

Bringing joy to yourself

1. Journaling

Spend time writing and reflecting throughout the Advent period. You could use a [guide](#) to help direct your writing if you are unsure where to start.

Resources needed:

Pen and paper (journal/diary/notepad if possible)

2. Christmas tree prayers

Use gift tags or cut up old Christmas cards into star shapes. Write your prayers on these decorations and hang them on your tree or around your house.

Resources needed:

[Gift tags](#) or old Christmas cards

3. Christmas colouring-in sheets

Spend time colouring in Christmas-themed scenes.

Resources needed:

A colouring book or a way of accessing and printing out images. A good place to start is [here](#).

4. Music Editorial reflections

Listen to these [Piano Underscores](#) as you reflect on the joy of Christmas. There are also vocal videos available.

5. Journey through advent in Prayer

This [Advent Prayer Matters](#) provides a daily prayer through advent. Why not keep engaging with Prayer Matters and continuing a habit of prayer beyond advent?

6. Bible Project joy video

This [video](#) explores the unique type of joy to which God's people are called. It's more than a happy mood, but rather a choice to trust that God will fulfil his promises.

Resources needed:

Bible Project [video](#)

7. Advent candles

Light a candle each Sunday of Advent and spend some time reading the Bible and sharing in prayer.

Resources needed:

Advent candles and a Bible or Bible reading app. Here is a link to suggested [Bible readings](#), but you could also choose your own if you prefer.

8. Christmas film day

Snuggle down for a Christmas film day marathon - complete with hot chocolate and Christmas themed treats!

Resources needed:

Movies (either subscription service like Netflix or Disney plus, or DVDs), and any treats you would like

9. Christmas baking

Speaking of treats, why not have an evening of baking Christmas treats that you can enjoy over the coming days.

Resources needed:

There are loads of Christmas recipes out there, but you can look [here](#) for inspiration.

10. Christmas playlist

Create a Christmas playlist full of your favourite songs to accompany you throughout the day. Sing along to them at the top of your lungs - no judgment!

11. Christmas craft

Create something handmade you can admire for ages to come.

Resources needed:

The resources will depend on what craft you make. If you buy a kit, such as these beginners' [felt](#) or [embroidery](#) kits, everything you need is included.

12. Dear me

Write a letter to your future self. Write about all the things you are grateful for this year and all the things God has done in this season.

Resources needed:

Pen and paper