

Liturgical Year: Advent

In Advent, we keep watch and pray to prepare for the coming of the Lord.

Chapter Summary

Jesus taught His followers to keep watch and pray in preparation for His Second Coming. During Advent, the Church keeps watch and prays to prepare for His Second Coming, as well as to prepare to celebrate and remember Christ's Nativity. The changes to our liturgical worship fill us with anticipation for the fullness of joy of Christmas. The Christmas Anticipation Prayer is traditionally recited fifteen times each day during Advent as a way to be vigilant at all times. The O Antiphons in the Liturgy of the Hours also help us focus more intently on preparing for the Nativity of Our Lord.

Keeping Watch and Praying

Jesus told us to “take heed, watch and pray; for you do not know when the time will come” (Mark 13:33). Advent is a time for our families to heed Jesus' words. We can refocus on our relationship with Jesus in preparation for His Second Coming. If we're vigilant, Advent can be a fruitful time of prayer.

Praying the O Antiphons during the final days of Advent can help us remain focused as Christmas approaches. The O Antiphons are recited during Evening Prayer of the Liturgy of the Hours from December 17 to 23. They are short verses from Scripture that express our hope and longing for the Messiah.



Print or write and decorate the O Antiphons. You can find the O Antiphons on the website of the United States Conference of Catholic Bishops (www.usccb.org/prayers/o-antiphons-advent). Display them in a prominent place in your home with some candles or next to your Advent wreath. Take time as a family to recite them slowly before dinner and before bed each evening. Saying them as a family will enkindle the longing for Jesus in your hearts.

For more family faith formation resources, go to the parent portal.