



## 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](#) and 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 the A-Z of Prayer Matters

This [Advent Prayer Matters](#) will take you through the Bible using each letter of the alphabet.

### 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](#)





12 WAYS TO BRING  
**JOY**  
THIS  
CHRISTMAS

### 7. Comfort and Joy Advent journey

Spend some time reading the [Comfort and Joy](#) advent journey.

### 8. Daily Hope phone line

[Call in](#) to listen to some music, prayers and reflections.

### 9. Christmas baking

Have an evening of baking Christmas treats that you can enjoy over the coming days.

### 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. There are a lot of beginners' [felt](#) or [knitting kits](#) available.

### 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.

