

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1st Sunday of Advent

Shut down your computer and phone at night. Take intentional breaths while they reboot come morning.

Donate 10 things.

Watch the sun rise or set.

Sit down when you eat.

Light a candle at every meal.

Hand write a letter to someone you love.

2nd Sunday of Advent

Carve out 5 minutes to sit.

Do a craft you loved as a child.

Go outside and touch something wild.

Smile at three people.

Listen not to respond, but to understand.

Explore a new place in your neighborhood.

3rd Sunday of Advent

Pick your toes up, fan them out and put them back down. Be here now.

Put on a song you love and actively listen to the entire piece.

Pick a machine in your life (car, computer, etc.) that you appreciate and give it a nod of gratitude before using it.

Say yes to an invitation.

Think about where your food came from.

Commit to being open to surprise today. At the end of the day, reflect on what surprised you.

4th Sunday of Advent

Clean something prayerfully.

Eat a snack with your eyes closed.

Write down three things you are grateful for.

Make a list of things you would do if you didn't need money. Try to incorporate one today.

Take a detour on purpose and see what happens.

Set a chime on your phone to sound once an hour. Each time you hear it, take 3 conscious breaths.

24 Tiny Things

For Advent

Welcome to Advent, the time before Christmas when we prepare for and recognize God with us, as well as our dependence on a gracious God. Use this calendar to slow down, deepen your roots, live from a sense of enough and be open to finding God in the ordinary. God bless you in these Advent days!

Guide our search this Advent to bless the ordinary, to be changed by tiny things, to see glimpses of Immanuel both in and around us. Through Jesus, who is liberation and love. Amen.

12 Tiny Things

Cultivate. Root. Nourish. Rise.

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