SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

Learning and loving with Christ as our teacher

PRAYER AT HOME

Advent Week 1

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. It is a period of anticipation and preparation for the birth of Jesus Christ. 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. It offers a variety of reflections and prayer specifically tailored for this special time of anticipation and preparation for the birth of Jesus Christ. By utilising this resource, families can create a meaningful and spiritual atmosphere at home, fostering a sense of togetherness and deepening their faith as they journey through Advent as a family unit.

God Bless,

Linda Payne
Executive Headteacher

hope

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.



Beware, keep alert; for you do not know when the time will come.

Mark 13:33

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Reflect

4. Spend a moment reflecting on Christ's message of hope.
"Beware, keep alert; for you do not know when the time will come," is from Mark 13:33. This verse encourages children to be watchful and prepared because they do not know when something important or significant might happen.

In the context of Mark's Gospel, Jesus is speaking to his disciples about the future and the importance of being ready for his return. While this verse may have a deeper meaning for adults, for children, it can be understood as a reminder to always be attentive and ready for unexpected opportunities or challenges that may come their way.

Mark's Gospel offers valuable teachings for children, including the importance of being alert and prepared for the unknown, while also emphasising the love and teachings of Jesus Christ..

Pray



5. Dear Heavenly Father,

We come before you with open hearts and minds, seeking your guidance and protection. As children, we are reminded to "Beware, keep alert; for we do not know when the time will come." Help us to understand the importance of being watchful and prepared in our lives.

Grant us the wisdom to make wise choices and discern what is right and wrong. Help us to stay focused on you and your teachings, so that we may live in a way that pleases you. Give us the strength to resist temptation and the courage to stand up for what is just and true.

Lord, we ask for your loving presence to be with us always, guiding us on our journey. May we be aware of the opportunities you place before us and use our time wisely to serve others and spread your love in the world.

In Jesus' name, we pray.

Amen.



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Hope

Living out the Message of Hope

6. Ask your children how they can show hope this week. Children can incorporate the message of "Beware, keep alert; for we do not know when the time will come" into their daily lives by being mindful of their actions and choices. Here is an example of how they can follow Christ's message of hope:

1. Being Kind and Compassionate: Children can be alert to opportunities where they can show kindness and compassion to others. Whether it is helping a classmate in need, comforting a friend who is feeling down, or standing up against bullying, they can spread hope by being a source of love and support.

2. Sharing Their Talents: Children can be alert to their unique talents and abilities and use them to bring hope to others. Whether it is singing, drawing, writing, or playing an instrument, they can share their gifts by performing for others, creating artwork that inspires or writing uplifting messages to brighten someone's day.

3. Thanksgiving: Children can be alert to the blessings in their lives and cultivate a spirit of gratitude. Encouraging them to express gratitude for the simple things, such as a beautiful sunset, a delicious meal, or a loving family. This helps them develop a hopeful outlook and appreciate the goodness around them.

4. Embracing Inclusion: Children can be alert to those who may feel left out or lonely and actively include them in their activities. By reaching out to classmates who are new, sitting with someone who is alone at lunch, or inviting a neighbour to join in a game, they can spread hope by creating a sense of belonging and friendship.

5. Praying for Others: Children can be alert to the needs of others and offer prayers of hope and support. Encouraging them to pray for those who are sick, lonely or facing challenges helps them develop empathy and a sense of responsibility towards others.

By incorporating these practices into their daily lives, children can follow Christ's message of hope and make a positive impact in their communities and the world around them.