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



Gather Together

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



Sign of the Cross activity on www.TeachingCatholicKids.com

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. Here are a few examples of how children can live out the message, "There stands among you, unknown to you, the one who is coming after me":

1. **Kindness to Others:** Children can practice kindness towards everyone they meet, whether it's their friends, family, or even strangers. By treating others with love and respect, they may unknowingly be showing kindness to someone who needs it the most.

2. **Inclusion and Acceptance:** Encouraging children to include others and make everyone feel welcome is another way to live out this message. They can reach out to someone who may be feeling left out or lonely, making them feel valued and appreciated.

3. **Helping Others:** Children can look for opportunities to help those in need, whether it's volunteering at a local charity, assisting an elderly neighbour or simply offering a helping hand to someone who needs it. By doing so, they may be unknowingly helping someone who is going through a difficult time.

4. **Being Observant:** Encouraging children to be observant of their surroundings and the people around them can help them recognise when someone may need support or encouragement. By being attentive and aware, they may discover someone who needs a friend or a listening ear.

5. **Sharing Joy:** Children can spread joy and happiness by sharing their own positive energy with others. Whether it's through a smile, a kind word or a small act of generosity, they can brighten someone's day and make them feel special.

Remember, living out this message is about being open-hearted, compassionate and aware of the needs of others. By practising these actions, children can make a positive impact on the lives of those around them, just as Jesus did.