

## TALKING ABOUT ADVENT >>>

The four weeks of Advent give us a chance to reflect on ways we need to change our hearts to grow closer to God. He sent his only Son to become one of us. Jesus the Messiah saved us from sin and showed us the way to live as children of his light.

### Scripture



Read **Luke 1:26–38**. We hear about the angel's invitation to Mary to be the Mother of God, and we hear Mary's unconditional "yes." How has God shown favor in your life?

## HELPING YOUR CHILD UNDERSTAND >>>

### Advent

- Typically at this age, children enjoy group activities and are inclined to do service for others. Look for a service opportunity that your family can do together during Advent.
- Most children at this age are in the process of developing a conscience and are becoming more aware of choices they make that are not part of God's plan for our lives. Watch for opportunities to praise them for good choices.



## CATHOLIC FAMILY CUSTOMS >>>

It is important to mark the season of Advent as a family. Here are some things you can do together with your children during the weeks before Christmas to keep the focus on preparing for the coming of Christ.

- Take time out for a discussion on how you prepare when a special guest is coming to your house for Christmas. Talk about what family members can do during the season of Advent to spiritually prepare for the coming of Jesus. What thoughts or actions need to be "cleaned up"?
- Write the name of each family member on a small piece of paper. Fold these papers and place them in a bowl. At mealtime, ask each family member to choose a name. For the next week, secretly do something extra for the person whose name you chose, such as putting away toys, taking on a chore, or treating the person kindly.

## FAMILY PRAYER >>>



Praying the Lord's Prayer slowly and thinking about each phrase is a good way to start the process of changing one's heart. Before or after dinner, light a candle on your Advent wreath, and pray together the Lord's Prayer. Then exchange a Sign of Peace.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to [aliveinchrist.osv.com](http://aliveinchrist.osv.com).