

2023 ADVENT CHALLENGES

PRAY THE ROSARY

**VISIT SETON'S ADVENT
PRAYER PAGE**

**DONATE MONEY AT
CHURCH THIS WEEKEND**

**THANK GOD FOR THE LITTLE
THINGS THROUGHOUT EACH
DAY... THE SUNSET,
TIME WITH FRIENDS,
A PRODUCTIVE DAY, ETC.**

**DO A RANDOM ACT OF
KINDNESS FOR A
STRANGER**

**PRAY FOR 5
MINUTES USING THE
ACTS PRAYER METHOD**

**WRITE DOWN
(OR JOURNAL) A
PRAYER TO GOD**

**DO A RANDOM ACT
OF KINDNESS FOR
A FAMILY MEMBER**

**POST SOMETHING ON
SOCIAL MEDIA THAT'S
ENCOURAGING**

**FIND A WORSHIP PLAYLIST
AND PRAISE JESUS
THROUGH THE MUSIC**

**TAKE TIME FOR
LECTIO DIVINA**

**CLEAN YOUR ROOM
AND FIND SOMETHING
TO DONATE**

**READ A BIBLE PASSAGE,
ASK GOD TO SPEAK TO YOU, REFLECT
ON THE VERSE, AND THEN WRITE
DOWN HOW THIS VERSE
APPLIES TO YOUR LIFE**

**PRAY FOR 5 MINUTES
BEFORE CHECKING YOUR
PHONE IN THE MORNING**

**SEND A LETTER TO A
FAMILY MEMBER WHO
CAN'T BE WITH YOU ON
CHRISTMAS THIS YEAR**

**STUDY SCRIPTURE FOR
5 MINUTES USING
THE SOAP METHOD**

**CALL A FAMILY MEMBER
OR FRIEND YOU HAVEN'T
TALKED TO IN A WHILE**

**MEMORIZE A NEW
BIBLE VERSE**

HOW IT WORKS:

EACH ACTIVITY CROSSED
OFF IS WORTH 1/2 A POINT.
THEN, YOU CAN REDEEM
PRIZES LIKE NORMAL:

2=SMALL

3=MEDIUM

4=LARGE

6=EXTRA LARGE