December 1st

ACTION OF THE DAY

Cry out

BREATH PRAYER

INHALE:
God weeps

EXHALE:
with those
who cry out.

December 2nd

ACTION OF THE DAY

Restore

BREATH PRAYER

INHALE:
Restore us, O God.

EXHALE:
Make your
face shine.

December 3rd

ACTION OF THE DAY

Grieve

BREATH PRAYER

INHALE:
Lament brings
me closer

EXHALE:
to healing and justice.

December 4th

ACTION OF THE DAY

Reveal

BREATH PRAYER

INHALE:
God, show me
the truth

EXHALE:
of what is broken
and beautiful.

December 5th

ACTION OF THE DAY

Hope

BREATH PRAYER

INHALE:
Hope is an action

EXHALE:
that refuses despair.

December 6th

ACTION OF THE DAY

Start

BREATH PRAYER

INHALE:
With small,
imperfect steps,

EXHALE:
help me start
somewhere.

December 7th

ACTION OF THE DAY

Tend

BREATH PRAYER

INHALE:
May I tend to life

EXHALE:
and nourish
what I can.

December 8th

ACTION OF THE DAY

Turn

BREATH PRAYER

INHALE:
Change my path

EXHALE:
to pursue the
way of peace.

December 9th

ACTION OF THE DAY

Reorder

BREATH PRAYER

INHALE:
Reorder this world

EXHALE:
toward the goodness
of your love.

December 10th

ACTION OF THE DAY

Spring up

BREATH PRAYER

INHALE:
May truth spring up
from the ground,

EXHALE:
and justice look
down from the sky.

December 11th

ACTION OF THE DAY

Contribute

BREATH PRAYER

INHALE:
I can contribute

EXHALE:
by giving what I can.

December 12th

ACTION OF THE DAY

Trust

BREATH PRAYER

INHALE:
I will trust God's
promises

EXHALE:
to appear in
the ordinary.

December 13th

ACTION OF THE DAY

Speak up

BREATH PRAYER

INHALE:
I will refuse silence

EXHALE:
when truth is
at stake.

December 14th

ACTION OF THE DAY

Echo

BREATH PRAYER

INHALE:
May all the earth

EXHALE:
echo shalom.

December 15th

ACTION OF THE DAY

Comfort

BREATH PRAYER

INHALE:
Bind up the
brokenhearted;

EXHALE:
comfort those
who mourn.

December 16th

ACTION OF THE DAY

Witness

BREATH PRAYER

INHALE:
Help me witness

EXHALE:
the pain and
promise around me.

December 17th

ACTION OF THE DAY

Plant

BREATH PRAYER

INHALE:
Plant good news

EXHALE:
among the ruins.

December 18th

ACTION OF THE DAY

Point

BREATH PRAYER

INHALE:
I will point

EXHALE:
to what
matters most.

December 19th

ACTION OF THE DAY

Take courage

BREATH PRAYER

INHALE:
Bold courage

EXHALE:
arrives in the
face of fear.

December 20th

ACTION OF THE DAY

Magnify

BREATH PRAYER

INHALE:
May I magnify

EXHALE:
the love that flows
from God.

December 21st

ACTION OF THE DAY

Draw near

BREATH PRAYER

INHALE:
In the longest night,

EXHALE:
God draws near.

December 22nd

ACTION OF THE DAY

Dream

BREATH PRAYER

INHALE:
In God holy darkness,

EXHALE:
I will pause, rest,
and dream.

December 23rd

ACTION OF THE DAY

Listen

BREATH PRAYER

INHALE:
In a world of noise,

EXHALE:
I will listen for
God's voice.

December 24th

ACTION OF THE DAY

Sing

BREATH PRAYER

INHALE:
I will sing:

EXHALE:
Love is born!
Christ is here.

December 25th

ACTION OF THE DAY

Dawn

BREATH PRAYER

INHALE:
Light dawns on
a weary world;

EXHALE:
Alleluia! Amen.



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