

DECEMBER

Advent Challenge 2024



Sisters of Notre Dame of the United States

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1st SUN ADVENT

Each day up to Christmas, pray for a different person you care about.

1

Meditate for 10 Minutes

2

Choose a charity to support in 2025

3

Make a Christmas card for a neighbor or acquaintance

4

Donate socks to a local homeless shelter.

5

Give a St. Nicholas treat to a young person in your life.

6

Bake cookies or cupcakes for local firefighters & police officers

7

2nd SUN ADVENT

Reflect on fulfilled prophecies and consider the future.

8

Pray the Hail Mary in honor of the Feast of the Immaculate Conception

9

Post about something you are thankful for online.

10

Perform a random act of kindness

11

Donate to help immigrants and refugees through your local Catholic Charities

12

Apologize to a family member you've hurt this year and forgive someone who has hurt you.

13

Research Christmas traditions in other countries.

14

3rd SUN ADVENT

Reflect on the joy we have access to because of our faith in Jesus.

15

Pray for the person behind you in the Drive-Thru (or any line)

16

Participate in an Angel Tree project.

17

Read a story, prayer, or poem at dinner

18

Write a thank you note for your mail carrier and leave it in your mailbox.

19

Challenge yourself to turn off your devices for 30 minutes spend that time with God.

20

As winter begins, consider how you can share the light and warmth of Christ with others

21

4th SUN ADVENT

Meditate on the peace that Jesus brings our hearts and our world.

22

Take extra time with your prayers today to thank our Heavenly Father for your blessings.

23

Reflect on how much Joy this season has brought to you.

24

Before opening presents, read the Christmas story (Luke 2:1-20)

25

Rejoice and be glad!

26

27

28

29

30

31

#SNDAdvent2024