#### Practice & Prayers

### ADVENT

Wake/Sleep Prayers for Advent



www.prayerbench.ca

This Advent resource offers four ways to deepen spiritual practice during Advent and 26 prayers to use from December 1-26 written by Janice MacLean & Heather MacDougall.

Learn more about the time of night called "Wake Sleep" time.

#### Read more

### Navigating Mystery

Advent
"Navigating Mystery"



A three week Advent small group study and guide for personal study or retreat.

We ponder a question posed by the writer, Martin Shaw, What if we reframed "living with uncertainty" into a practice of "navigating mystery?"

Includes a bonus planning guide for an ALL AGES Advent event: All Creation Sings. (also sold separately.)

Read more

## MORE ADVENT RESOURCES AT THE PRAYER BENCH



WAKING UP
SMALL GROUP STUDY PACKAGE

Read more



NOW IS THE TIME
SMALL GROUP STUDY PACKAGE

Read more



LIVING NATIVITY
SMALL GROUP STUDY PACKAGE

Read more

# MORE ADVENT RESOURCES AT THE PRAYER BENCH



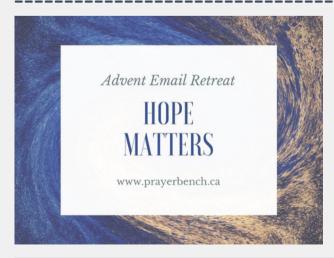
GUIDE FOR PLANNING AN ALL AGES EVENT (INCLUDED IN NAVIGATING MYSTERYRESOURCE.)

Read more



ISAIAH POEMS
SMALL GROUP STUDY PACKAGE

Read more



HOPE MATTERS
2021 ADVENT RETREAT

Read more