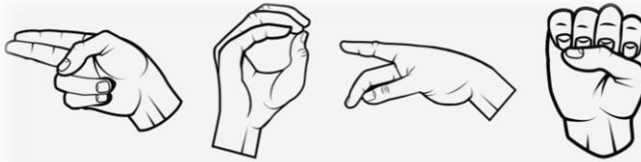


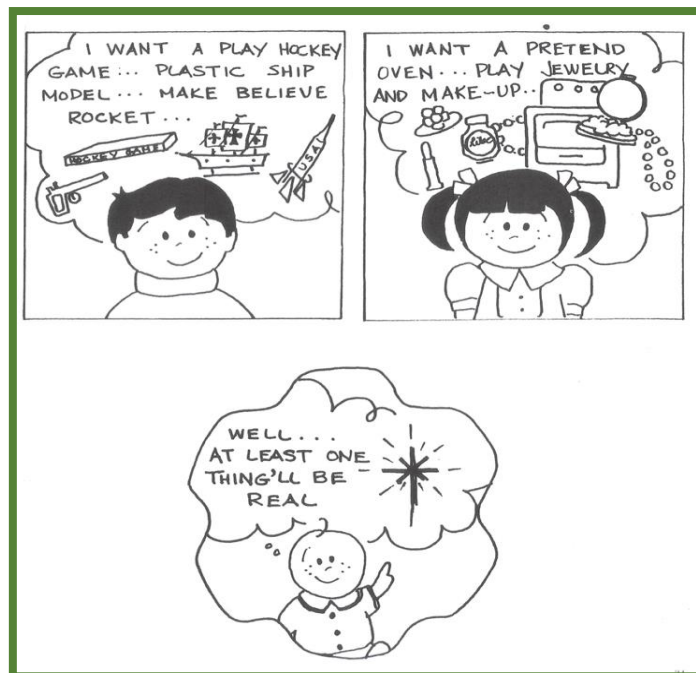
Week One – Hope



“We who have run for our very lives to God have every reason to grab the promised hope with both hands and never let go.” Hebrews 6:18

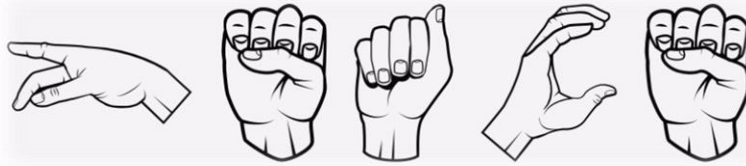
Hope is expecting something good to happen. Hope helps us to stay strong even when things seem bad. What are you hoping for (other than toys or things) this Advent season?

Tippy toe through the labyrinth. Stop at each number and think of something you hope for yourself or someone else.



When you get to the center take a deep breath and make the sign for hope and feel the hope of Christmas.

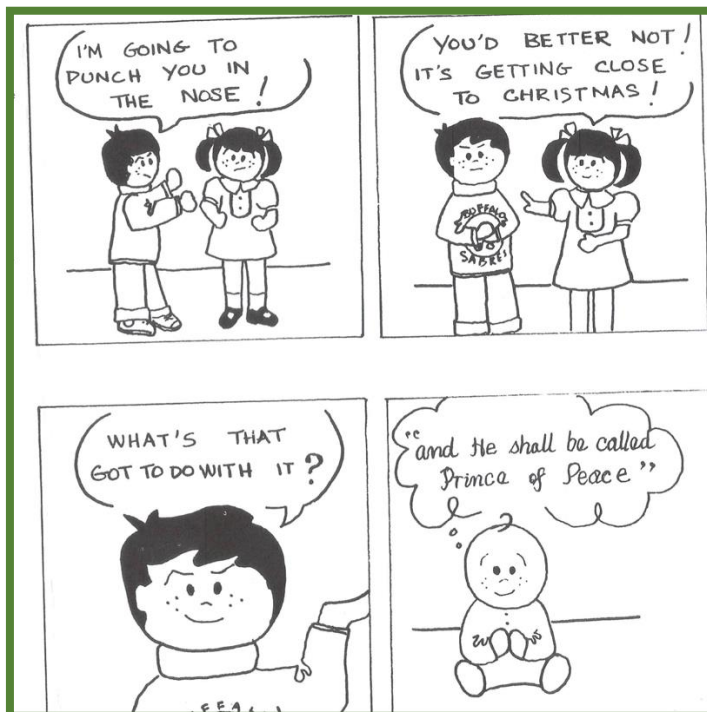
Week Two – Peace



“Blessed are the peacemakers, for they will be called children of God.” Matthew 5:9

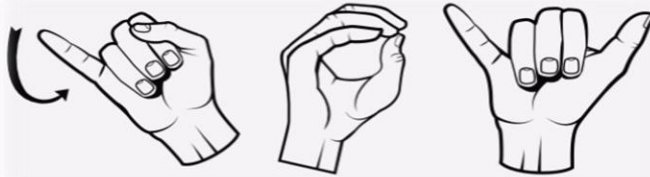
Peace is feeling calm and relaxed with yourself and others. Think about a time when you were upset. When you make a mistake do you admit it without making excuses or blaming others? Who made you feel better? How do you help people feel better?

Walk slowly through the labyrinth and at each number stop and remember a person or place that helped you or reminds you of peace. Think of ways you can help others to feel peace.



When you get to the center take a deep breath, make the sign of peace, and feel the peace of Christmas.

Week Three – Joy



“You did it! You turned my loud crying into dancing. You removed my dark clothes and dressed me in joy.” Psalm 30:11

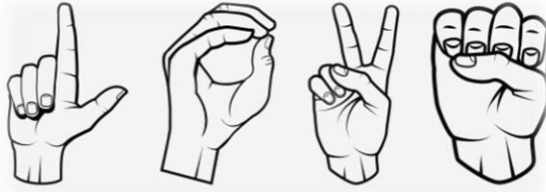
Joy is an inner feeling. Happiness is an outward expression. Joyous people look for the good in every situation.

Joyfully skip through the labyrinth stopping at each number and think of something that brings you joy.



When you get to the center take a deep breath, make the sign for joy, and jump for the joy of Christmas.

Week Four – Love



“Yes, I am sure that nothing can separate us from the love God has for us. Not death, not life, not angels, not ruling spirits, nothing now, nothing in the future, no powers, nothing above us, nothing below us, or anything else in the whole world will ever be able to separate us from the love of God that is in Christ Jesus our Lord.” Romans 8:38-39

Love is when you care about someone or something and try very hard to keep them safe.

Gallop through the labyrinth. Stop at each number and think of someone who loves you or that you love.



When you get to the center take a deep breath, make the sign for love, and feel the love of Christmas.