

## Practice & Prayers

# ADVENT

### Wake/Sleep Prayers for Advent



[www.prayerbench.ca](http://www.prayerbench.ca)

[Read more](#)

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.

## Navigating Mystery

### Advent "Navigating Mystery"

[www.prayerbench.ca](http://www.prayerbench.ca)

[Read more](#)

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 re-framed "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.)

# MORE ADVENT RESOURCES AT THE PRAYER BENCH



## WAKING UP

Advent Small Group Study  
[www.prayerbench.ca](http://www.prayerbench.ca)

WAKING UP

SMALL GROUP STUDY PACKAGE

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ADVENT SMALL GROUP STUDY

*Now  
is the time*

[www.prayerbench.ca](http://www.prayerbench.ca)

NOW IS THE TIME

SMALL GROUP STUDY PACKAGE

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LIVING NATIVITY

SMALL GROUP STUDY PACKAGE

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ADVENT RESOURCES FOR ORDINARY MYSTICS

# MORE ADVENT RESOURCES AT THE PRAYER BENCH



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

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ISAIAH POEMS  
SMALL GROUP STUDY PACKAGE

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HOPE MATTERS  
2021 ADVENT RETREAT

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RESOURCES FOR ORDINARY MYSTICS