

 <p>DECEMBER 1</p> <p>On a piece of paper, write a list of everything—big and small—that brings you joy. Tape your list to your fridge or display it somewhere you will see it daily.</p>	 <p>DECEMBER 2</p> <p>Take a photo inspired by the word, “Joy.” Text it to a friend or post it online for others to see.</p> <p>Tag us! @sanctifiedart #howdoesawearyworldrejoice</p>	 <p>DECEMBER 3</p> <p>On a piece of paper, write down everything that makes you weary. Then, rip the paper into small pieces as a way to release it all and offer it to God.</p>	 <p>DECEMBER 4</p> <p>Write about a time joy surprised you. What was unexpected about that experience?</p>	 <p>DECEMBER 5</p> <p>Breathe deeply and pray. With every exhale, release something that makes you weary. With every inhale, ask God for something that brings you joy.</p>
 <p>DECEMBER 6</p> <p>After nightfall, spend some time looking up at the stars. How do you feel? Offer a prayer to God.</p>	 <p>DECEMBER 7</p> <p>Write, text, or call someone who might be feeling weary. Tell them, “I’ve been thinking about you.”</p>	 <p>DECEMBER 8</p> <p>Look at the list you wrote on December 1st (the things that bring you joy). Do something on that list.</p>	 <p>DECEMBER 9</p> <p>Take a photo inspired by the word, “Connection.” Text it to a friend or post it online for others to see.</p> <p>Tag us! @sanctifiedart #howdoesawearyworldrejoice</p>	 <p>DECEMBER 10</p> <p>Bake, cook, or eat something that fills you with delight.</p>
 <p>DECEMBER 11</p> <p>Read the poem, [i carry your heart with me (i carry it in)] by e. e. cummings. Dedicate the poem to someone you know.</p>	 <p>DECEMBER 12</p> <p>Write a kind note for a stranger to find. Place the note in a public place: a park bench, on a car windshield, in a mailbox, etc. Fill the note with a message you would like to hear such as, “You are loved.”</p>	 <p>DECEMBER 13</p> <p>Make a donation to an organization doing needed work in your local community. If you can’t give financially, read about what the organization is currently working on and consider how you can participate.</p>	 <p>DECEMBER 14</p> <p>Write a letter to a loved one who has passed on. Tell them what you love and miss about them.</p>	 <p>DECEMBER 15</p> <p>Write, text, or call someone who brings you joy. Tell them, “I appreciate you.”</p>
 <p>DECEMBER 16</p> <p>Read the poem, “Don’t Hesitate” by Mary Oliver. Reflect on how you might savor love’s “plenty” today.</p>	 <p>DECEMBER 17</p> <p>Go on a walk in a familiar place. As often as you can, stop and look up. Pay attention to all the details you usually miss.</p>	 <p>DECEMBER 18</p> <p>Read about and reflect on the word, “Attunement.” What does it look like for you to practice attunement this season?</p>	 <p>DECEMBER 19</p> <p>Write about the last time you were truly amazed. How did you feel?</p>	 <p>DECEMBER 20</p> <p>Take a few minutes to look at some of the images online of the cosmos captured by NASA and the Hubble telescope. How do you feel? Offer a prayer to God.</p>
 <p>DECEMBER 21</p> <p>Listen to or sing the song, “O Holy Night.” What gives you a “thrill of hope”?</p>	 <p>DECEMBER 22</p> <p>Look at the list you wrote on December 1st (the things that bring you joy). Do something on that list.</p>	 <p>DECEMBER 23</p> <p>Take a photo inspired by the word, “Amazement.” Text it to a friend or post it online for others to see.</p> <p>Tag us! @sanctifiedart #howdoesawearyworldrejoice</p>	 <p>DECEMBER 24</p> <p>Reflect on 3 things you are deeply grateful for. Offer a prayer of gratitude to God.</p>	 <p>DECEMBER 25</p> <p>Read the poem, “i thank You God for most this amazing” by e. e. cummings. Offer it as a prayer.</p>
 <p>DECEMBER 26</p> <p>Ask someone who is older than you what gives them hope. Then ask someone who is younger than you what gives them hope. What did you learn?</p>	 <p>DECEMBER 27</p> <p>Close your eyes and breathe deeply. Slowly scan every part of your body, starting with your toes and moving slowly all the way up to the top of your head. Notice how each part of your body feels. Notice where your body holds weariness. Continue to breathe deeply and do a body scan again, this time inviting each part of your body to hold joy.</p>	 <p>DECEMBER 28</p> <p>Read the poem, “Touched By An Angel” by Maya Angelou. Consider where in your life love has arrived.</p>	 <p>DECEMBER 29</p> <p>Look at the list you wrote on December 1st (the things that bring you joy). Do something on that list.</p>	 <p>DECEMBER 30</p> <p>Take a photo inspired by the word, “Hope.” Text it to a friend or post it online for others to see.</p> <p>Tag us! @sanctifiedart #howdoesawearyworldrejoice</p> <hr/>  <p>DECEMBER 31</p> <p>Reflect on the past year. What are the moments and memories that are filled with joy?</p>

