



Embodied Word Writing Guide

December 2024

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Dear Friend,

Are you sensing a longing for more embodied connection? If you're like me, you're steeped in digital living, trying to navigate the technological tethers that seem to leave you more disconnected despite the promise of access to anyone and anything.

Writing is a gift that can enable you to connect in a deep and satisfying way with yourself, God, and others. It's a space to explore your inner life of thoughts and emotions, a meaningful creative outlet to imagine and build with words. Writing is mostly an important spiritual practice - a time for reflection and communion with God. It's even a hearth for hospitality. For me, I need writing for my soul to be well.

With another Advent season upon us, my heart is drawn to the Scripture from the book of John: "*The Word became flesh and made his dwelling among us.*" (John 1:14.) The Incarnation is the heart of the Gospel. God, the creator of the world, became a human on this earth, through a woman. He lived a life as God yet as man in human flesh, for that body to be betrayed and broken to save the hearts of men and women, of you and me.

In the coming weeks and into the New Year, you can explore this guide as inspiration for the words of your heart to be a ribbon wrapping you more closely to those you do life with, and even as an unexpected gift to strangers for a moment of fellowship.

In this darkest month of December, join me in living out the light as an embodied writer. If this resonates with you - to allow the gift of your words to help you be more human, and more connected, I hope this guide will be meaningful.



Bethany



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How to Use this Guide

Each suggestion is something that you can try in December - whether on the day it's listed, or any day of the month! (There is a handy checklist at the end!)

This is really for YOU, to connect with yourself - physically and emotionally, with people in your life, and with God. This is also for everyone - whether you are a seasoned writer or someone who wants to write more (and I hope the latter is everyone!). My hope is that these ideas will help each of us live a more embodied life, and utilize the written word for the beautiful purpose of being human.



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December Embodied Word Writing Guide


1. Write a handwritten poem every night in December.
2. Go to a local bookstore and buy a book of poetry to read in December or the New Year.
3. Buy a book of poetry online from an independent author.
4. Go to a local poetry reading - maybe even try the open mic yourself!
5. Write and send a handwritten Christmas card.
6. Write a letter on paper to send or give to a friend.
7. Post a poem or something you've written on Facebook.
8. Dream cast for embodied writing in the New Year - and share with a writing friend.
9. Write a story of Christmas from your childhood.
10. Gift a journal to someone for a Christmas present.
11. Have coffee with a friend and discuss your favorite poet or writer from this year.
12. Check out a book of poetry from the local library.
13. Join a writing community - online and/or in person.
14. Read one of your poems at a gathering of friends or family.



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15. Text a poem to a friend.
16. Read a memoir and email the author.
17. Start a Christmas journal.
18. Gift a book of poetry to someone.
19. Write an email to an old friend.
20. Write a poem about Christmas from your childhood and read to your own children or family members.
21. Write handwritten Christmas cards and deliver to a local nursing home.
22. Buy a new journal for yourself for 2025.
23. Read Mary's song aloud.
24. Read Luke Chapter 2 aloud.
25. Email a poem to a friend.
26. Write a list of all the books you read in 2024 and email a friend about a favorite.
27. Write a list of all the books you want to read in 2025.
28. Create your own ideas!





“In the beginning
was the Word,
and the Word
was with God,
and the Word
was God. He was
with God in the
beginning.
Through him all
things were
made; without
him nothing was
made that has
been made. In
him was life, and
that life was the
light of all
mankind.”

John 1:1-4

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A Prayer for December

Lord, may we feel your nearness,
knowing that you came to us,
and now live within,
this heart that beats and bleeds;
this soul that longs and aches;
this body that bends and breaks;
right here, right now,
and in the everlasting.

May your perfect love,
shine from within me
during these nights of merriness,
and maybe mayhem.
May the miracle of your coming,
of your closeness,
make these days of darkness, bright.

- Bethany Peck

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Hi! I'm Bethany, and I write about faith, grief, and hope. You can find me writing on Instagram at [@beautiful_purpose_writing](#), on my website [bethanypeck.org](#), and my Substack, "Wildflowers in the Wilderness."

Thank you for downloading this guide! I'd love to hear your thoughts - you can email me at bethany1027@gmail.com. I hope this is a helpful in connecting with yourself, God, and others this month.



Bethany



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Embodied Word Writing Guide Checklist

- Write a handwritten poem every night in December.
- Go to a local bookstore and buy a book of poetry to read in December.
- Buy a book of poetry online from an independent author to read this month.
- Go to a local poetry reading.
- Write and send a handwritten Christmas card.
- Write a letter to a friend.
- Post a poem or something you've written on Facebook.
- Text a poem to a friend.
- Write a story of Christmas from your childhood.
- Email a poem to a friend.
- Write an email to an old friend.
- Check out a book of poetry from the local library.
- Join a writing community - online and/or in person.
- Read one of your poems at a gathering of friends or family.
- Dream cast for embodied writing in the New Year - and share with a writing friend.
- Read a memoir and email the author.
- Start a Christmas journal.
- Gift a book of poetry to someone.
- Have coffee with a friend and discuss your favorite poet or writer from this year.
- Write a poem about Christmas from your childhood and read to your own children or family members.
- Buy a new journal for yourself for 2024.
- Read Mary's song aloud.
- Read Luke Chapter 2 aloud.
- Gift a journal to someone for a Christmas present.
- Write a list of all the books you read in 2023 and email a friend about a favorite.
- Write a list of all the books you want to read in 2024.
- Create your own ideas!



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“There is nothing to writing. All
you do is sit down at a typewriter
and bleed.”
— Ernest Hemingway

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A photograph of a dirt path winding through a forest in autumn. The ground is covered in fallen brown leaves. Tall, thin trees with sparse foliage line the path. A semi-transparent yellow rectangular box is overlaid on the upper portion of the image, containing a quote in white serif font.

“There is no greater agony than
bearing an untold story inside you.”
— Maya Angelou

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“The light shines in the darkness,
and the darkness has not
overcome it.”

John 1:5



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A close-up photograph of a branch with small black and red berries and autumn-colored leaves. The background is blurred, showing more of the same plant and some green foliage. The text is overlaid on a semi-transparent yellow box in the upper left corner.

If you'd like to share how these practices impact you, feel free to share on Instagram:
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Happy writing!

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