Tapping in Faith

Advent: Waiting for the Light

A free Advent Journey for your church or group

LEADER'S GUIDE

tappinginfaith.com/advent

A letter to the leader

Dear friend,

Thank you for leading. Whether you serve a women's ministry, a small group, a Sunday school class or a whole congregation, you are about to give people something rare in December: a daily reason to stop and wait on God.

Waiting for the Light is an Advent Journey in the Tapping in Faith app. Each day pairs a passage of Scripture with a few minutes of gentle tapping and quiet. The weeks follow the Advent candles: Hope, Peace, Joy and Love. This Advent, every day of the Journey is free for everyone in your group. Nothing to buy, no codes, no catch; it is our gift to the Church this season.

This guide gives you a simple way to run it: one link to share, one gathering a week (or none, if your group prefers to go it alone), and the words you need for your bulletin, your announcements and your phones. Use all of it or a little of it.

We are praying for your group this Advent.

Tapping in Faith

partners@tappinginfaith.com

What your group needs to know

What it is. An Advent Journey of short daily sessions in the Tapping in Faith app (iPhone, Android, or on the web). Each day: a Scripture passage, a few minutes of tapping and prayer, and a moment to rest.

What it costs. Nothing. The Advent Journey is free for everyone through December 31. People create a free account; no card is asked for.

What tapping is. Tapping (EFT) is a simple practice of tapping gently on a few points on the hands and face while speaking truth, praying and breathing. Many people use it to settle their bodies and quiet their minds while they pray. In Tapping in Faith every session is grounded in Scripture. Tapping is a practice alongside faith, never a substitute for it, and never a substitute for medical or mental-health care. For a fuller answer, especially for your pastor, share our Pastor's Guide: tappinginfaith.com/pastors-guide

When to start. Advent begins Sunday, November 29. Most groups start that Sunday or the Monday after. The Journey saves each person's place, so a late start or a missed day is never a problem.

How to share it. Give people this one link (it works on any phone and on a computer):

tappinginfaith.com/advent

Or your church's own link, if we have given you one.

tappinginfaith.com/advent

The weeks of Advent

- **Week 1, Hope:** waiting for what God has promised.
- **Week 2, Peace:** the Prince of Peace in a restless world.
- **Week 3, Joy:** good news of great joy, even in a hard year.
- **Week 4, Love:** God's love come close, in a manger.

Weekly gathering guide

Use these if your group meets. Each gathering is about 45 minutes. If your group does not meet, skip to the blurbs; the daily Journey stands on its own.

Shape of every gathering

1. Light the candle for the week (5 min).
2. Read the week's passage aloud from your own Bible (5 min).
3. Tap along together (10 min): pick any day from that week in the app, play it from a phone or speaker, and tap along as a group. Anyone who would rather just listen and breathe is welcome to.
4. Talk (20 min): the questions below.
5. Pray for one another (5 min).

Week 1 — Hope

(gather the week of November 29)

Passage to read aloud: Romans 15:13

Tap along: Day 1, Where Hope Begins

Talk:

- Where in your life are you waiting on God right now?
- What is the difference between hoping and wishing?
- Who in your life needs to borrow some hope this month? How could you lend it?

WEEKLY GATHERING GUIDE

Week 2 — Peace

(gather the week of December 6)

Passage to read aloud: Isaiah 9:6-7

Tap along: any Day 8 to 14

Talk:

- What steals your peace in December?
- Isaiah calls Him the Prince of Peace. What would it look like to let Him govern one worry this week?
- Is there a hard-to-love person this season? What would peace with them, as far as it depends on you, look like?

WEEKLY GATHERING GUIDE

Week 3 — Joy

(gather the week of December 13)

Passage to read aloud: Luke 2:8-14

Tap along: any Day 15 to 21

Talk:

- The shepherds were afraid before they were glad. Where has fear been sitting in the seat joy should have?
- What is one small joy you have noticed this week?
- How is joy different from being happy?

WEEKLY GATHERING GUIDE

Week 4 — Love

(gather the week of December 20)

Passage to read aloud: 1 John 4:9-11

Tap along: any Day 22 to 28

Talk:

- God came close. Where have you felt Him close this Advent?
- Who has loved you well this year? Have you told them?
- What do you want to carry out of Advent into the new year?

A closing word for leaders: on the last gathering, invite the group to keep going. Tapping in Faith has Journeys and sessions for grief, anxiety, sleep, gratitude and more, and a free trial of everything for anyone who wants it. No pressure; the gift stands on its own.

Ready-to-use words

Bulletin blurb (about 60 words)

This Advent, join us for Waiting for the Light, a free Advent Journey in the Tapping in Faith app. Each day pairs Scripture with a few quiet minutes of prayer and gentle tapping, following the Advent themes of Hope, Peace, Joy and Love. Free for everyone through December 31. Start at tappinginfaith.com/advent, and join us day/time _____ for our weekly gathering.

Group text or email

Advent together this year? Waiting for the Light is a free Advent Journey (Scripture + a few quiet minutes a day). Free for everyone through Dec 31. Start here: tappinginfaith.com/advent. [We'll meet day/time _____ to talk about the week.]

Pulpit or announcement (about 30 seconds)

Advent starts November 29, and this year we are doing it together, one day at a time. Waiting for the Light is a free Advent Journey you do on your phone: a passage of Scripture each day, a few quiet minutes of prayer, and a simple practice called tapping that helps the body settle so the heart can listen. It is free for all of us through the end of the year. Go to tappinginfaith.com/advent, make a free account, and start on the first Sunday of Advent. [We will gather on day/time _____ to share the week.]

Social post

Advent is for waiting, and most of us wait badly. This year, wait well. Waiting for the Light is a free Advent Journey: one passage of Scripture, a few quiet minutes of prayer and gentle tapping, one day at a time through the weeks of Advent. Start whenever you like. Free for everyone through December 31. tappinginfaith.com/advent

INVITATION CARD (FRONT)

Advent: Waiting for the Light

A free Advent Journey

Hope · Peace · Joy · Love

INVITATION CARD (BACK)

One passage of Scripture.
A few quiet minutes.
Every day of Advent.

Start free at
tappinginfaith.com/advent

tappinginfaith.com/advent

Church name _____ gathers day/time _____ at place _____.

Questions people ask

Is tapping biblical?

Tapping is a practice, like breathing slowly or kneeling to pray; it has no theology of its own. In Tapping in Faith every word spoken while tapping is Scripture or prayer. Our Pastor's Guide answers this fully: tappinginfaith.com/pastors-guide

Does it cost anything?

The Advent Journey is free for everyone through December 31. A free account is all anyone needs; no card is asked for. After the season, the Journey joins our Premium library, and anyone who wants to keep going can start a free trial.

Do people need a smartphone?

No. The Journey works in the app on iPhone and Android and on the website on any computer.

What if someone misses a day?

The Journey saves each person's place. A missed day waits; nothing is lost.

Can children or teens do it?

The Journey is written for adults. Families are welcome to listen together.

What if someone in my group is really struggling?

Tapping goes alongside good care, not instead of it. Please point them to a pastor, a counselor, or a doctor. In an emergency in the United States, call or text 988.

Can our church have its own link?

Yes. Write to partners@tappinginfaith.com and we will send one.



Tapping in Faith

Christian EFT tapping, with Scripture at every point.

tappinginfaith.com/advent

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