a prayer guide and journal



ADVENT:

A SEASON OF EXPECTATION

AMANDA IDLEMAN

Crosswalk

HOW TO USE THIS JOURNAL:

Advent is a season of waiting—of hopeful anticipation for the coming of Christ. Each week focuses on a sacred theme: **Hope**, **Faith**, **Joy**, and **Peace**. Use this journal to pause, pray, and reflect as you light your Advent candles and prepare your heart for Christmas.

Each week includes Scripture readings, a guided prayer, and journaling prompts. Take a few quiet moments daily to write your reflections.

SCHEDULE:

Week 1: *Hope*
Week 2: *Faithful Waiting*
Week 3: *Joy*
Week 4: *Peace*
Christmas Eve: *Love*



Crosswalk

WEEK 1: HOPE

SCRIPTURES:

Isaiah 64:1-5, Psalm 80:1-7, Galatians 4:4-8, Psalm 80:17-19

PRAYER:

Father, let your hope arise in our hearts! Lift our eyes up to see that you alone are where our hope comes from. Help us shake off anxiety, discouragement, and distractions. Renew our sense of holy anticipation and let us be those who wait eagerly for Jesus. Amen.

JOURNAL PROMPTS:

In what area of your life do you need hope right now?

What promise of God are you holding on to?

Where have you seen God's faithfulness this year?

How can you make space for hope this week?



DAILY REFLECTION:

Today I'm grateful for...

Lord, help me to...



"May the God of hope fill you with all joy and peace as you trust in Him."

Romans 15:13



"The true light that gives light to everyone was coming into the world."

John 1:9

WEEK 2:
FAITHFUL WAITING

SCRIPTURES:

Isaiah 40:1-5, Isaiah 40:9-11, 2 Peter 3:8-14

PRAYER:

Father, prepare our hearts to celebrate your birth joyfully. You are faithful to your promises! Give us patience as we wait for your plan to unfold. Remind us of your peace and sovereignty as we rest in your timing. Amen.

JOURNAL PROMPTS:

What does “preparation” mean to you this Advent?

What are you waiting for in this season?

How can you make room for God’s presence this week?

What can you let go of to prepare gladly?

DAILY REFLECTION:

Today I’m grateful for...

So far, I am learning...





"They will call him Immanuel, which means 'God with us.'"

Matthew 1:23



"Wait for the Lord; be strong and take heart and wait for the Lord."

Psalm 27:14

WEEK 3: JOY

SCRIPTURES:

Isaiah 35:1-6, Philippians 4:4-5

PRAYER:

Lord, restore the joy of our salvation! Let our hearts overflow with your joy and peace. Even in uncertain times, help us to live with confidence in your love. Amen.

JOURNAL PROMPTS:

What brings you joy this Advent?

What steals your joy most easily?

Who around you needs encouragement or joy this week?

What is hindering joy in your heart today?

How will you celebrate joy this week?

What song or verse brings joy to your heart?

DAILY REFLECTION:

Today I found joy in...





"Rejoice in the Lord always. I will say it again: Rejoice!"

Philippians 4:4

"I bring you good news of great joy that will be for all the people."

Luke 2:10

WEEK 4: PEACE

SCRIPTURES:

Isaiah 9:6, Matthew 1:18-24, 2 Thessalonians 3:16

PRAYER:

Lord, bring your peace to rule my heart. Thank you for sending your Son so I may have peace through you. Help me to speak and act in ways that glorify you. Amen.

JOURNAL PROMPTS:

Where do you need God's peace right now?

What does peace look like in your family or home?

What anxieties can you release to God?

How can you be a peacemaker this week?

DAILY REFLECTION:

Help me rest in your presence even when the world feels hurried.



"Now may the Lord of peace himself give you peace at all times and in every way."

2 Thessalonians 3:16



“Peace I leave with you; my peace I give you.”

John 14:27

CHRISTMAS EVE:
LOVE & ADORATION



SCRIPTURES:

John 1:14, 1 John 4:9-11

PRAYER:

Emmanuel, God with us,
thank you for coming near.
You are love made visible.
Let my heart adore you
this Christmas and carry your
light into the new year. Amen.

JOURNAL PROMPTS:

How has God shown His love to you this year?

What do you adore about Christ in this season?

How will you share His love with others in the coming year?

How can Christmas Day be about Christ's birth?

DAILY REFLECTION:

Today I see God's love in...

Thank You for coming near and choosing to dwell among us.

Quiet my soul tonight. Let me rest in the peace of Your presence.



"For to us a child is born, to us a son is given."

Isaiah 9:6



"Today in the town of David a Savior has been born to you."

Luke 2:11

Author Bio:

Amanda Idleman is a writer whose passion is encouraging others to live joyfully. She writes devotions for Your Nightly Prayer, Crosswalk Couples Devotional, Your Daily Prayer, and more. She has work published with Her View from Home, on the MOPS Blog, and is a regular contributor for Crosswalk.com, Biblestudytools.com, and Christianity.com. She has most recently published a devotional, Comfort: A 30 Day Devotional Exploring God's Heart of Love for Mommas, alongside her husband's companion devotional, Shepherd. You can find out more about Amanda on her Facebook Page or follow her on Instagram.

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