



# Family Faith at Home 2022-2023

Week of November 27, 29 & 30, 2022

First Sunday of Advent, Happy New Year

Matthew 24:37-44

## Wake UP!

### Today's Gospel

Read "**Celebrating Sundays for Catholic Families**" for November 27, 2022

Gather around your family prayer space. Add a purple prayer cloth/scarf for the Advent season.

All pray the Sign of the Cross

Lord God, you promise to send us joy beyond all telling. Let your blessing come upon us as we wait for your promised Light to dispel the darkness of our minds and hearts. Send your peace into the world and may your love fill our hearts and make us one with you and with each other. We ask this through Christ our Lord who enlightens and encourages us always. Amen.

Using the Bible, invite a family member to read the Gospel aloud.

### Discuss:

- This Gospel tells us to WAKE UP—when we are physically tired, we may take a nap, have coffee or take a brisk walk to wake us up. What can we do to WAKE UP our faith?
- If we are waiting for something very important, then we do everything we can to be ready for it. What will help us stay AWAKE?
- Our Christmas preparations sound a lot like the beginning of this Gospel, ("eating, drinking, parties"...). Preparing for Christmas with our families is fun, and there's nothing wrong with following these traditions, but we have to remember what Christmas is really about. The challenge is, How do we prepare our lives and hearts to receive Jesus while we are busy with these preparations? How can we become light for those around us? How can you be a gift to others?



### Scripture Insights

Jesus tells us to be alert and stay awake, because we don't know when the Lord will come. This Scripture focuses on an unspecified time in the future. It reminds us that we are preparing for two events: Christmas and when Jesus will come again. Even though these are very different events, the preparation of our lives and hearts are very much the same for both. Remember that in the days after the Ascension, the early Christians expected that Jesus would return right away. They tried to live in a way that Jesus would be pleased. But as time went on, they became lax. The wait was too long. Matthew reminded them and us that even after all this time of waiting, it's important to stay AWAKE and vigilant. If we live a life worthy of a follower of Jesus, we will be ready to meet him when he comes again.

“Therefore, stay awake! For you do not know on which day your Lord will come.”  
-Matthew 24:42

## Practice of Faith

(choose one activity for your family)

1. Create a Family Advent Calendar. Go to [transfiguration.com/this-week](https://www.transfiguration.com/this-week), for some ideas.
2. Advent wreath—To focus on the coming of Christ, set up an Advent wreath and light the candles and pray each time the family gathers for a meal. The evergreen of the wreath symbolizes eternal life and the four candles represent the Sundays of Advent as well as the growing light of Christ as Christmas draws near. For ideas and prayers for the Advent Wreath, click [HERE](#).
3. For Parents: Learn more about the Season of Advent, click [HERE](#).
4. Sharing Traditions—We prepare for Christmas in various ways. Each family may have traditions from their cultures of origin or some that are particular to your family or community. Some involve special devotions, activities (decorating, Advent wreath....) foods, baking or celebrations. Make a list of family traditions to share at next week's session.
5. Join us for the Advent Event of 2022, [Read more](#). Tickets on sale through Nov 28.
6. WAKE UP! Prepare your heart and come as a family to the Advent Penance Service, Wednesday, Nov 30, 7:00 pm, Church. Feel God's love, mercy and grace.

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End your at home session with prayer

God, we praise you and thank you for your many blessings. As we prepare to celebrate the coming of your greatest gift ever, help us to WAKE UP and open our hearts to the important things of this Advent season.

Name anyone who needs prayer, reply, “Lord, hear our prayers.”

Close with the Sign of the Cross.



### Did you Know?

This first Sunday of Advent begins a new Liturgical or Church Year. This year we begin Year A of our Lectionary (the cycle of readings). The readings we use for Sunday Mass are organized as a three-year cycle. During Year A, most of the Gospels are from Matthew. In Year B, we hear Mark's account of Jesus' life and Luke's in Year C. Readings from John are found in all three years.