Hope in Action:

Choose one tool for building up hope this week—words that encourage, hands that help, or maybe just the simple act of showing up for the day. Whatever it is, it counts.

Practicing Hope Each Day

Sunday	Monday	Tuesday
What's one thing you're hoping might change, and what is one simple thing you can do to start?	Plant just one "seed" that could grow hope in you or someone else today—make that phone call to a friend, write down a new realization so you won't forget it, speak that kind word to someone.	Notice something growing, even if it's teeny-tiny. (A plant, a child, a relationship, a show pile, etc.)

Wednesday	Thursday: A Thought for the Day	Friday: Remember This...
Take one action that builds up instead of tears down. (ex. kind words instead of mean words, etc.)	"May strength be found to tend what's being grown."	Even swords can become garden tools (really!).

Saturday
Rest and let hope take root!

A Tiny Journal For The Week:

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One Week at a Time: A Coloring & Reflection Guide For Advent

Community Missions of Niagara Frontier, Inc.

Advent Week 1
(Nov 30 – Dec 6)

This weekly Advent resource from Community Missions is a companion for your journey toward Christmas. Each week includes a short Bible passage, a reflection, simple daily practices, and a coloring page—all free to use and share. Visit HopeForNiagara.org to download the 11x17 single-page or 8.5x11 three-page version, plus other helpful Advent resources.

Advent Week 1: HOPE

Text for the Week: Isaiah 2:1-5 – Swords into Plowshares

The word that Isaiah son of Amoz saw concerning Judah and Jerusalem.

In days to come the mountain of the Lord's house shall be established as the highest of the mountains and shall be raised above the hills; all the nations shall stream to it.

Many peoples shall come and say, "Come, let us go up to the mountain of the Lord, to the house of the God of Jacob, that he may teach us his ways and that we may walk in his paths."

For out of Zion shall go forth instruction and the word of the Lord from Jerusalem. He shall judge between the nations and shall arbitrate for many peoples; they shall beat their swords into plowshares and their spears into pruning hooks; nation shall not lift up sword against nation; neither shall they learn war any more.

O house of Jacob, come, let us walk in the light of the Lord!

A Summary of the Text:
Isaiah speaks to people living under occupation, and what does he tell them? That weapons of war will become garden tools. He's not asking anyone to ignore violence or pretend hardship isn't real. He's naming something deeper—this belief that even destructive things can be transformed. The same hands that once held weapons can learn to tend the soil. Strength once used to harm can be turned toward healing. It's a bold and beautiful promise.

Reflection:
Hope is like seeds buried in the ground—you don't see them at first, but they're there. Maybe hope feels impossible for you right now, like trying to grow watermelons in January. Maybe life feels frozen solid. But Isaiah insists: even swords can become plowshares. Hard and fearful places can be changed.

Small acts of hope count—more than we think. Choosing connection over isolation. Sticking with recovery or growth even on tough days. Asking for help instead of digging in our heels. Even simple things like getting up, making the bed, and starting the day—these are seeds. They're signs that transformation doesn't happen all at once but through ordinary, faithful choices. And honestly, what's more hopeful than that?

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