

# WEEK 1 — HOPE

## *The Promise of His Coming*

**Ice Breaker: What is something you've waited a long time for — and how did that waiting shape your attitude?**

(Connects to Israel's long wait for the Messiah and Mary's response to God's promise.)

**Opening Reading:** Isaiah 9:2–7 • Luke 1:26–38

## **HEAD — Understanding God's Promise**

**Discuss Together:**

1. What does biblical *hope* mean, and how is it different from wishful thinking or optimism?
2. What stands out to you about the way God fulfills His promises in Isaiah and Luke?
3. Israel waited hundreds of years for the Messiah. What does this teach us about God's timing?
4. Where do you see the theme of darkness → light in these passages?

## **HEART — How Hope Shapes Our Inner Life**

**Discuss Together:**

1. What area of your life currently feels like “waiting in the dark”?
2. When God's timing feels slow, how do you typically respond?
3. What helps you trust God's promises when circumstances don't line up?
4. How does Mary's response (“Let it be to me according to Your word”) challenge or encourage you?

## **HANDS — Practicing Hope Together**

**Discuss Together:**

1. What is one promise of God you need to cling to this week?
2. How can our group help each other wait faithfully rather than anxiously?
3. What is one practical way to bring God's hope to someone else this week?
4. How would our community look different if we lived with confident hope?

**Closing Prayer Prompt:**

*Lord, anchor our hope in Your unchanging character. Help us wait faithfully and shine Your light into our world.*

# WEEK 2 — PEACE

## *The Prince of Peace*

### ICEBREAKER QUESTION

**What is something that instantly stresses you out during the holiday season?**  
(Connects to Christ bringing peace into normal, stressful, human moments.)

**Opening Reading:** Luke 2:8–14 • John 14:27 • Romans 5:1

### HEAD — Understanding Christ's Peace

#### Discuss Together:

1. When the angels declared “peace on earth,” what kind of peace were they talking about?
2. According to Romans 5:1, how does Jesus bring peace *with* God?
3. How is biblical peace different from the world's definition of peace?
4. Why do you think the message of peace was first announced to shepherds?

### HEART — Receiving Christ's Peace

#### Discuss Together:

1. Where do you feel the most inner unrest or anxiety during this season?
2. What does it look like for the peace of Christ to “rule” our hearts (Col. 3:15)?
3. How does remembering you are reconciled to God calm your fears?
4. What practical things stir up anxiety that you may need to release?

### HANDS — Extending Christ's Peace

#### Discuss Together:

1. What is one relationship where you need to pursue peace?
2. How can we become “peacemakers” in our families, workplaces, and church?
3. What is one way to slow down this week to cultivate space for God's presence?
4. How might we bring peace to someone who feels overlooked or stressed?

#### Closing Prayer Prompt:

*Prince of Peace, quiet our anxious hearts and make us instruments of Your peace this week.*

# WEEK 3 — JOY

## *Joy Arrives in the Unexpected*

### ICEBREAKER QUESTION

**What is something small or unexpected that brought you joy recently?**

(Connects to shepherds, Mary, and joy breaking into ordinary life.)

**Opening Reading:** Luke 1:39–56 • Luke 2:15–20 • John 15:9–11

## HEAD — Understanding True Joy

**Discuss Together:**

1. What do Mary, Elizabeth, and the shepherds teach us about God-given joy?
2. How does Jesus describe His joy in John 15?
3. How is biblical joy different from happiness or positivity?
4. Why do you think God often reveals joy in ordinary or humble places?

## HEART — Experiencing Christ's Joy

**Discuss Together:**

1. What tends to steal your joy most quickly?
2. How does remembering God's faithfulness restore joy?
3. What part of Mary's song (Magnificat) resonates most with you personally?
4. In what way do you sense God inviting you to deeper joy this Advent?

## HANDS — Living Out Joy

**Discuss Together:**

1. What is one intentional way you can practice joy this week?
2. How can our group spread joy to someone outside this circle?
3. What spiritual practice (worship, gratitude, Scripture, etc.) builds joy in you?
4. What would it look like to bring joy into a stressful environment you'll enter this week?

**Closing Prayer Prompt:**

*Father, fill us with the joy of Christ. Let Your joy overflow from our lives into the lives of others.*

# WEEK 4 — LOVE

## *Love Came Down*

### ICEBREAKER QUESTION

**What is one expression of love (big or small) that meant a lot to you this year?**

(Connects to God's sacrificial love demonstrated in the incarnation.)

**Opening Reading:** John 1:1–14 • 1 John 4:7–12 • Matthew 1:18–25

## HEAD — Understanding God's Love

### Discuss Together:

1. What does the incarnation (God becoming flesh) reveal about God's love?
2. How does 1 John 4 define love and God's nature?
3. In Matthew 1, what does Joseph's obedience teach us about sacrificial love?
4. How does God's presence ("God with us") change the way we see love?

## HEART — Letting Love Transform Us

### Discuss Together:

1. Is it easy or difficult for you to receive God's love? Why?
2. Where do you struggle to believe that God delights in you?
3. What is one area where God may be inviting you to love someone sacrificially?
4. How does knowing "nothing can separate us from His love" comfort you?

## HANDS — Expressing Love in Action

### Discuss Together:

1. Who is God prompting you to love tangibly this week?
2. What is one costly or inconvenient act of love you can do for someone?
3. How can our group show Christ's love to our community during Advent?
4. What rhythms can you build in your family to grow in love year-round?

### Closing Prayer Prompt:

*Lord Jesus, thank You for the love that came down to save us. Help us reflect Your love in every place You send us.*