

2019 ADVENTure Kit Guide

Roots & Branches

What is an ADVENTure Kit?

The ADVENTure Kit is a new spin on some old favorite holiday traditions. Our goal is to encourage households of all ages and stages to experience faith together so that hearts and minds are open to the mystery of Christmas.

What's included

- ♦ FAITH5 daily guide
- ♦ Advent Wreath supplies to make your own Advent wreath
- ♦ Advent Bible Cards
- ♦ Bird Feeder Kit
- ♦ Hot Cocoa
- ♦ Christmas Day surprise

How does it work

We understand each household is unique. The ADVENTure Kit is for all ages and can be experienced individually, as a couple, with children, with grandchildren or with any group you bring together to share some faith time. The activities focus on the daily practice of Roots & Branches FAITH5, however the activities can be used in any combination that works best for your household.

ADVENTures with Children

We know that life with kids is always an adventure! Life can be busy, messy and unpredictable. The kit is designed to be flexible so it can fit for your family. You can do Roots & Branches FAITH5 as it is written in one big activity or you can break it up into smaller bites. FAITH5 is typically done at the end of the day, but you can also do it at breakfast, afterschool or dinner. The purpose is to take an ADVENTure together and help point your children to Jesus—the reason for the season!

Advent Wreath Instructions

We have included supplies to make your own simple Advent wreath to use during Roots & Branches FAITH5. If you already have an Advent wreath at home, feel free to use that one or you can even use both. The one in this kit is suitable for young children and you can incorporate your own battery powered candles or real candles to use along with it. Instructions to make the wreath are provided in packet of stickers. We have also provided word stickers to place on the candles for each of the four Sunday's in Advent.

- ◆ First Sunday—Light
- ◆ Second Sunday—Hope
- ◆ Third Sunday (*pink*) - *Glory*
- ◆ Fourth Sunday—Immanuel

Extra items you may need

- ◆ Battery or real candles to set next to your Advent wreath
- ◆ Extra hot cocoa (4 servings provided)
- ◆ Peanut Butter (or other nut butter for bird feeder)

Shine the Light

December is the darkest month of the year with the longest nights. “Shine the Light” activities are an opportunity to shine the light of Jesus into the darkness and bring peace, joy, love and hope to others. Select one of the following activities each week of Advent to Shine the Light!

- ◆ **Mac-n-Cheese Drive** - donate mac-n-cheese to Sharing Place (bins near café). *Complete types not needing milk, butter, etc. are helpful, but all types accepted.*
- ◆ **Feed the Birds** - We are called to care for God's creation. Shine the Light on birds who need help this time of year when it is harder for them to find food.
- ◆ **Giving** - Give a donation of clothing, toys or money to an organization that is bringing hope to others.
- ◆ **Family Time** - Share time together as a family or with a friend. Drive around to look at all the Christmas lights (extra points for wearing your pajamas)! Come home and enjoy some hot cocoa.

FAITH5

What is FAITH5?

FAITH5 is a simple way for families to practice faith at home each night in as little as five to fifteen minutes. When done over time, FAITH5 can enrich communication, deepen understanding, aid sleep and promote mental, physical and spiritual health. The five steps are:

- ◆ **SHARE** - Share highs (a joy or something good) and lows (a hurt or something hard or challenging).
- ◆ **READ** - Read a verse or Bible story. This can be a different one each night or it can be the same one for the whole week. You can use the Sunday readings or find a Bible app or devotional book that gives a reading for each day.
- ◆ **TALK** - Connect the highs and lows to God's Living Word. Look for God's guidance and direction and ways to apply the reading to everyday life.
- ◆ **PRAY** - Prayer is the core of this ritual. Pray for one another's highs and lows, for each others fears, hopes and dreams. Pray for the needs of the world around you.
- ◆ **BLESS** - Give one another a blessing by making the sign of the cross on the forehead. This blessing is a powerful reminder that each of us is loved by our family and a loved child of God.

Roots & Branches FAITH5

During Advent you can follow the Roots & Branches FAITH5 on the table top card in the kit. Roots & Branches FAITH5 includes the Advent wreath lighting & prayer, Christmas Countdown Cards with Advent word of the day and Bible verse, as well as special prayers. You can do everything at once or break it up into different times of the day. Use the kit however it works best for your household.

**If you would like more information and resources about FAITH5, please see Miss Robin.*