

Family Faith

Liturgical Year

Advent

During Advent, we prepare for Jesus to come into our hearts.

Chapter Summary

In the Old Testament, God promised to send a Savior, and He prepared His people for the Savior to come. The New Testament shows us that God kept His promise. Each year during Advent, we wait and do many things to prepare our hearts to celebrate the coming of our Savior, Jesus Christ, at Christmas.

More for Parents

The best gift you can give your children this Christmas season is the gift of their faith. During Advent, spend time praying as well as reading the Bible and reading about the lives of the saints. Most of all, be a witness to the faith in everything you do. Teach by example, especially in small acts of kindness and forgiveness.

Our Family Prays Together

Dear God, thank You for Your love. Help us prepare our hearts for Jesus this Advent season. Amen.

Let's Talk about It as a Family

- *Did God's people have to wait a long time for the coming of the Savior? (Yes.)*
- *What do we call the four weeks of preparation for Christmas? (Advent.)*
- *What color do we use during Advent to remind us to be sorry? (Purple.)*
- *What do we use to count the weeks of Advent? (Advent wreath.)*

Let's Live Our Faith

Choose one or more of the following:

- Prepare for Christmas by having each family member tell that he is sorry for the wrongs he has done and asking for forgiveness. Talk about how God forgives us and how we should forgive those who have hurt us.
- Discuss some other things that your family can do during Advent to prepare your hearts for the coming of Jesus.

Family Faith Activities

Choose one or more of the following to do as a family:

- As parents, nurture the virtue of love in your family this Advent season. Have everyone in the family take turns doing random acts of kindness for one another. Each time someone makes an act of kindness, add a piece of straw to the empty manger (made out of a small paper lunch sack) to prepare for the coming of Jesus on Christmas.
- Make an Advent wreath for your kitchen table. (Instructions can be found on the parent portal.) Light the candles each night at dinnertime. Say a prayer asking Jesus to help your family prepare for His coming at Christmas.
- Help others who are less fortunate by adopting a family for Christmas through your parish. Let your children help pick out the gifts or food so that they can appreciate the gift of giving of themselves.

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