SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

Learning and loving with Christ as our teacher

PRAYER AT HOME

Advent Week 4

Dear Parents and Carers,

The fourth Sunday of Advent is an important time for us as it marks the final week leading up to the celebration of Christmas. Advent is a season of preparation and anticipation for the birth of Jesus Christ. On the fourth Sunday, we learn about the theme of love, which is symbolised by the lighting of the fourth candle on the Advent wreath.

During this time, we remember how God's love for humanity is seen through the gift of his son, Jesus, who came to Earth to bring love, peace and salvation to all.

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

God Bless and have a wonderful Christmas,

Linda Payne
Executive Headteacher

love



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 Luke's Gospel.



Don't be afraid, Mary; God has been gracious to you. You will give birth to a son, and you will name him Jesus. He will be great and will be called the Son of the Most High God.

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Reflect

4. Ask the children to reflect on how they can show love to others during this season.

In this scripture quote, we learn about a very special moment in the life of Mary, the mother of Jesus. Imagine being Mary and hearing these words from an angel! It must have been both exciting and a little scary for her. But the angel said something very important: "Don't be afraid, Mary; God has been gracious to you."

God had chosen Mary for a very important task – to become the mother of Jesus, the Son of the Most High God. This was a big responsibility but God assured Mary that He would be with her every step of the way. He promised that her son would be great and would bring so much love and goodness into the world.

Take comfort in knowing that God is always with us, just as He was with Mary. He loves us and wants to help us, just like He helped Mary.

So, let's take a moment to reflect on this scripture quote. Think about how Mary must have felt when she heard these words. How do you think you would feel if an angel came to you with such an important message? How can you trust in God's love and grace when you feel afraid or unsure?

Remember, just like Mary, we can find strength and courage in knowing that God is always with us. We can trust in His plan for our lives and have faith that He will guide us through any challenges we may face. Let's take comfort in these words: "Don't be afraid, for God is with you."

Pray



5.. Spend time praying together.

Dear Heavenly Father,

We come before you with open hearts and minds, seeking your guidance and love. As we approach the final week of Advent, we come before you with open hearts and minds. We thank you for the gift of your Son, Jesus Christ, who brings hope, joy, peace and love into our lives.

As we hear the words, "Don't be afraid, Mary; God has been gracious to you," we are reminded that you are always with us, offering your grace and love. Help us to trust in your goodness and to have faith in your plans for our lives.

Just as you called Mary to give birth to your Son, Jesus, we pray that you guide us in our own journeys. Help us to be open to your will and to follow your path.

Lord, we ask for your blessings upon all of us. Help us to be examples of your love, showing kindness and understanding to those around us.

Help us to remember that you are always with us, guiding and protecting us.

We thank you for your grace and love and we pray that you continue to bless us and guide us each day.

In Jesus' name, we pray.
Amen.



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Living out the Message



6. Children can show love during Advent in various meaningful and engaging ways. Here are some examples:
Advent Wreath Creation:

- Children can help create or decorate an Advent wreath at home or in their parish. They can take turns lighting the candles each week, discussing the significance of each candle, and sharing prayers that reflect the themes of hope, peace, joy, and love.
- Participating in Mass: Children to actively participate in Advent Masses by serving as altar servers, readers or choir members can help them feel connected to the community and the liturgical season.
- Nativity Scene Preparation: Children can help set up a nativity scene at home. They can learn about the different figures and their significance, fostering a deeper understanding of the Christmas story.
- Advent Calendar of Good Deeds: Creating an Advent calendar that includes daily acts of kindness or service can help children focus on giving during this season. Each day, they can perform a good deed, such as helping a neighbour or donating to a local charity.
- Making Christmas Cards for the Sick: Children can create handmade Christmas cards to send to those who are sick or in nursing homes, sharing messages of hope , joy and love that reflect the spirit of the season.
- Advent Prayer Service: Children can lead or participate in a simple prayer service at home or in their community, focusing on prayers that prepare their hearts for Jesus' coming. They can include prayers for family, friends, and those in need.
- Charity Drives: Involving children in organising a toy or food drive for those in need can teach them the importance of giving and sharing love of Christmas with others.
- Advent Reflection Journals: Encouraging children to keep a journal where they can write or draw about what they are grateful for and how they can prepare their hearts for Jesus can help them reflect on the season's true meaning.

By engaging in these activities, children can embody the spirit of Advent, spreading love and preparing their hearts and the hearts of others for the celebration of Jesus' birth.

