



# USING good news, great joy

Below are some suggestions for how to use *Good News, Great Joy* in your day to day life during these Advent and Christmas seasons. However, remember that there is no wrong way to use this devotional! God's love and grace are with you no matter what, how, or if you interact with this resource. That said, feel free to select any of the options below that may fit you and your household.

## General Suggestions

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- Make this time separate from the distractions of phones and other electronics.
- If you're trying to read every day, try to tie this action to a daily habit you already have. Many people find it helpful to have devotions at the same time and place every day (or most days)—on the nightstand, at the kitchen table before or after a meal, on the commute to school or work, in a child's room at bedtime. Do what works best for you.
- Light a candle and fill a small bowl of water for a blessing.
- The last pages of *Good News, Great Joy* provide Household Blessings and Prayers for table prayers and rituals for occasions like lighting the Advent wreath, lighting the Christmas tree, blessing the nativity scene, and blessing the home at Epiphany. Consider referencing them as you take these actions in your home.

## On your own

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- Take a few deep breaths before beginning to calm your body and mind.
- Look at the photo for the day and then read the scripture a few times.
- Read the To Ponder question and allow yourself a moment to think on it.
- Read the reflection.
- Say the prayer, either silently or aloud. Add prayer petitions as you wish.
- Dip your fingers into the water and make the sign of the cross on your forehead or your hand.

## With others

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- Take a few deep breaths before beginning to calm your body and mind.
- Take turns reading and discussing each section. What are people noticing within the passages? What do they feel when they read them? Especially for children - what do they notice in the image? What do they think may happen next? How might the pictured people feel? What does the picture make them want to do?
- Pray the prayer aloud together.
- Dipping your fingers into the water, take turns making the sign of the cross on each other's forehead or hands.