

ADVENT

PRAY25



BE STILL

HALLOW PRESENTS

BESTILL

This Advent, join Jonathan Roumie, Sr. Miriam James Heidland, Fr. John Burns, Chris Pratt, Gwen Stefani, Mother Natalia, and Fr. Pierre Touissant for Pray25 — a journey into the Christmas story as it truly was.

The journey from Nazareth to Bethlehem was one of risk, uncertainty, and chaos — yet, somehow, it remained marked by a sacred stillness and an unshakeable peace. How was this possible?

Over the next 25 days, we'll walk alongside Mary and Joseph and learn from their holy examples. Guided by the Infancy Narratives and Caryll Houselander's *The Reed of God*, we'll explore how stillness and surrender can anchor our hearts and help us claim peace amid life's chaos.

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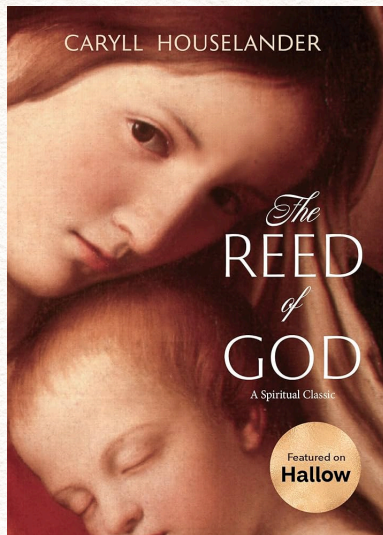
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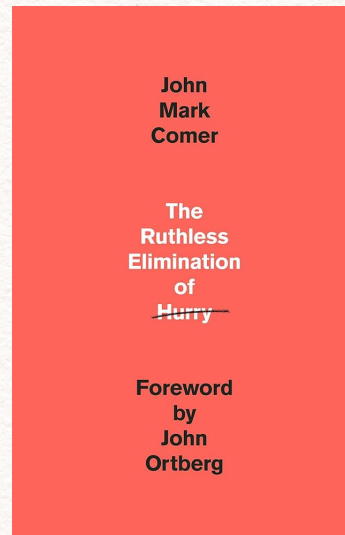
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PRAY25 BOOKS

Throughout Pray25, we will journey through some incredible books, *The Reed of God* by Caryll Houselander, and *The Ruthless Elimination of Hurry* by John Mark Comer.



The Reed of God is a spiritual classic that invites readers to encounter Mary, the Mother of God, not as a distant, untouchable figure but as deeply human—one whose openness to God made divine love visible in the world. If you'd like to purchase your own copy to follow along with during Pray25, click [here](#)



The Ruthless Elimination of Hurry is a fascinating roadmap to staying emotionally healthy and spiritually alive in the chaos of the modern world. If you'd like to purchase your own copy to follow along with during Pray25, click [here](#)

Small Groups



Hello and welcome to this Hallow study guide for small groups! We're excited to help you build a real, living, and vibrant community of prayer.

At Hallow, our mission is to help people pray. But we aren't meant to do this alone. Prayer must be done in community. It must lead to the Eucharist. We must pray as a Church.

ACTS 2:42

"They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers"

That's why we created content specifically for small groups.

Small groups offer an intimate setting where we can openly share our struggles, seek accountability, and pray for each other.

These small communities of faith build divine friendships and provide a space for all of us to encounter God more deeply.

By incorporating the content from this study into your small group, you'll have the chance to learn from others' experiences and become more aware of the ways that God is working in all of our lives.

Jesus said, "Where two or three are gathered together in my name, there am I in the midst of them." (Matthew 18:20)

We pray that God will bless your time together and help you grow closer to Him.

Thank you again for praying with us at Hallow and journeying through this content with your community! If you ever need help or have questions about using Hallow with your small group or church community, please send us a message at community@hallow.app.

In this guide, you'll find helpful tools to go deeper in prayer with your community, including:

How to prepare for the week

A Hallow overview for those who are new to the app

Discussion questions for each session of this study

Hallow Overview

Hallow is a prayer and meditation app that combines the peace and stillness of meditation with the spiritual growth of contemplative prayer.

Welcome to All

Hallow is rooted in the tradition of the Catholic Church but has been built to welcome users of all backgrounds. Hallow features the Bible on its "navigation tab" towards the bottom of the screen and many of the sessions are rooted in Scripture, such as Jeff Cavin's Daily Reflections or Fr. Mike's Bible in a Year.

Getting Started

Don't know where to get started? Open the app and tap on the "Discover" icon on the bottom of the screen to search for the "Intro challenge." This will introduce you to different styles of prayer and meditation that we have in the app.

The "Discover" tab is also a great place to explore the many categories of content we have on the app, including daily meditations, prayers for sleep, music, rosaries, and more.

We cannot wait to pray with you!

How to prepare for the week

“And over all these put on love, that is, the bond of perfection.”

COLOSSIANS 3:14

Seek God in prayer

The goal of any study is to spend time with God and encounter Him through prayer and Christian community. Of course, we don't do any of this on our own. The Holy Spirit intercedes for us and teaches us how to pray (Romans 8:26). Before you begin any session, ask for God to guide you and help you become more aware of His presence. After you listen to any session, spend time in silence reflecting on what stood out to you and where God might be drawing your attention.

Prepare for your group

After spending time in prayer, listen to the week's available sessions before you meet as a group. When listening on your own, use this guide to write your thoughts on any of the discussion questions. You are also free to add your own questions to bring to the group when you meet.

It's okay not to know the answer

No one needs to have extensive knowledge of Scripture to be a part of a small group. If a question or topic comes up that you can't answer, that's okay. Learn from others in the group, be bold to seek understanding by asking questions, and offer insight from your own experience wherever you can.

Stay in touch

The real fruit of journeying through a study together is the shared experience of growing closer to God. This can happen during discussions, by offering to support one another in prayer, and by staying in touch outside of the times you meet together. On the Hallow app, you can share reflections and prayer intentions directly to your group, as well as pray and respond to others who do the same.

Small Group Agenda

Below is a sample agenda for a small group meeting using this study. Feel free to adapt the agenda to the needs of your group.

Settle In (5 min)

Before you kick off, share something about your week. We recommend doing a highlight/lowlight or rose/bud/thorn reflection.

Pray with Hallow (15-20 mins)

Listen to one or more of the week's session together. We recommend using a Bluetooth speaker to play it for the whole group.

Discussion (25 mins)

Discuss the session's questions and additional thoughts you've journaled. Don't be shy to share your insights and anything that stood out to you. Your thoughts may be just what someone needs to hear.

If time permits, discuss any previous sessions not yet discussed in previous meetings.

Recap (5 mins)

As your time with your group comes to a close, we recommend the group admin recap some key takeaways from the discussion and confirm the next session to listen to before the next meetup.

Prayer Intentions

Share a prayer intention with the group. We encourage you to list your intention in your community page on Hallow so everyone can continue to pray for you during the week.

Closing Prayer

Have someone in the group close in prayer, offering up the intentions of everyone in the group.

WEEK 1 – RECEIVE

REED OF GOD & SCRIPTURE

DAY 1: FOLLOW ME & REST

What do you hope to come away with at the end of our Advent journey?

“Many are the waves, and threatening are the storms, which surround me; but I fear them not, for I am standing on the Rock. Let the sea roar; it cannot wash away the Rock.”

DAY 2: SILENCE IS THE CURE

Where do you need silence in your own life today?

“Strangely enough, those who complain the loudest of the emptiness of their lives are usually people whose lives are overcrowded...”

DAY 3: CONSENT

What is God asking you to do today? Where is He waiting for your "yes"?

“It was so tremendous, yet so passive. [Mary] was not asked to do anything herself, but to let something be done to her. She was not asked to renounce anything, but to receive an incredible gift.”

DAY 4: LECTIO – ANNUNCIATION

What fear is living in your own heart today? How can you surrender it to God more fully now?

“Lord, I give you permission to come to me, right here. God, I invite you to speak your word, your love... over my heart, my life, and the situations that burden me.”

BE STILL

DAY 5: RUTHLESS ELIMINATION OF HURRY – SABBATH

What would your ideal Sabbath look like?

“When we fight this work-six-days, Sabbath-one-day rhythm, we go against the grain of the universe... Fight it, fight God. Fight God, fight our own souls.”

DAY 6: SATURDAY WITH THE SAINTS- ST. FAUSTINA

Was anything difficult during the moment of silence today? What helped you stay focused?

“Strive for a life of recollection so that you can hear My voice, which is so soft that only recollected souls can hear it.”

DAY 7: SUNDAY HOMILY WITH FR. PIERRE TOUSSAINT

Write down your notes and thoughts from this day.

“Right now, in this season, God is inviting us to simply sit in silence, to be left in waiting... so that we’re standing in awe before the Lord at the majesty of who He is, humbled by the fact that God desires to be with us in this way.”

WEEK 2 – TRUST

REED OF GOD & SCRIPTURE

DAY 8: FIAT

Where can you offer your own fiat to God today

“Our Lady said yes for the human race. Each one of us must echo that yes for our own lives. We are all asked if we will surrender what we are, our humanity, our flesh and blood, to the Holy Spirit and allow Christ to fill the emptiness formed by the particular shape of our life.”

DAY 9: FACING OUR FEARS

Where do you fear judgment in your own life? What small step can you take to offer that to God today?

“The Lord Himself will fight for you, you need only to be still.”

DAY 10: JOY

Where in your own life has trusting God led to true joy?

“With that glimpse, saw God’s Word proved true. Nothing would be impossible for God.”

DAY 11: LECTIO – MAGNIFICAT

How can you offer your own Magnificat to God today?

“The truth is — that journey, from uncertainty to trust, from joy to worship — it’s not reserved for those who lived thousands of years ago. It’s available and waiting for us today.”

BE STILL

DAY 12: RUTHLESS ELIMINATION OF HURRY – QUIET PLACE

What one change can you make, beginning today, to make more space for quiet in your life?

“Without solitude it is virtually impossible to live a spiritual life.... We do not take the spiritual life seriously if we do not set aside some time to be with God and listen to him.”

DAY 13: SATURDAY WITH THE SAINTS – MOTHER TERESA

How has silence impacted your own prayer life so far this Advent?

“The beginning of prayer is silence. If we really want to pray we must first learn to listen, for in the silence of the heart God speaks.”

DAY 14: SUNDAY HOMILY WITH FR. PIERRE TOUSSAINT

Write down your notes and thoughts from this day.

“Something does change when we trust God. But it may not always be our circumstances. Often, the thing that changes is our disposition and our hearts, our knowing that God is with us in this place.”

WEEK 3 – SURRENDER

REED OF GOD & SCRIPTURE

DAY 15: THE SEARCH FOR SHELTER

What doors in your life is God asking you to open to Him today?

“Christ wants to be at home in your soul. He will not go away and leave you if the house is chilly and uncomfortable; he loves you too much to leave you.”

DAY 16: WOOD OF THE MANGER, WOOD OF THE CROSS

How do you persevere through uncertainty, risk, and grief in seasons of your life? How can Mary be an example for you?

“She wrapped Him up in swaddling clothes and laid Him in a manger.’ As if her first act was to lay Him on the Cross...”

DAY 17: PEACE ON EARTH

Where is God calling you to seek Christ today?

“In our seeking for the lost Child, our contemplation of Our Lady becomes active... Where must we seek? Everywhere—in everyone. How must we seek? With faith and courage and limitless love.”

DAY 18: LECTIO – BETHLEHEM

Where is God calling you to trust Him, by surrendering your own plans today?

“The small, safe life they had once dreamed of had to be dwarfed by the magnificence of what God really had for them, even at such a cost.”

BE STILL

DAY 19: RUTHLESS ELIMINATION OF HURRY – ST. TERESA OF ÁVILA

Where can you make a commitment to slow down and be present today?

“...All the best stuff is in the present, the now... If there’s a formula for a happy life, it’s quite simple—inhabit the moment. Each moment is full of goodness. Why are we in such a hurry to rush on to the next one?”

DAY 20: SATURDAY WITH THE SAINTS – ST. TERESA OF ÁVILA

What’s one thing that came to mind during your time with Christ at the pillar in today’s session?

“Let nothing disturb you. Let nothing frighten you. All things are passing away; God never changes. Patience obtains all things. Whoever has God lacks nothing; God alone suffices.”

DAY 21: SUNDAY HOMILY WITH FR. PIERRE TOUSSAINT

Write down your notes and thoughts from this day.

“As Jesus’ hands are raised up in supplication for us on the cross, is itself a mirror of the way the hands of the infant Jesus are raised, towards Our Lady, for her to pick him up...”

WEEK 4 – FIAT

REED OF GOD & SCRIPTURE

DAY 22: PONDERING

Take a moment just to ponder all God has done in your own heart this Advent. How has God moved in your own story?

“Listen. Be silent. Let Christ speak to you. Forget yourself, do not be self-centered, let him tell you how he loves you, show you what he is like, prove to you that he is real.”

DAY 23: JUST THE BEGINNING

Where has saying "yes" to God led you in your own life?

“Mary’s fiat doesn’t end with the Nativity...she cradles the lifeless body of her Son, the same baby she cradled 33 years before in Bethlehem. And her fiat echoes once more — Be it done to me according to your word.”

DAY 24: WALK WITH OUR LADY

What are you anticipating as you approach Christmas Day? How did today's session prepare you?

“And invite your heart to remember deep within, that as Mary walks with you ... she loves you, and she is a woman who will only bless, who will only desire to heal you, and to bring you into union with her son. She won’t take from you; she only gives. She’s the mother that Jesus gave you.”

DAY 25: KNOW THAT I AM GOD

What will you take with you from this Advent journey?

“Be still and know that I am God! I am exalted among the nations, exalted on the earth. The LORD of hosts is with us; our stronghold is the God of Jacob.”