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ADVENT

Prepare My Heart Devotional

Prepare room in your heart for Jesus this season! Breathe in His gift of Hope, Peace, Joy, and Love during the advent season in anticipation of His arrival!

Advent DEVOTIONAL

Prepare My Heart

HOPE

PEACE

JOY

LOVE

breath beads

ADVENT

PREPARE MY HEART

Good Tidings

Hello Friends,

Welcome to Breath Beads Advent Devotional! I am thrilled you're joining in praying scripture and meditating on the Word of God this season with breath beads.

Wherever you're coming from, we all carry holiday traditions and memories with us into the holiday season. While I grew up around the church and knew Jesus was the reason for the season, I didn't have many activities that focused on Him during this time.

As an adult, I desired holidays in our home to bring glory to Jesus. We still do many traditional, festive activities like decorating a Christmas tree, but I also select decorations and colors that are symbolic of Jesus and the meaning of the season. Gazing upon beautiful things promotes a healthy mind and healthy heart attitude. Using an advent wreath as our table center piece was one of these new traditions. As a bead designer, I couldn't help in seeing the resemblance of the advent wreath to a bracelet and creating a wearable version of the wreath.

The beads serve as an ever-present reminder throughout the holiday festivities to direct my thoughts to the truth of scripture and focus my heart on Jesus. I pray these breath prayers richly bless you beyond measure this season and prepare your heart with the hope, peace, joy, and love Jesus brings this advent season.

May you be blessed with more *breathful moments.*
In love,
Dr. Mac

ADVENT

WHAT IS ADVENT?

ADVENTUS

Advent comes from the Latin word Adventus which means coming or arrival.

HISTORY

The early church began celebrating Advent by setting aside the 4 weeks leading up to Christmas to prepare their hearts for the celebration of the coming of the Messiah, Lord Jesus. Christians also celebrate the hope and joy in looking forward to Jesus second coming.

THEMES

While there are some variations in the themes among different churches, our study focuses on these 4 generally accepted themes:

Hope, Peace, Joy, and Love

WREATH

Traditionally 4 candles are in the advent wreath. One is lit each Sunday of the 4 Sundays leading up to Christmas Day in remembrance of the devotional theme for the week. On Christmas day with the 4 perimeter candles lit, the center candle is also lit. The wreath reminds me of a birthday cake for Jesus

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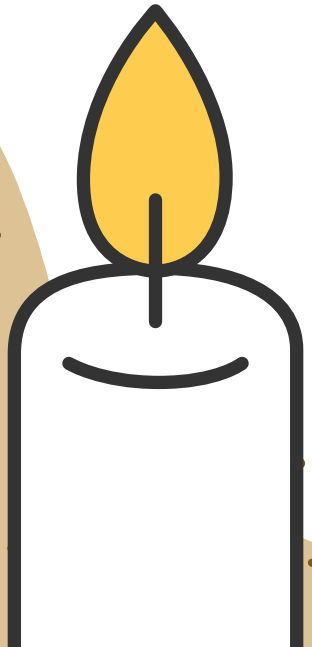
SYMBOLISM

COLORS

Purple: Preparation for the coming King
Pink: Joy and Anticipation
White: Purity and light of Christ
Red: Traditional candle color from some European churches

CANDLES

One candle in the wreath is lit each of the four Sundays leading up to Christmas Day in preparation and anticipation of Christ's coming. On Christmas day, the center candle, often white, called the Christ candle is lit to represent Jesus as the light of the world.



THEMES

Hope: Awaiting deliverance from the Messiah
Peace: Celebrates the peace Jesus brings to the world
Joy: Rejoice in the coming arrival of Jesus!
Love: God's love for humanity and our call to love others

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PREPARE MY HEART

breath beads™

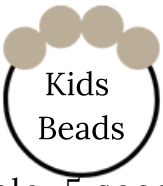
Advent Beads

The circular shape of the bracelet reminds us of the advent wreath. The bead colors: white, purple, pink and/or red symbolize advent themes.

365 Breath Beads
3 times a day
6 breaths per minute
5 minute prayer

One Bead = One Breath

Each Bead represents one breath cycle: inhale and exhale.
Adults Inhale 5 seconds; Exhale 5 seconds.
Hold a bead with the thumb and index finger for one breath cycle.
Move to the next bead for the next breath.



Breathing Better

Nose: Inhale and Exhale through the Nose
Pace: Breathe slowly. Optimal goal for adults is 5 seconds inhale, 5 seconds exhale. Children breathe faster. Encourage them to also breathe slowly. Counting an inhale to 4 seconds and exhale to 4 seconds is a good target. 4 Beads = Count to 4.
Diaphragm: From the lower rib cage, inhale low and wide all the way around.

Breath Prayers

Perform silently from your heart, with your mind.
Repeat the scripture phrase in the rhythm of slow breathing as you move along the beads. Repetition helps the heart come into agreement with the truth of scripture. A complete circle of the beads is a 5 minute prayer. Even a breathful moment of six repeitions is healing for the heart.
There is no right way to pray, just that you do!

www.breath-beads.com

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PREPARE MY HEART

2024 CALENDAR

Sunday December 1	HOPE	**WEEK 1**
Sunday December 8	PEACE	**WEEK 2**
Sunday December 15	JOY	**WEEK 3**
Sunday December 22	LOVE	**WEEK 4**

Christmas Day Wednesday December 25

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PREPARE MY HEART

DEVOTIONAL TIPS

Life in western culture is busy, and without a doubt busier in the holiday season. With more events on the calendar come more to-do's for errands, cooking, cleaning, clothing, gifting, traveling, and entertaining. This Advent devotional with breath beads is here to help, "Prepare Him room" in our hearts this season.

Preparation takes time. Whether you choose to do this devotional weekly or daily during the 4-week advent season, by yourself, with your family, or a friend, I hope to offer a few tips to help your heart be centered on Jesus during this special time.

1. Schedule Devotional Time

As you keep a calendar for work, parties, and appointments, physically schedule to a committed, regular time for meditating on the word of God to celebrate Jesus. Consider scheduling around a regularly occurring rhythm like meals or place it before another activity you enjoy doing regularly. If something comes up during your scheduled time, find a way to reschedule versus cancel this dedicated divine time.

2. Declare it Important

Thoughts occur quickly and it's easy to reason our way out of commitments. Make your own breath meditation to say when you don't feel like doing your devotional, but know you need to. Use mine if you like:

Inhale: Prepare my heart
Exhale: Make Him room

3. Create Community

At our table, if Mom or Dad begins to eat before prayer, the kids let us know. Consider including your spouse, children, a coworker, or friend to join you in advent devotionals this year. As a gift of love, bless them with beads and this PDF. If you're reading independently, consider how you can share your advent devotional each day with someone via a card, text message, or spoken word of encouragement sharing Hope, Peace, Joy or Love.

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PREPARE MY HEART

Joy to the World!

Breath Beads is supporting Uncharted Ministries with the advent project this year. Uncharted Ministries focuses on the persecuted church in the Middle East, Asia, Africa and beyond. Their goal is to reach the unreached who have no access to the Gospel and support the local Christian converts in the Jewish and Muslim communities who are persecuted for their faith in Christ. Breath Beads is drawn to their support with a financial tithe of advent proceeds, prayer, and letters of hope to the lone Christians in these communities. The arrival of Jesus celebrated during advent is what changed the lives of these brave believers. They risk it all to bring the Good News, the joy, and the light of Christ to a dark world. Thank you for joining with us in financial support by participating in the advent project, would you also join with us in praying for these believers?

Inhale: Let their light shine
Exhale: Bringing salvation to all

For this is what the Lord has commanded us: "'I have made you a light for the Gentiles, that you may bring salvation to the ends of the earth.'" Acts 13:47 (NIV)

Inhale: Bless their beautiful feet
Exhale: Let the people hear & believe

"For "everyone who calls on the name of the Lord will be saved." How then will they call on him in whom they have not believed? And how are they to believe in him of whom they have never heard? And how are they to hear without someone preaching? And how are they to preach unless they are sent? As it is written, "How beautiful are the feet of those who preach the good news!" Romans 10:13-15 (NIV)

Inhale: Holy Spirit come
Exhale: Fill them with power

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." Acts 1:8 (NIV)

Inhale: Boldness in declaring Your glory
Exhale: Perform marvelous deeds among them

Sing to the LORD, all the earth; proclaim his salvation day after day. Declare his glory among the nations, his marvelous deeds among all peoples. 1 Chronicles 16:23-24 (NIV)

https://unchartedministeries.com

ADVENT

PREPARE MY HEART

HOPE

Inhale: A son is given
Exhale: He reigns

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the greatness of his government and peace there will be no end. He will reign on David's throne and over his kingdom, establishing and upholding it with justice and righteousness from that time on and forever. The zeal of the LORD Almighty will accomplish this. .Isaiah 6:9-10 (NIV)

PEACE

Inhale: Glory to God
Exhale: Peace on earth

"Glory to God in the highest, And on earth peace, goodwill toward men!" Luke 2:14 (NKJV)

JOY

Inhale: Beholding good news
Exhale: Great joy for all

And the angel said to them, "Fear not, for behold, I bring you good news of great joy that will be for all the people. Luke 2:10 (ESV)

LOVE

Inhale: Your gift is love
Exhale: Jesus brings me life

This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. 1 John 4:9-10 (NIV)

ADVENT

HOPE

WEEK 1

Inhale: A son is given
Exhale: He reigns

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the greatness of his government and peace there will be no end. He will reign on David's throne and over his kingdom, establishing and upholding it with justice and righteousness from that time on and forever. The zeal of the LORD Almighty will accomplish this.
.Isaiah 6:9-10 (NIV)

Devotional

From that time on and forever, Jesus Christ is seated on the throne of heaven. For hundreds of years, the Israelites lived in a state of expectant HOPE that the Messiah would come and deliver them from their earthly adversaries and establish freedom and stability for their people. How blessed are we today, to live on this side of the promise that HOPE has been delivered in the form of Jesus, a son given to us by the LORD Almighty. The arrival of baby boy was ultimately satisfied on the cross and fulfilled when he ascended into heaven to take his throne at the right hand of his father (Mark 16:19). He is seated to reign and positioned with his enemies as his footstool. Christ's authority to reign gives us confidence here and now that our spiritual enemies are conquered. At present we experience the Kingdom of God in part with spiritual freedom and confidence in our future. At this season of advent, we cling tightly to the HOPE and anticipation of experiencing the Kingdom of Heaven in whole. The enemies will be vanquished, and the fullness of God's glory will be completely realized in restoration and perfection of the physical, emotional. mental and spiritual realms. Alleluia, he reigns now and forever!

Prayer

O God, thank you for the arrival of HOPE, of Jesus Christ this advent season. We lift our hearts in praise for your rule and reign in the heavenly places. We acknowledge the hardships still felt here on earth, and we open our hearts in expectant HOPE of experiencing the fullness of your glory. Oh, how we long to bow before your throne and worship you in the new heaven and new earth! Amen.

HOPE

WEEK 1

Inhale: A son is given
Exhale: He reigns

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Isaiah 6:9 (NIV)

Inhale: Hoping in the Lord
Exhale: Renew my strength

..but those who hope in the Lord will renew their strength. Isaiah 40:31 (NIV)

Inhale: Opening my heart
Exhale: Seeing your promised hope

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you the riches of his glorious inheritance in his holy people. Ephesians 1:18 (NIV)

Inhale: Overflowing with hope
Exhale: Fill me, Holy Spirit

May the God of hope fill you will all joy and peace as you trust him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13 (NIV)

Inhale: You are my help
Exhale: Waiting in hope

We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you. Psalm 33:20-22 (NIV)

Inhale: Holding to hope
Exhale: You are faithful

Let us hold unswervingly to the hope we profess, for he who promised is faithful. Hebrews 10:23

Inhale: Looking forward with hope
Exhale: Your glory revealed

...while we look forward with hope to that wonderful day when the glory of our great God and Savior, Jesus Christ, will be revealed. Titus 2:13 (NLT)

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PEACE

WEEK 2

Inhale: Prince of Peace
Exhale: Come rest on me

For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Isaiah 9:6 (NLT)

Devotional

Suddenly a great company of the heavenly host appeared with the angel, praising God and saying,
"Glory to God in the highest heaven,
and on earth peace to those on whom his favor rests."
Luke 2:14 (NIV)

Jesus is our Prince of Peace. Advent season is a time to create room in our hearts for Him, but instead it can feel like we're spinning on ice surrounding by a blur of twinkling lights. There may be wonderful things around every corner but underneath it all, would Jesus see a peaceful heart or a spirit of anxiety and depression within you? Stress and sadness can all too often accompany this time for peace. The angels declared the arrival of Jesus to bring peace to the earth. His life, and eventual death on a cross, made a path for us to be right with God and for His favor to rest on us. As Jesus' arrival was declared with peace, his departure before the cross also proclaimed peace with accompaniment of the Helper, the Holy Spirit.

"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid" (John 14:27 ESV).

Jesus, our Prince of Peace, the crowned champion, seals us with His Spirit to help us in every struggle. His Spirit will never leave you. Let us rest in this truth as we are reminded to turn our eyes upon Jesus and receive his gift of peace.

Prayer

Prince of Peace, we invite you into our hearts this advent season, to come rest on us. May your presence of peace in our life be a light and a blessing in our homes, communities, and to the world. Amen.

PEACE

WEEK 2

Inhale: Prince of Peace
Exhale: Come rest on me

For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: Wonderful Counselor, Mighty God, Everlasting Father,
Prince of Peace. Isaiah 9:6 (NLT)

Inhale: Glory to God
Exhale: Peace on earth

Glory to God in the highest heaven, and on earth peace to those on whom his favor rests.
Luke 2:14 (NIV)

Inhale: The peace of Jesus
Exhale: Calms my heart

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. John 14:27 (ESV)

Inhale: Proclaiming peace
Exhale: My God reigns!

How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, “Your God reigns!”
Isaiah 52:7 (NIV)

Inhale: Unity in Jesus
Exhale: Peace with others

For Christ himself has brought peace to us. He united Jews and Gentiles into one people when, in his own body on the cross, he broke down the wall of hostility that separated us
Ephesians 2:14-15 (NLT)

Inhale: Fixing my mind on You
Exhale: Keeping in perfect peace

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Trust in the LORD always, for the LORD God is the eternal Rock. Isaiah 26:3-4 (NLT)

Inhale: Made right by faith
Exhale: Peace with God

Therefore, since we have been made right in God’s sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.
Romans 5:1 (NLT)

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JOY

WEEK 3

Inhale: Beholding good news
Exhale: Great joy for all

And the angel said to them, “Fear not, for behold,
I bring you good news of great joy that will be for all the people.
Luke 2:10 (ESV)

Devotional

In the Declaration of Independence, Americans hold truths that all men are given rights to life, liberty, and the pursuit of happiness. The declaration of the angels delivers an even better message of truth, one of great joy for all the people.

How did the shepherds respond to this news?

Let us go... and see...
And when they saw it, they made known....
And all who heard it wondered at what the shepherds told them.
But Mary treasured up all these things, pondering them in her heart.
And the shepherds returned glorifying and praising God for all they had heard and seen...
Phrases from Luke 2:10-15 (ESV)

As you have received the message of good news, the eternal life which Jesus Christ made a way, do you behold great joy in your heart? The scripture in Luke 2 describes the actions of shepherds bursting with joy. They were physically moved to go and share with everyone what was heard. Their hearts were moved to worship and praise God for the great joy delivered in the form of a baby. Whether you’re a shepherd bursting with joy or a Mary treasuring and pondering these truths in your heart, behold the good news of great joy in the gift of eternal life from Jesus this advent season.

Share joy.
Treasure joy.
Ponder joy.
Praise with joy.

Prayer

Joy to world, the Lord has come! Jesus, I receive you with joy this season. Let me be bold in proclaiming the great joy of the good news of your arrival and eternal life. Amen.

JOY

WEEK 3

Inhale: Beholding good news
Exhale: Great joy for all

And the angel said to them, “Fear not, for behold, I bring you good news of great joy that will be for all the people. Luke 2:10 (ESV)

Inhale: Sing for Joy
Exhale: Jesus is here

Shout aloud and sing for joy, people of Zion, for great is the Holy One of Israel among you. Isaiah 12:6 (NIV)

Inhale: Working with joy
Exhale: Spreading the news

Joyfully you’ll pull up buckets of water from the wells of salvation. And as you do it, you’ll say, “Give thanks to God. Call out his name. Ask him anything! Shout to the nations, tell them what he’s done, spread the news of his great reputation! Isaiah 12:3-4 (MSG)

Inhale: Life in Your presence
Exhale: Fullness of joy

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore. Psalm 16:11 (ESV)

Inhale: Make a joyful noise
Exhale: All the earth sing praise

Make a joyful noise to the LORD, all the earth; break forth into joyous song and sing praises! Psalm 98:4 (ESV)

Inhale: Your joy in me
Exhale: Makes me full

These things I have spoken to you, that my joy may be in you, and that your joy may be full. John 15:11 (ESV)

Inhale: Joy in the Lord
Exhale: You are coming

Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Philippians 4:4-5 (NLT)

ADVENT

LOVE

WEEK 4

Inhale: Your gift is love
Exhale: Jesus brings me life

This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. 1 John 4:9-10 (NIV)

Devotional

Giving a present requires at least two parties: a sender and a receiver. 1 John paints the most beautiful display of the ultimate gift exchange: the love of the Father. Our Father created us to be in close relationship with Him. He made a special home for us in a lush garden and spent quality time in conversation walking with us in the cool of the day. When sin entered and caused separation from our holy Father, it broke His heart. But our Father in heaven had a plan to get us back, even though it would come at a tremendous cost. To restore our relationship out of His heart of love for us, His precious creation, made in His own image, He had to give up His one and only Son, Jesus. I can't imagine the sacrifice of the Father to send His beloved Son down from heaven, here to earth, to watch Jesus suffer and die. His love for us was greater than the cost of sending his Son. All so that we can be clean from sin and live with Him once again. Sending Jesus to us was God's gift of love on display for the world to see. He was sent so we might live through Him.

Do you believe the Sender's love for you this advent season?
Do you receive his gift of love: the Son of God, sent to give you life?
When we begin to grasp and know the love of Christ, we can begin to experience the fullness of God. Oh, the wonders of His love!

Prayer

Heavenly Father, thank You for loving us and sending Your only Son to save us from our sins and into eternal life. Let us be reminded of the wonders of Your love this advent season and always. Fill our hearts with the fullness of Your love and help us to love one another as You have loved us. Amen!

LOVE

WEEK 4

Inhale: Your gift is love
Exhale: Jesus brings me life

This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. 1 John 4:9-10 (NIV)

Inhale: Your faithful love
Exhale: Remains forever

"For the mountains may move and the hills disappear, but even then my faithful love for you will remain. My covenant of blessing will never be broken," says the LORD, who has mercy on you. Isaiah 54:10 (NLT)

Inhale: Established in love
Exhale: Filled beyond measure

And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Ephesians 3:17-19 (NIV)

Inhale: Loving you with my whole self
Exhale: You deserve it all

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. Mark 12:30 (NIV)

Inhale: Your love for me
Exhale: Overflows to others

This is my commandment: Love each other in the same way I have loved you. There is no greater love than to lay down one's life for one's friends. John 15:12-13 (NLT)

Inhale: Putting on love
Exhale: Walking in harmony

And above all these put on love, which binds everything together in perfect harmony. Colossians 3:14 (ESV)

Inhale: In patience and love
Exhale: Acting in humility and gentleness

Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Ephesians 4:2 (NLT)

ADVENT

PREPARE MY HEART

Go Shout it on the Mountain

In closing, I pray this advent devotional has blessed you and prepared your heart to make Him room this season. I pray that the Hope, Peace, Joy, and Love of Jesus is healing to your heart. I pray that the joy of the Good News of His coming flows out of your heart and into your family, friends and community.

"You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house.
Matthew 5:14-16 (NLT)

Inhale: Light of the world
Exhale: Shine for all to see

Check out more breath prayers at www.breath-beads.com!
Order your God-Filled Moments devotional on Amazon by searching "Breathful Moments"

May you be blessed with more breathful moments.
In the love of Jesus,
Dr. Mac