



## Advent – Time to darn your socks.



Isaiah wrote, “The people walking in darkness have seen a great light...  
...for to us a child is born” (Isaiah 9:2&6)

Matthew tells us that this prophecy was fulfilled in Jesus (Matthew 4:12-17)

Today we believe that Jesus is the light of the world and we wait in hope for his return again in glory.

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 give thanks for all God’s blessings and for the certain promise of his return.

### A Daily Advent Exercise

Look back over the previous 24 hours. Where have you seen darkness and where have you seen light? If the darkness was to end, how would you feel?

### A Daily Advent Prayer

Gracious God, in the birth of your Son you kept your promise to bring light into a dark world. I want to thank you that the darkness cannot overcome the light, for you have promised that Jesus will establish justice and righteousness for ever.

Help me to live with gratitude and hope until he returns.

O come, O Bright and Morning Star and bring us comfort from afar!

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 Counsellor, Mighty God, Everlasting Father, Prince of Peace  
(Isaiah 9)



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.

