

FAMILY FAITH

Liturgical Year: Advent

During Advent, we prepare our hearts for Jesus' coming.

Chapter Summary

During the liturgical year, we celebrate and participate in the life of Christ. The liturgical season of Advent prepares our hearts to celebrate Jesus' coming at Christmas and for His Second Coming at the end of time. Because purple is a color that symbolizes penance, the Church uses purple in the celebration of the Advent liturgies. One way to participate in Advent is by lighting an Advent wreath. As we light our Advent wreath, we experience a sense of longing and waiting. We wait with hope for Jesus' coming and reflect on His presence as the Light of the World. We can also prepare our hearts for Jesus during this season by making sacrifices and doing acts of love.

More for Parents

During Advent, we prepare for Jesus' coming. This year, your child is preparing his or her heart to receive Jesus in the Sacrament of Holy Communion. The Advent season is a fitting time to help your child prepare for this moment. One way to prepare for Holy Communion is by receiving the Sacrament of Reconciliation. Even if your children have not yet had their First Reconciliation, you can help them examine what they can do better and ask God to forgive them and help them love Him more deeply. Lastly, you can participate in this season by lighting an Advent wreath each Sunday of Advent. As you do this, say a prayer together as a family, asking God to make your hearts ready to receive Jesus.

Virtue in the Family

The season of Christmas will mean more to you and your family if it is properly prepared for during Advent. Daily activities and prayers together will keep your family focused on what Christmas is all about.

Preparing for Jesus' Coming

- Family prayer activity
 - Make an Advent paper chain out of construction paper. Make as many links as there are days in Advent that year. On each link, write the name of someone who needs prayers. Connect the links and hang it up. Each day, take off one link and pray for that person as a family.
- Go look at Christmas lights as a family—they will be everywhere during Advent. Talk about how they remind us of the need to prepare for Jesus' coming as the Light of the World. Like the Christmas lights, He brings light and joy into the world darkened by sin.
- Find a charity that is accepting used toys as donations for children in need. Recall to your children that Advent is a time for penance and sacrifice to prepare for Jesus' coming. Then help them find, clean, and wrap one of their toys to donate. Challenge them to give one of their favorites.

Vocabulary Words for Your Children to Review

- **Advent**
- **Advent wreath**
- **liturgical year**
- **liturgical year seasons**

Find digital flash cards to help your children review on the parent portal.



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