

# FULLY HUMAN, FULLY DIVINE: AN ADVENT DEVOTIONAL FOR THE WHOLE SELF

## A FULLY PRESENT ADVENT 2024

Hope, peace, joy, and love are not simply to be read about but experienced with your whole self! Follow along with the daily contemplative practices in the book, and connect with @WhitneyRSimpson on Instagram and Facebook. You can track your own Advent journey below. Since Christmas arrives midweek this year, choose not to rush and savor your prompts into the Christmas season. Now, take a deep breath and track in the spaces below where you feel most present with God each day this season.

	SUN	MON	TUE	WED	THU	FRI	SAT
	BREATH PRAYER	MINDFUL MOVEMENT	LECTIO DIVINA	VISIO DIVINA	CHRISTIAN MEDITATION	CREATIVE CONTEMPLATION	PRACTICING PRESENCE
SLOW DOWN AND HOPE	1	2	3	4	5	6	7
SIMPLIFY FOR PEACE	8	9	10	11	12	13	14
SIT WITH JOY	15	16	17	18	19	20	21
SAVOR GOD'S LOVE	22	23	24	Christmas!			

#FullyPresentAdvent

#FullyHumanFullyDivineBook

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