SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

Learning and loving with Christ as our teacher

PRAYER AT HOME

Advent Week 2

Dear Parents and Carers,

Advent is a significant time in the Catholic Church that marks the beginning of the liturgical year and prepares us for the celebration of Christmas.

The second week of Advent is a significant time when we prepare for the celebration of the birth of our Lord, Jesus. This week, the focus is on the theme of peace. It is a time to reflect on the peace Jesus brings to the world and our hearts.

During Advent, we are encouraged to reflect on the meaning of Christmas and engage in prayer together.

This prayer resource is designed to help families come together and engage in prayer during the Advent season.

God Bless,

Linda Payne
Executive Headteacher

Peace



Gather Together

1. Find a quiet space and sit together.
2. Begin by making the sign of the cross.



Listen

3. Read from the scripture quote from Mark's Gospel.



It is written in the prophet Isaiah: Look, I am going to send my messenger in front of you to prepare your way before you.
A voice of one that cries in the desert: Prepare a way for the Lord, make his paths straight.
Mark 1:1-8

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Reflect

4. Spend a moment reflecting on Christ's message of hope.

This week's reading explores Isaiah's prophecy. Isaiah talks about a messenger who will come before the Lord to prepare the way for Him. In the New Testament, this messenger is identified as John the Baptist, who prepared the way for Jesus.
John the Baptist fulfilled this prophecy. He came before Jesus and preached a message of repentance and preparation. He called people to turn away from their sins and to make their hearts ready for the coming of the Lord.
The phrase "Prepare a way for the Lord, make his paths straight" means that we should make our hearts and lives ready for Jesus.
Remember, just as John the Baptist prepared the way for Jesus, we too, should prepare our hearts for Jesus' coming. How are you going to prepare your hearts this week?

Pray



5. Spend time praying together.

Loving Father,
We come before you with open hearts and minds, seeking your guidance and presence in our lives. As children, we strive to prepare a way for the Lord and make our path straight.
In this season of Advent, grant us the strength and wisdom to remove any distractions or negativity that may cloud our minds and hearts.
Lord, we pray that you guide us in creating a path of love, kindness, and compassion. Help us to treat others with respect and understanding, just as you have taught us. May our words and actions reflect your love and grace.
We thank you, Lord, for the gift of your Son, Jesus Christ. As we prepare a way for Him, may we always remember the importance of love, forgiveness and faith. Guide us in making our path straight so that we may walk in His footsteps and bring glory to your name.
In Jesus' name, we pray.
Amen.



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Living out the Message



6. Here are a few ways to encourage the children to live out this week's message.

- **Reflect on their personal actions**: Encourage the children to reflect on their behaviour and consider if their actions are loving, kind, and just. Encourage them to apologise and make amends if they have hurt someone or done something wrong.

- **Prayer**: Teach children the importance of prayer and spending time with God. Help them understand that by praying, they are opening their hearts to God's guidance and inviting Him to be a part of their lives. Encourage them to pray for others, especially those in need and to ask for strength and wisdom to make good choices.

- A**cts of kindness**: Encourage children to show kindness and compassion to others. Help them understand that by being kind, they are making a path for the Lord in their interactions with others. Encourage them to look for opportunities to help those in need, whether it is a struggling classmate, a friend who is feeling sad or a family member who needs assistance.

- **Seek reconciliation:** Teach children the importance of forgiveness and reconciliation. Help them understand that by seeking forgiveness and offering forgiveness to others, they are making a path for the Lord in their relationships. Encourage them to resolve conflicts peacefully and to be willing to apologise and forgive when necessary.

- **Learn and live the teachings of Jesus**: Help children understand that by learning about Jesus' teachings and trying to live them out, they are preparing the way for the Lord. Encourage them to read Bible stories, attend Mass and participate in activities that help them understand and apply Jesus' teachings in their daily lives.

By engaging in these practices, children can actively live out the message of "Prepare a way for the Lord and make his path straight," fostering a deeper connection with God and spreading His love and goodness to others.