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Advent is the season of waiting. How can we Go, And … Be Present during this time of waiting? Below are some prayer practices to help you slow down and be more present during this busy season. Choose a practice that’s new to you, or one that is familiar, or try a practice for each week of Advent. There is no right or wrong way to pray. Being present and being intentional is what it’s all about.

**Simple Breath Prayer**

(Inhale) Loving God (Exhale) Help me be present.

Write your own simple breath prayer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Meditation Apps**

Calm ([www.calm.com](http://www.calm.com))

Insight Timer ([www.insighttimer.com](http://www.insighttimer.com))

**Advent (Christmas) Carols**

Choose a favorite carol and sing along out loud.   
What meaning does the song hold for you?

Why is it special?

**Draw the Story**

Read or listen to the Scriptures below and draw the story as it unfolds.   
What do you notice?

*Week 1: Luke 1:1-25: Dedication to Theophilus & The Birth of John the Baptist Foretold  
 Week 2: Luke 1:26-56: The Birth of Jesus Foretold, Mary’s Visit to Elizabeth, Mary’s Song of Praise   
 Week 3: Luke 1:57-80: The Birth of John the Baptist & Zechariah’s Prophecy*

**Questions for Reflection and/or Journaling:**

How can I be present in this moment?

How can I be more present this season of Advent?

What can help me slow down?

What am I noticing in this moment?

Where do I need to pay more attention right now?