



Advent 2019

# Week 1: Hope

Sometimes we think of hope as wishful thinking. The virtue of hope is much more than wishing upon a spiritual star, even the Star of Bethlehem. It is an optimistic expectancy that allows us to have confidence that God is with us in all things.

As you light the first candle of Advent, talk about what each family member is hoping for. If the hope is more of a wish (I hope I get a new doll), take time to explain the difference between wishing for material possessions and hoping for the great gifts that only God can give us — like peace, wisdom and forgiveness.



### Advent Wreath Prayer

As a family, light the first candle and say...

“The people who walked in darkness have seen a great light” (Isaiah 9:1).

God of compassion, be with us in these long and dark days as we await the birth of your son, Jesus. Amen

### This Week

**What is one way you can prepare your heart for the birth of Christ?**

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**What do you want to say to God in your prayers?**

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# Week 2: Peace

As we await the coming of the Prince of Peace, use this week to make peace in your own life. Is there a family member with whom you’ve had a disagreement? A co-worker you don’t get along with? Make an effort to mend the rift between the two of you and, if your approach meets with rebuff, forgive that person anyway. When you light this week’s candle, pray the Peace Prayer attributed to St. Francis that begins: “Make me an instrument of your peace...”



### Advent Wreath Prayer

As a family, light the second candle and say...  
“The people who walked in darkness have seen a great light” (Isaiah 9:1).

God of salvation, help us give voice to the voiceless as we cry out in the name of your son, Jesus. Amen.

### This Week

**What is one way you can prepare your heart for the birth of Christ?**

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**What do you want to say to God in your prayers?**

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# Week 3: Joy

Christmas has almost become synonymous with stress for many families. The crush of shopping, cooking, relatives, parties, school events and all the rest can rob the season of its pleasure. This Sunday — Gaudete, or Joy, Sunday — we are reminded that joy doesn't come from what we do, but from who we love. Set aside some time this week to do at least one thing with those you love just for the sheer joy of it. Look at the Christmas lights. Watch a favorite movie. Make a batch of decadent cookies. Listen to carols. Whatever it is, do it as a family and simply enjoy your time together.



### Advent Wreath Prayer

As a family, light the third, rose-colored candle and say...  
“The people who walked in darkness have seen a great light” (Isaiah 9:1).

God of blessings, we celebrate your good gifts and rejoice at the gift of your son, Jesus. Amen.

### This Week

**What is one way you can prepare your heart for the birth of Christ?**

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**What do you want to say to God in your prayers?**

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Advent 2019

# Week 4: Love

“I love you.” On the last Sunday of Advent, we are reminded that with the Incarnation, love became a person. While actions may speak louder than words, it’s always good to say the actual words out loud now and then. As you light the final candle, share some sign of love and peace with your family members — including saying the actual words out loud.



### Advent Wreath Prayer

As a family, light the fourth candle and say...

“The people who walked in darkness have seen a great light” (Isaiah 9:1).

God of wisdom, bless us with Mary’s “yes” as we welcome Emmanuel into our hearts and homes. Amen.

### This Week

**What is one way you can prepare your heart for the birth of Christ?**

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**What do you want to say to God in your prayers?**

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