

2025 Christian Ethical Vegan Advent Reflection Guide

With Daily Scripture, Reflection, Question, and Action Step

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Dedication

This devotional is dedicated to all the creatures who are in torment, torture, isolation, desolation, and/or pain, who will never know the life that God created them to enjoy because of humanity's selfishness and ignorance. Their advent, like every day of their life, will be one of suffering.

May our voices, actions, prayers, choices, and lives be instruments of God's compassion, hastening the day when creation is restored to peace and every being is free from harm.

Epigraph

"The creation waits in eager expectation for the children of God to be revealed."

— [Romans 8:19](#)

Author's Note:

Hi Everyone,

This Advent devotional was created from my heart to yours to be a loving and affirming guide for ethical vegan Christians in a season of waiting, longing, and celebrating Christ's birth through the lens of compassion for all creation. As the Executive Director of [All-Creatures.org](#), I have long felt the call to connect the timeless hope of Advent with the urgent call of ethical veganism in the form of an advent reflection.

This guide brings together the traditional themes of Hope, Peace, Joy, and Love with daily reflections that invite us to uplift our calling and strengthen each other as ethical vegans as well as God's creatures, our neighbors, and the earth itself. My prayer is that you will find this uplifting and worthy of your time. Our ethical vegan hearts are so often overlooked as we prepare not only for Christmas Day, but for the coming of God's Peaceable Kingdom, where all beings live in harmony.

~Tams Nicholson

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Let us begin ...

Advent is a holy season of waiting, longing, and preparing. For four weeks, we journey through the themes of Hope, Peace, Joy, and Love, lighting candles on the wreath and strengthening the flame of Christ within our hearts. Each week draws us closer to the profound mystery of Christ's birth, when God's love became flesh and dwelt among us and now the Holy Spirit dwells within us.

For us ethical vegans, Advent holds an especially tender meaning. We wait not only for Christ's birth, but for the renewal of creation itself—the Peaceable Kingdom where no one harms or destroys, and where every creature finds rest in God's care. During the Advent season we face yet another struggle knowing His creatures are brutalized, abused, and murdered for feasts of gluttony, greed, and lust of tastebuds to celebrate the birth of Jesus. It is unthinkable yet commonplace. How could this be? As an added thorn in many of our sides, during this time of year people who we care deeply about and/or love are asleep to these facts! They are still in bondage to violence during this season and sadly will either devalue our lifestyle, make fun of it, or at best tolerate or accept it, but they do not join us.

Yet for us, our daily choices are a part of preparing the way for Christ's nonviolent kingdom. This is our CALLING – our passion – to respect the creatures as we do each other. And this guide offers a daily rhythm for Advent and Christmas: a Scripture passage, a reflection in the spirit of Christian ethical veganism, a guiding question, and a simple action step. You will also notice that the scripture sources vary. I've done this on purpose. The linked scripture goes to a source with all versions of each specific verse. If you have additional time, please click on the link to examine all the different interpretations and reflect on how a slight variance can change the entire meaning between translations. The world exploits scripture to falsely justify our Creator as violent when He/she/they are a loving compassionate God.

As you walk through each day, I pray the encouragement helps destroy the lie that we are “alone” in this. There are a growing number of ethical vegan Christians, and our numbers will continue to grow because we KNOW the future – the Peaceable Kingdom on earth – and it is already here for many of us as we walk forward. Thank God that our blinders have fallen off!

This Advent guide is one of many projects I am working on to find ways to unite us. May this simple guide allow your heart to find renewal, your compassion to deepen, and your life to align more fully with Christ, who came that all might have life and have it abundantly.

~ Love Tams

Envisioning a Vegan World Exercise – The Peaceable Kingdom Worldwide

Set a timer for 30 minutes, read each bullet-point below and take time to prayerfully envision the celebration of a fully ethical vegan Advent and Christmas for the entire world. Write your answers on the space provided.

Return to your answers to review, add, change, or refine your vision of a vegan world throughout Advent as your understanding deepens. This exercise will strengthen you in unexpected ways after you define and then internalize it.

Build Your Envisionment of the Peaceable Kingdom

“Human being, you have already been told what is good, what ADONAI demands of you — no more than to act justly, love grace and walk in purity with your God.” [Micah 6:8 CJB](#)

Use the space below to write your thoughts, prayers, and visions. Let your answers flow freely, without judgment.

Traditions: What feasts or traditions exist in your envisionment? What kind of living witness of peace, kindness, and gratitude for God’s creatures would exist?

Worship: How would worship change? How might we center more deeply in Advent and Christmas practices, keeping His message of love and liberation at the heart of our celebrations?

Community: In what ways might we come together—family, friends, church members, neighbors—into a compassionate vision of Christmas?

Gifts – Two Part Question: Imagine the wonder of a world with only generosity, without exploitation, offering life-affirming gifts. (a) What would such gifts to each other look like?

And (b) are there gifts available to you (service or physical items) that you could give others this year born from this exercise?

Acts – Two Part Question: What small Peaceable Kingdom acts, outside of gift-giving, would people do daily that aren't yet happening in the world or in my life right now?

Might I be able to bring a new Peaceable Kingdom act into existence now in my little corner of the world? What does that look like? Is the act for myself, others, or both?

What Remains the Same: From my reflections above, what existing or modified traditions, activities, and feasts might remain in an ethical vegan world, and can I lean into these more deeply this year to enjoy something about Advent that I had not in prior years?

More Notes to Myself:

Week One: Hope

(Sunday, November 30 – Saturday, December 6, 2025)

Day 1 – First Sunday of Advent (Nov 30, 2025)

Scripture: *The people who walk in [spiritual] darkness^[a] Will see a great Light; Those who live in the dark land, The Light will shine on them.* ([Isaiah 9:2](#), AMP)

We begin Advent with the light of hope. Just as the first candle is lit on the Advent wreath, we kindle within us the flame of expectation—Christ is coming, and with Him the promise of renewal. Hope walks with us through the despair of violence, injustice, and cruelty perpetrated on our fellow beings, calling us to be their advocates with our eyes firmly affixed on God’s plan of peace on earth as it is in heaven.

As ethical vegans, we also join creation’s longing and groaning as we wait for the world to come. (“For we know that even the things of nature, like animals and plants, suffer in sickness and death as they await this great event” [Romans 8:22, TLB](#)) Many of our hearts cry out “why isn’t it already here!” Yet we can see it beginning. Sanctuaries for rescued creatures and the growing number of people awakening to animal and human exploitation remind us that it is slowly coming. Advent hope assures us that cruelty will not have the final word, for Christ is born to restore all life in love.

Question: Where do I see glimmers of hope for a more compassionate world?

Action Step: Light a candle today and say a prayer of hope for animals suffering everywhere and for the people deceived in these cycles of violence.

Day 2 – Monday of Week One (Dec 1, 2025)

Scripture: *“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 9:6](#), NIV)

Christ’s coming reminds us that God breaks into history, not with violence but with vulnerability. He came as an infant, not a violent warrior. This changes everything about how we live in expectation. We don’t live by grasping at domination as the world would like us to do, but by softening our hearts. Softening our hearts with love and kindness, however, does not mean softening our stance. This type of vulnerability is a place of both exposure without a weapon and the strength of not needing one. It is a place of integrity and discipline where the worldly false narratives have no power. These narratives include: (1)

violence is okay, (2) avoid personal pain although it's okay to inflict it on others, and (3) seek pleasure at the expense of God's creatures. As ethical vegans, we see these narratives for the true evil they represent.

Our hearts suffer as we know the creatures suffer. Yet our calling embodies this very hope by resisting the temptation to dominate. Every plant-based decision we make testifies that God's kingdom is breaking in. Each choice is a living example that whispers: "We can live without killing." "We can live in loving-kindness, peace, and restoration." What better way to ready the manger of our hearts than to welcome Christ through such mercy lived out in our daily lives?

Question: How might my ordinary choices speak of God's extraordinary hope? (i.e. I may represent the only kindness they see.)

Action Step: Take at least five minutes to celebrate the freedom that living as a faith-based ethical vegan provides as a sign of hope for others. How will you celebrate the hope you provide?

Day 3 – Tuesday of Week One (Dec 2, 2025)

Scripture: *"He shall judge between the nations, And rebuke many people; They shall beat their swords into plowshares, And their spears into pruning hooks; Nation shall not lift up sword against nation, Neither shall they learn war anymore."* – ([Isaiah 2:4](#), NKJV)

Prophets like Isaiah spoke of the day when swords would become plowshares. This vision gives us courage when the world feels entrenched in cruelty and grounds us to be cognizant in how we are contributing to that hope. Hope is not passive—it insists on transformation. Just like the swords will be transformed, so will our communities, technologies, industries, lives, relationships, and hearts. This transformation grows in acts and deeds of kindness each day through those of us who already live as if it were the Peaceable Kingdom.

Every compassionate act turns weapons into tools for life. To refuse flesh, to become knowledgeable concerning how industries and individuals are causing harm to the creatures, to realize we don't have the right to use them for entertainment or experiments, and to let others know – these are ways we take part in Isaiah's prophecy. We embody Isaiah's vision when we trust that Christ's peace begins here and now, in us, through every small faith-filled step.

Question: Has all the evil in the world caused me to doubt God’s word and disbelieve that the world can be peaceful? Replace those thoughts with “God is true and my life helps usher in the Peaceable Kingdom.”

Action Step: Close your eyes for five (5) minutes and imagine how weapons and tools of harm will one day be replaced with garden tools and tools of life.

Day 4 – Wednesday of Week One (Dec 3, 2025)

Scripture: *“But if we hope for what we do not see, we eagerly wait for it with perseverance”* ([Romans 8:25](#), NKJV)

Hope requires patience. We long for immediate results, but Advent reminds us that the Messiah Himself came after many generations of people waiting and longing. Ethical veganism, too, is a long journey of waiting as we plant seeds of compassion in this fallen world. We must take captive our thoughts (2 Corinthians 10:5) of impatience and replace them with steadfast hope. Impatience leads us into frustration. Frustration (anger, annoyance, and disappointment) leads us to focus on the fact that the world isn’t transforming fast enough. This can discourage our hearts and diminish actions we might have otherwise taken as representatives of change. Impatience steals hope and growth.

Like farmers who hope and trust the earth to yield, we must hope too and trust God to bring fruit from our witness. Even when we don’t see results, hope says, “God is at work.” Let us think of the plants that nourish us – much of what results in the food that sustains us occurs below the ground. Without what is out of sight the plants would never grow and mature to eventually produce nuts, seeds, fruits, grains, leaves, stalks, and all else. Likewise, we are the roots of what is yet to come within the future non-violent and peaceful body of Christ. We – as the roots - must go deep. We must grow strong. We must focus on making what is yet to come thrive. And what is yet to come is the Peaceable Kingdom - in that we can have complete hope.

Question: How can I better embrace patience as an act of hope to extinguish frustration?

Action Step: Write a short note of encouragement about waiting with unwavering hope, without frustration, to someone who shares in this journey of compassion.

Day 5 – Thursday of Week One (Dec 4, 2025)

Scripture: *“The steadfast love of the Lord never ceases, his mercies never come to an end; (Lamentations 3:22, NRSVCE)*

Advent hope is not blind optimism—it is rooted in God’s faithfulness. We can look back on the ways God has carried us, even when paths seemed impossible. The history of God’s faithfulness gives us strength to trust the calling of ethical veganism as transformative to the world. It grows easier to believe when we meditate upon the facts that (1) God designed Eden as vegan for both humans and creatures. (2) [Daniel](#)’s appearance showed the power of eating plants only. (3) Moses and followers were vegan (eating only manna) in the desert for 40 years. (4) Balaam’s donkey was allowed to speak showing Balaam his/her cognition, intelligence, ability to see angels, and love of God.

The world, however, does not want us to have that hopeful longing or even be able to envision the day when it will come. We live in the now. When the world pushes down on us – especially when we have personal trouble or witness great acts of violence - then we can face great discouragement in a culture that dismisses compassion and is so brutally violent and uncaring. Yet God has not abandoned the creatures or us; God is with us all. The Holy Spirit indwells us all. Christ is with us all. The Lord does not want this current world of violence for His creatures or us. Our labor and suffering to usher in peace is not in vain. God multiplies our witness beyond what we can see. We are growing in numbers. We are missionaries. We must seek renewal through God’s love, not our own strength.

Question: When has God carried me through difficulty in life and renewed me?

Action Step: Reflect on how I may have overlooked how God is also sustaining me on my ethical vegan journey. Give thanks aloud.

Day 6 – Friday of Week One (Dec 5, 2025)

Scripture: *“We have this hope as an anchor for the soul, firm and secure.”* – Hebrews 6:19

Hope calls us to resist despair when faced with violence. Witnessing the creatures’ suffering grieves our hearts and has the potential to crush our spirits—but instead we have the gift of knowing the peaceable future and are called to be faithful witnesses of hope. We know that one day these cries will cease, although such a future cannot come soon enough.

Advent reminds us that God has already acted decisively through Christ. It is not God who wants our violence to continue. Jesus was the last sacrifice. Though the world attempts to resist, the power of His love cannot be stopped. Our calling is to remain faithful witnesses

while caught within the tension of desiring an immediate end to violence and knowing it is not here yet, while at the same time bearing hope that even the hardest hearts may turn.

Question: How does despair try to sneak up on me and manifest?

Action Step: Write yourself a note of the scripture that brings you the most assurance about forthcoming peace for all. Which verses empower you? Tuck it in your wallet or pocket and pull it out as needed.

Day 7 – Saturday of Week One (Dec 6, 2025)

Scripture: *“For I know the plans I have for you, declares the Lord...plans to give you hope and a future.”* – Jeremiah 29:11

The first week of Advent closes with renewed trust in God’s promises. Hope is never about our strength to generate hope but about God’s love breaking into the world and being our source to draw from. We cannot generate hope without a “source. The world wants our “hope” to be in how much we can have and consume, but God wants our hope to be in His/her/their word.

As we wait for Christmas, we prepare not by consuming but by compassion. Ethical vegan hope believes each creature’s heart as well as human hearts wait to hold the Christ who came to heal every wound—human and creature alike. Our lives of abundant peace for creatures also allow us many freedoms that others do not yet know. From this light of peace within us, we can go even deeper.

Question: How can I prepare my heart through prayer this Advent to welcome Christ, the King of the Peaceable Kingdom, more deeply?

Action Step: Declutter or create one space in your environment and dedicate it as a place of ethical vegan prayer this season.
