

Advent Faith Conversations:

The First Week of Advent

Beware that your hearts do not become drowsy. . . and that day catch you by surprise. . .
-- From this week's Sunday Gospel: Luke 21:25-28, 34-36



Adult reflection for this week

This week's theme is a call to consciousness and attentiveness. Life can be so full that we don't reflect on our daily activities, experiences, relationships, or reactions. Advent is time earmarked for pausing. Difficult when Christmas preparations are ramping up, but what is Christmas about? Presents, concerts, having the house perfect - or preparing our hearts to celebrate the coming of Jesus? How does he come to us? How will we know he's come to us? Let's take this week to . . . reflect.

Family daily conversation and prayer starters

Talk about the [symbolism of the wreath and bless it](#). Darken the room and light one purple candle, saying, "Jesus, you are the Light of the World." Everyone responds, "Let your light shine in our darkness." After each day's conversation, pray the prayer together on the second page (print so everyone has a mini-sheet) and sing "O Come, O Come Emmanuel."

Sunday, November 28

What is Advent? (It is a time of preparing for Christmas. It comes from a word that means "coming.") When we know someone is coming, how do we prepare? For whose coming are we preparing?

Monday, November 29

How does our culture prepare for Christmas? (Ads, stores, schools, pop music and movies) Is this about preparing for Jesus' coming? What would help us prepare for Jesus' coming? Compare/contrast.

Tuesday, November 30

It sure is dark before we light our candle – and what a difference the one flame makes! What "darkness" do we experience in life? Why do you think Jesus called himself Light? Why do we need his coming? After the prayer, add: St. Andrew the Apostle, pray for us.

Wednesday, December 1

What does it mean that Jesus is coming at Christmas? He was born in Bethlehem a long time ago, so why are we preparing now? (Remembering Jesus' birth at Christmas somehow makes it present again.) After the prayer, add: Mary and Joseph help us on our own journey to Bethlehem this Advent.

Thursday, December 2

Does Jesus come to us on other days, not just Christmas? When? How? (In other people, Scripture, a feeling of closeness in our hearts, a thought, Holy Communion, etc.) How can we be more aware of this?

Friday, December 3

How has Jesus come to you today? If Jesus comes to us every day, how does that change how we work, play, treat each other, etc.? What could help our family build the habit of reflecting more, of being more aware of Jesus' coming – even after Advent? After the prayer, add: St. Francis Xavier, pray for us.

Saturday, December 4

As Catholics we believe Jesus will come again – at the end of our own lives, but also at the end of the world. How does this make you feel? Why? How does Advent help us prepare for this coming?



Find this and other resources
to share at
www.dmdiocese.org/Advent2021

Brought to you by:

DIocese of Des Moines



With support from:
St. Joseph
Educational Center



Print and cut one out for each family member.

Week 1 Prayer

Dear Jesus, thank you for coming to us.
Please help us to be reflective and watching for you in our lives each day, especially as we prepare for Christmas. Amen.

Sing together:

O come, O come, Emmanuel
And ransom captive Israel
That mourns in lonely exile here
Until the Son of God appear.

Rejoice, rejoice, Emmanuel
Shall come to thee, O Israel

O come, Thou Wisdom from on high
And order all things, far and nigh
To us the path of knowledge show
And cause us in her ways to go. (Refrain)

Week 1 Prayer

Dear Jesus, thank you for coming to us.
Please help us to be reflective and watching for you in our lives each day, especially as we prepare for Christmas. Amen.

Sing together:

O come, O come, Emmanuel
And ransom captive Israel
That mourns in lonely exile here
Until the Son of God appear.

Rejoice, rejoice, Emmanuel
Shall come to thee, O Israel

O come, Thou Wisdom from on high
And order all things, far and nigh
To us the path of knowledge show
And cause us in her ways to go. (Refrain)

Week 1 Prayer

Dear Jesus, thank you for coming to us.
Please help us to be reflective and watching for you in our lives each day, especially as we prepare for Christmas. Amen.

Sing together:

O come, O come, Emmanuel
And ransom captive Israel
That mourns in lonely exile here
Until the Son of God appear.

Rejoice, rejoice, Emmanuel
Shall come to thee, O Israel

O come, Thou Wisdom from on high
And order all things, far and nigh
To us the path of knowledge show
And cause us in her ways to go. (Refrain)

Week 1 Prayer

Dear Jesus, thank you for coming to us.
Please help us to be reflective and watching for you in our lives each day, especially as we prepare for Christmas. Amen.

Sing together:

O come, O come, Emmanuel
And ransom captive Israel
That mourns in lonely exile here
Until the Son of God appear.

Rejoice, rejoice, Emmanuel
Shall come to thee, O Israel

O come, Thou Wisdom from on high
And order all things, far and nigh
To us the path of knowledge show
And cause us in her ways to go. (Refrain)