

Advent's Here: Awake!



St. Charles Catholic Church
Liturgy of the Word with Children
Family Reflection for
November 27, 2022 first Sunday of Advent

Family Prayer:

Lord, give us the gift of faith. Help us to trust that you are always there for us. Amen.

Gospel Reading: Matthew 24:37-44

"Walk in the light of the Lord"

Reflection:

The Church's liturgical year begins with the first Sunday of Advent, a time of waiting and preparation, excitement and anticipation, as we get ready for the great feast of Christmas. Advent is a season of hope. Living in hope means that while Jesus has already come, we are still in the process of letting him complete the journey into our hearts. Jesus told us that he would return one day. He did not give us an exact date or time. Only God knows when Jesus will come again at the end of time. It is important to keep ourselves ready to welcome Jesus at all times. If we try every day to love each other with kind words and thoughtful actions, then we will keep ourselves ready to welcome Christ at any time. "The Lord is good to those who hope in him, to those who are searching for his love" (Lamentations 3:25).

Discuss these questions as a family:

- ❖ What are some things you get ready for?
- ❖ What reminds you of the love or presence of God during the season of Advent?
- ❖ How can you share in God's work to bring hope to others?

Hope Peace Joy Love



Family activities:

*Faith is trusting in what you cannot see. Try doing a "faith fall." Stand one or two steps away from the person catching you. (Be sure that person is strong enough to hold you.) Close your eyes and when they say "go," fall back into their arms, trusting that they will catch you. Try it. It's not as easy as you think.

*Set aside five minutes each morning or evening. Find a comfortable place to write. Take a few calming breaths. When you are settled, start jotting down whatever comes to your mind that you are grateful for. This practice will lead to a heart full of hope and gratitude.

Family prayer activities:

*Advent is a time to pray. Praying with an Advent chain is a beautiful way to connect as a family and prepare for Jesus' coming. Have family members write prayer petitions on strips of construction paper, then glue them together to form a chain. There should be as many links as there are days until Christmas. Each day, gather the family for prayer. Break one link from the chain and pray the petition written on it. The chain will grow shorter as Christmas approaches.

*The Angelus is a traditional prayer by which we can connect with our ever-present God throughout the day. The Angelus is a brief reflection on the incarnation, recalling Mary's yes to God's invitation to bring Christ into the world. Prayed at 6:00 a.m., noon, and 6:00 p.m., the Angelus is a pause in the rhythm of our days in which we can recall Emmanuel, God with us.

<https://www.youtube.com/watch?v=1K7nEzP97OE>

*Pray with an Advent wreath. Light one new candle each Sunday of Advent.

<https://www.youtube.com/watch?v=5FQsnmcZSjA>

