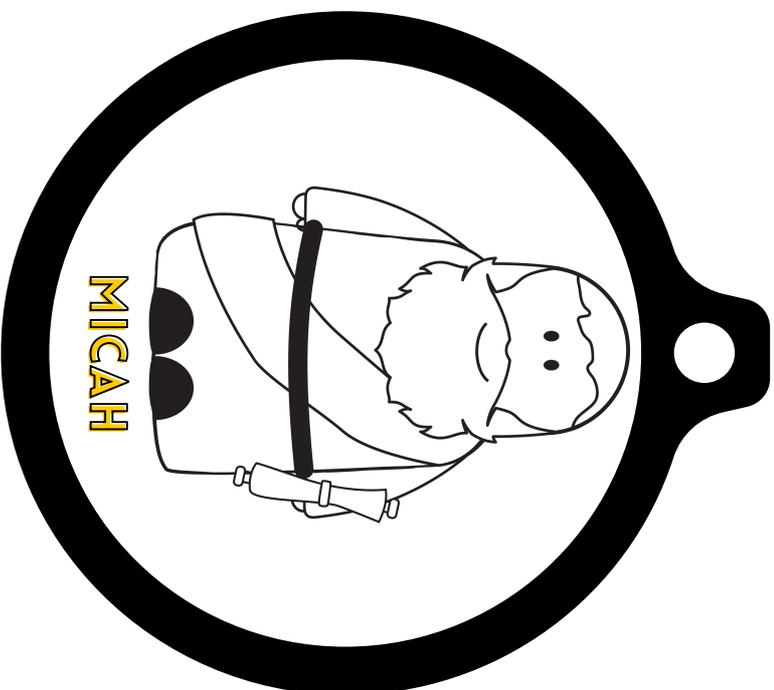
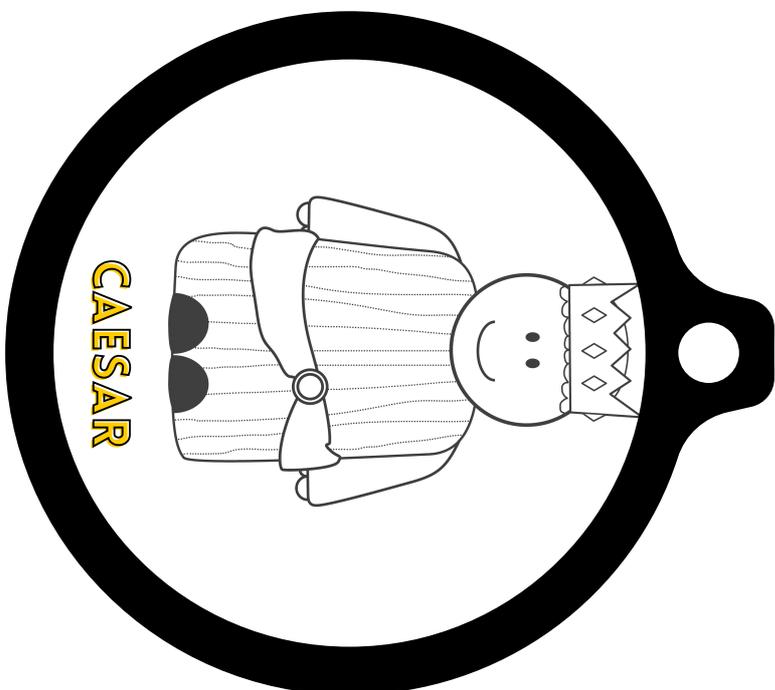
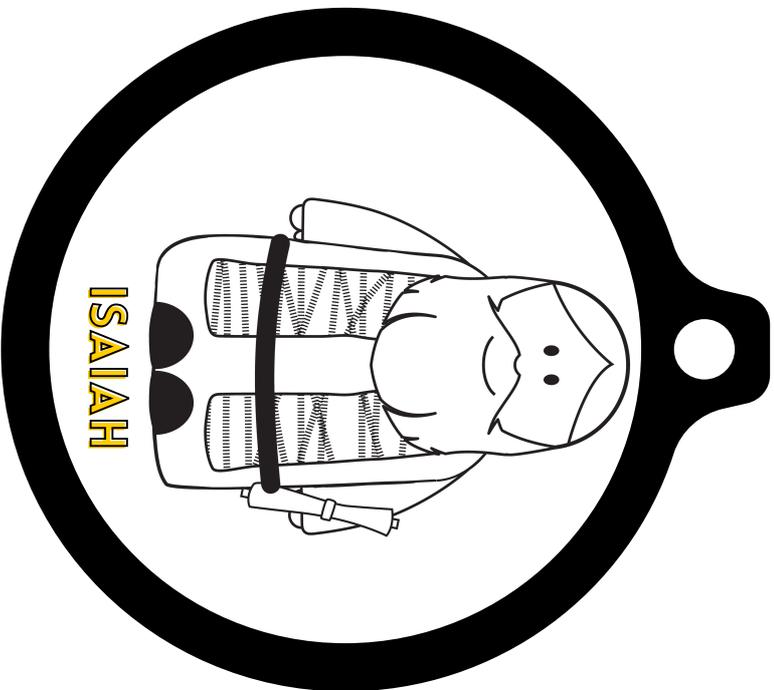
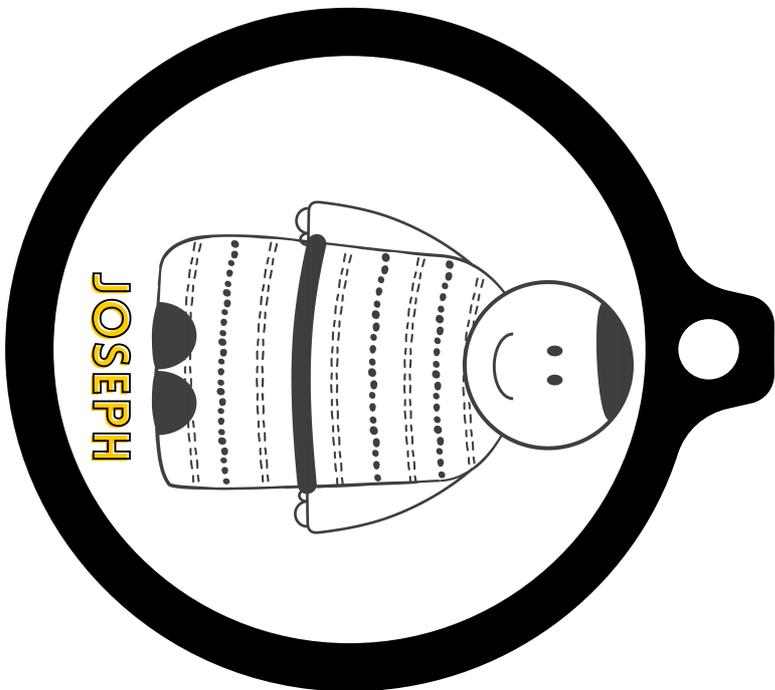
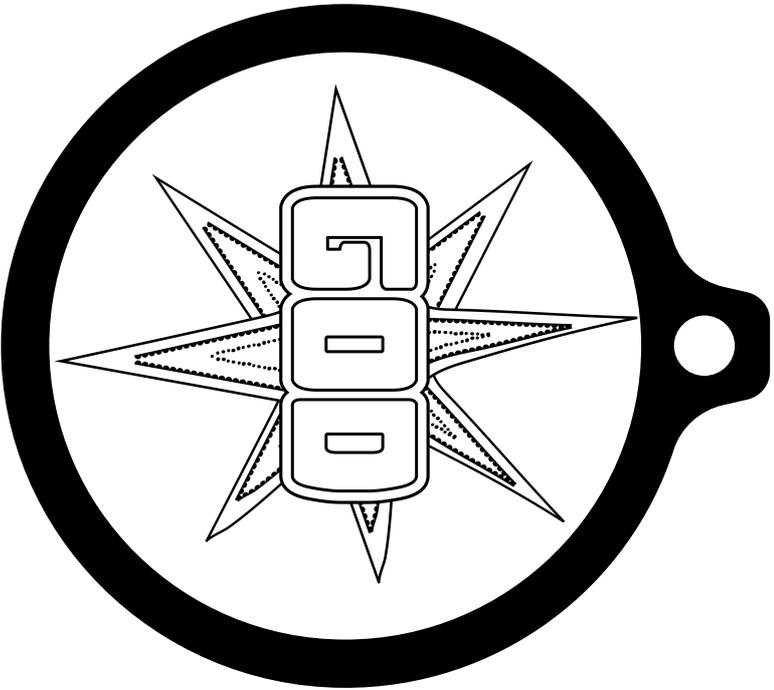
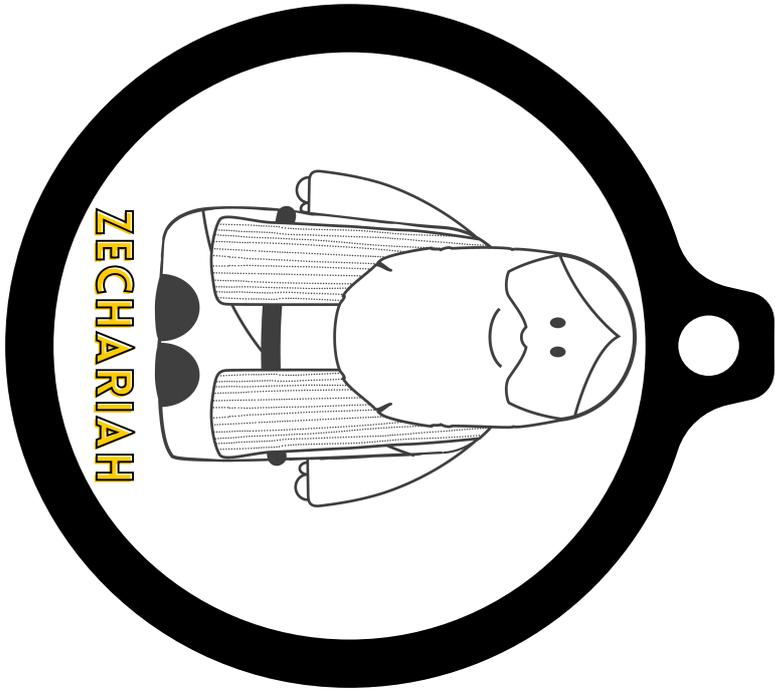
TUESDAY-27/12
Find joy in music: sing, play, listen or dance

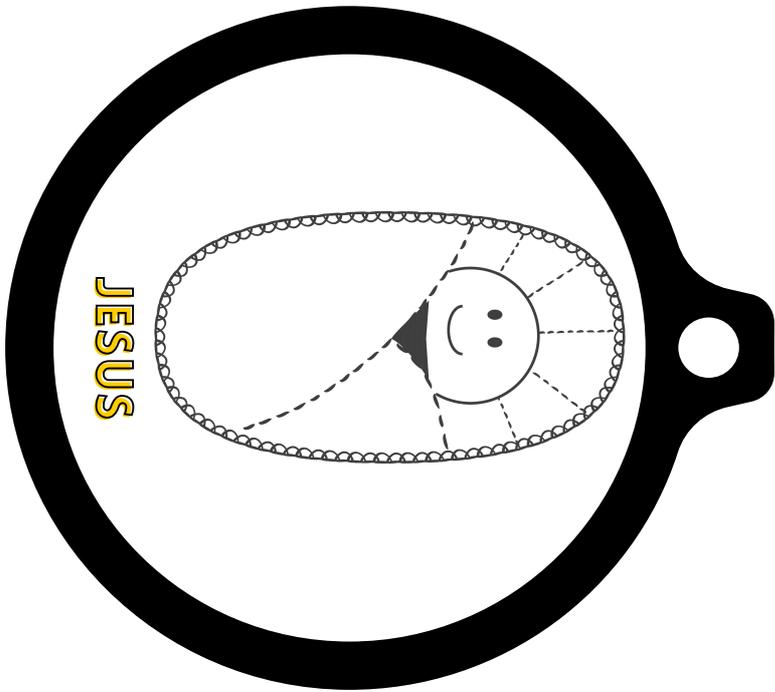
WEDNESDAY-28/12
Read about **SIMEON** and add the ornament to your tree or Advent space

THURSDAY-29/12
Get out into nature and feel the joy that it brings

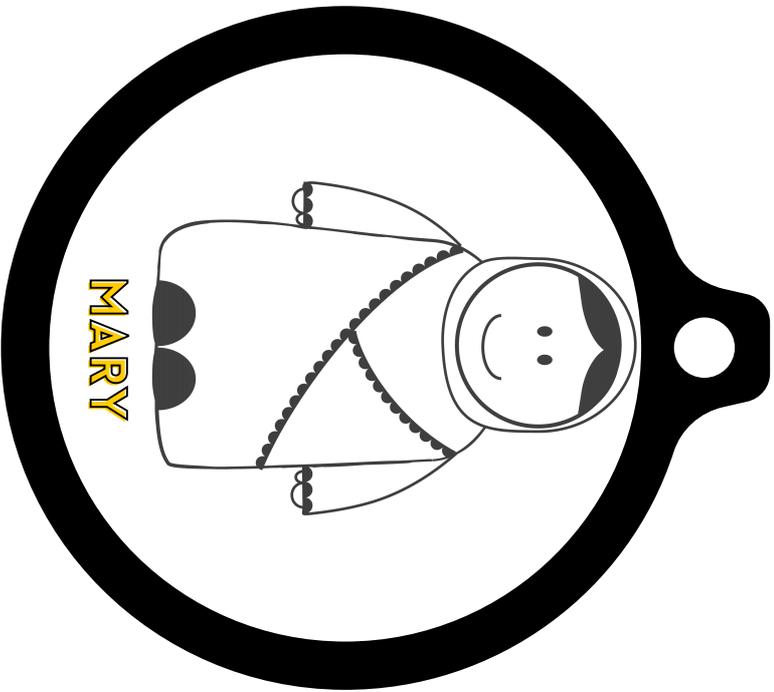
FRIDAY-30/12
Read about **ANNA** and add the ornament to your tree or Advent space

SATURDAY-31/12
Spend some time reflecting and talking about what you enjoyed during Advent and Christmas this year

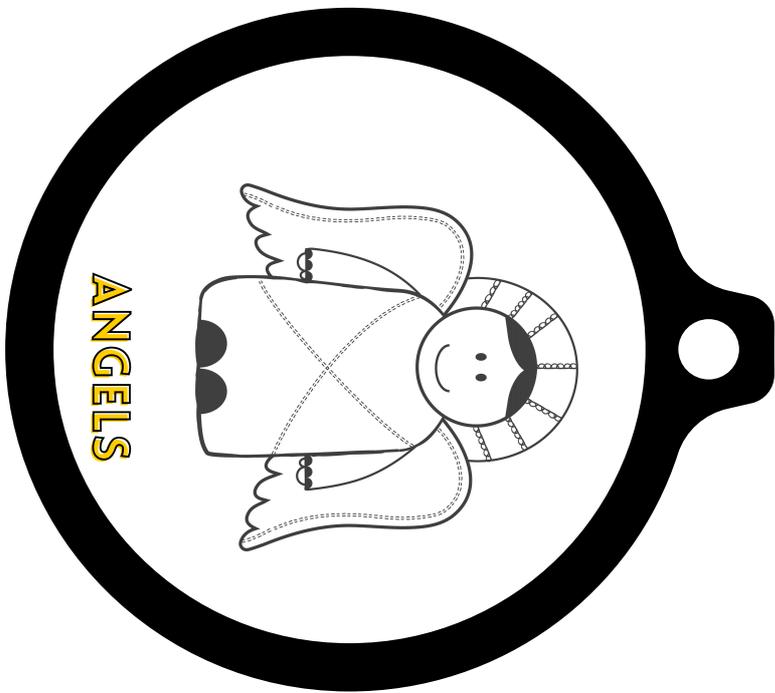




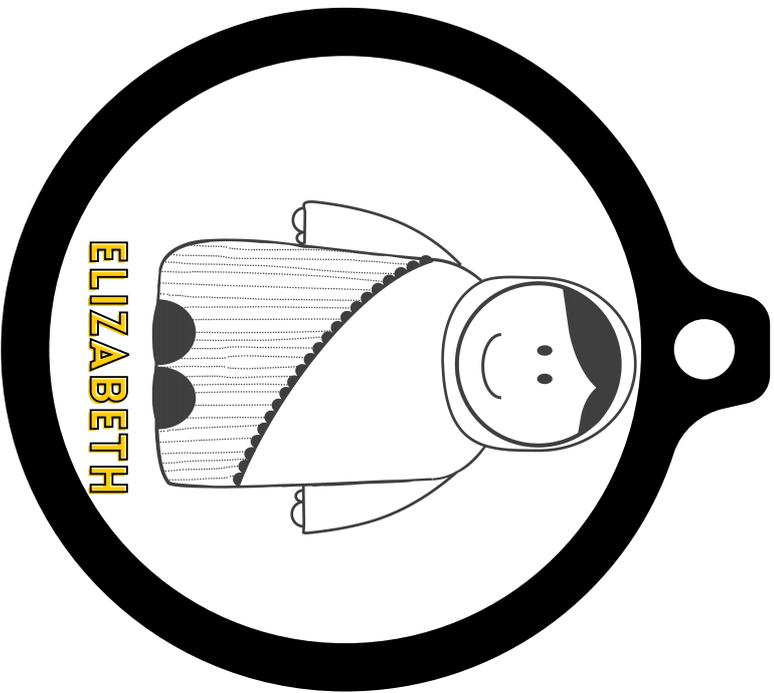
JESUS



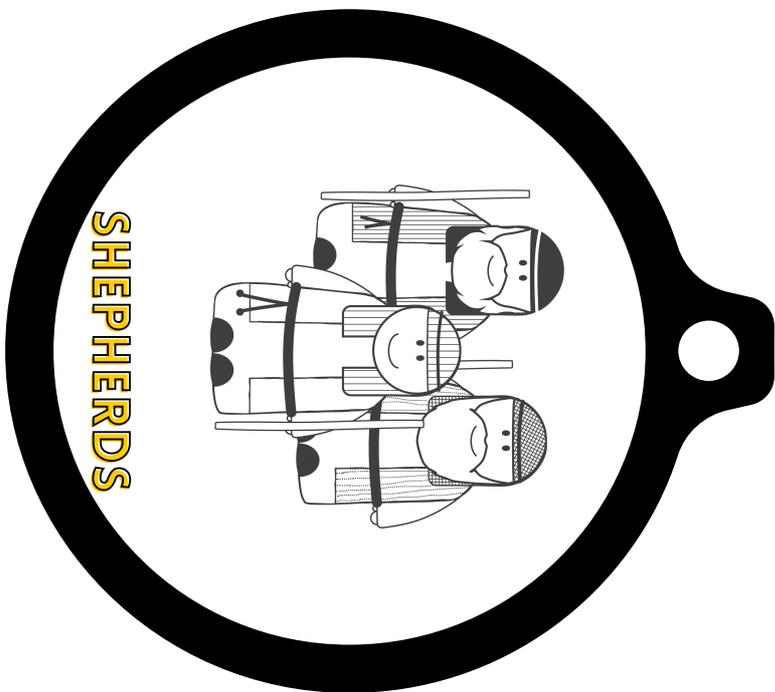
MARY



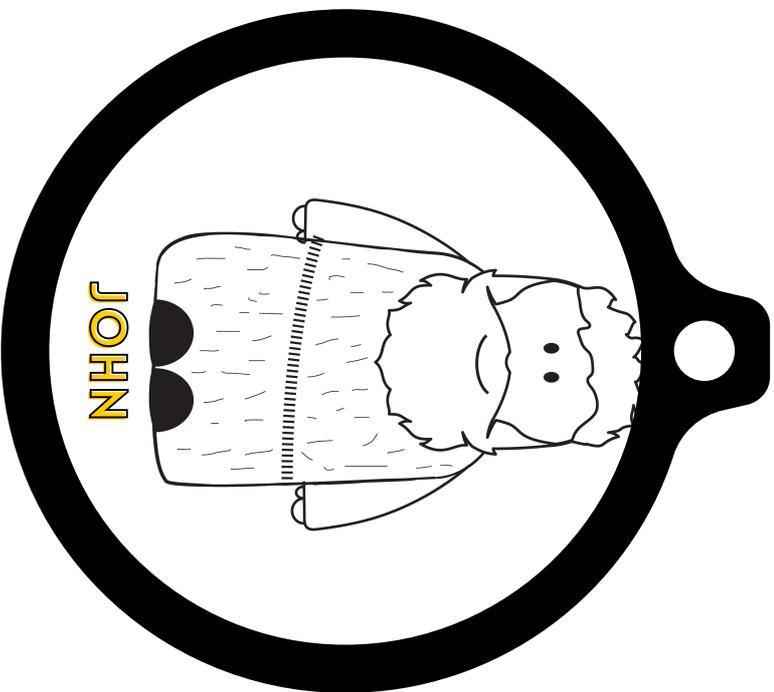
ANGELS



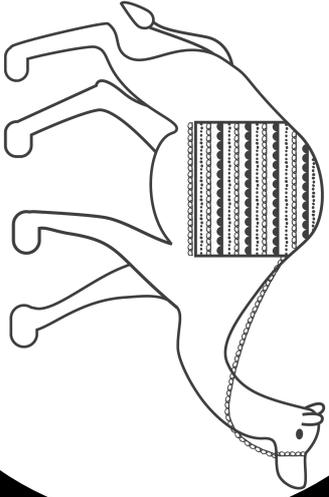
ELIZABETH



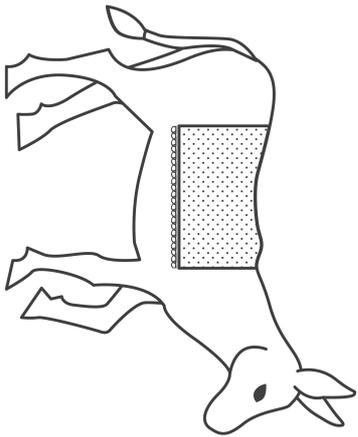
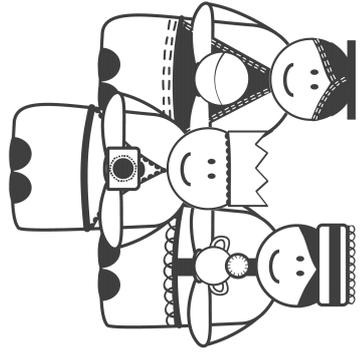
SHEPHERDS



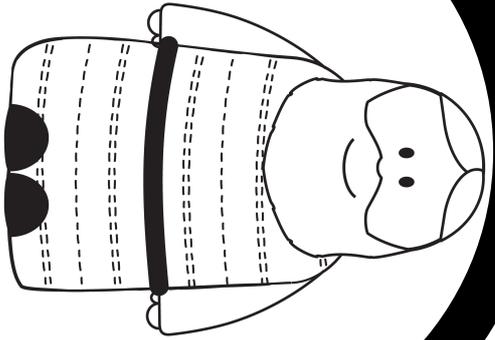
JOHN



WISE MEN



SIMEON



ANNA

