



Advent – Time to pull your socks up.



John said, “Repent for the Kingdom of Heaven has come near” (Matt 3:2)

The people asked, “What should we do then?” (Luke 3:10)

John said of Jesus that he would “baptise with the Holy Spirit” and burn up all that is not worthy of the Kingdom of God. (Matt 3:11-12)

During Advent we reflect on the first coming of Jesus, his coming to us now and his promised return. In the light of this, we can take time to look at our lives and ask if we are living as Jesus would expect.

A Daily Advent Exercise

Look back over the previous 24 hours. Is there anything you would have done differently if Jesus had been physically with you?

A Daily Advent Prayer

Almighty God, you sent John to prepare the way for the coming of Jesus. Help me to prepare my life for his judgement, knowing that you sent your Son to offer mercy and forgiveness. Fill me with your Holy Spirit so that I might have the will and the power to live according to the way of your Kingdom.

O come, O come Emmanuel and ransom captive Israel. Amen.

“A voice of one calling in the wilderness,

‘Prepare the way for the Lord,
make straight paths for him.’”

Matthew 3:3, Isaiah 40:3



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For some people, colouring can be a way to slow down and pray.
Don't colour this all in one session, but spend 5 or 10 minutes each day
colouring and thinking about the question on the other side of this paper.



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