

1st Sunday of Advent
December 03, 2023

FATH @ HOME

Waiting for the Messiah

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First Reading: Isaiah 63: 16b-17,19b; 64: 2-7
Responsorial Psalm: Psalm 80: 2-3, 15-16,18-19
Second Reading: 1 Corinthians 1: 3-9
Gospel: Mark 13: 33-37

[Full readings from the USCCB](#)

The Advent season is a time of preparation as our hearts and minds anticipate Christ's second coming at the end of time and rejoice with the celebration of Our Lord's birth on Christmas. The Advent readings call us to be alert and ready, not weighted down and distracted by the cares of this world by learning to pause, wait, and making room in our hearts for Jesus. This effort to prepare, to quiet ourselves, and discipline our hearts will help us receive the full joy of Christmas. **What can I do this Advent?** Take time these days to pray and detach yourself from the noise of all the holiday festivities and tell Him you are ready and want to be with Him.

To help us live this Advent, we invite you to create a prayer space in your home. Click [HERE](#) to watch a short video with instructions and ideas for your prayer space.

1. HEAR

Before reading this Sunday's Gospel, click [HERE](#) to watch a short video that will help you grow your prayer space beginning with this First Sunday in Advent.

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [HERE](#).

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @OREinADLA on social media.

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube, FleuryFlicks, 0:49 min)

The children can also watch a video proclamation of the Gospel by clicking [HERE](#) (YouTube, Holy Heroes, 1:09 min)

2. PRAY

Today we enter the first week of Advent and together we begin a journey of "Waiting for the Messiah". In the Gospel, we heard Jesus say, "Be watchful! and Be alert!"



Gather around your Advent prayer space, sit quietly and enter meditative prayer and dialogue with Jesus. Ask Jesus to open your heart and remove anything that hinders you from being fully prepared to meet the Messiah on Christmas Day. With sincere **HOPE** ask Jesus to give you a loving heart and the ability to reconcile with those you have chosen to not love as Jesus asks us to love. Ask Jesus to give you a generous heart and reach out to those in need. Become fully aware of all the blessings in your life and with deep gratitude thank Jesus for His generosity, grace, and mercy. Become aware of Jesus' presence and allow your heart to be filled with His Divine love.

As you close your prayer time with Jesus, repeat the psalm response for today, "**Lord, make us turn to you; let us see your face and we shall be saved.**" (Ps. 80:4)



Archdiocese of Los Angeles

Office of Religious Education

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3. TALK

Before you start this section, download the symbol for the First Week in Advent we have provided [HERE](#). Then, gather as a family in one room of the home and reflect on the following questions:

- To be prepared to receive Jesus, think about the chains and barriers are you willing to break or remove?
- Jesus says: “Be watchful and alert”. Are you alert to the many injustices in the world around you? Are you awake when things go wrong in your life?
- To wait for the coming of the Lord is not to passively wait for the solution of personal, family, or social problems, simply hoping and desiring a change. To wait for the Lord means to plough, sow, and care for our life and that of others so that it may bear fruit and be prepared for the coming of the Lord. How do you make this concrete in your life?
- Think about one missionary task you can set for yourself or as a family during this season of Advent.
- What in your life or about yourself needs to change this Advent? Write it on the symbol for the First Week of Advent we provided and save it until you receive new instructions. *(Note: please print the symbol for the first week before gathering to do this Faith@Home.)*

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @OREinADLA on social media.

4. RITE

During this season of Advent, we invite you to do a rite each week that will include a word and a symbol. The word for the first week of Advent is **HOPE** and the symbol is an **ANGEL**.

- Sing one or two verses of the following Advent hymn: [O come, O Come, Emmanuel](#).
(Click the link to access the video.)
- One adult says the Prayer of Blessing of the Advent-Christmas wreath: Lord our God, we praise you for your Son, Jesus Christ: he is Emmanuel, the hope of the peoples, he is the wisdom that teaches and guides us, he is the Savior of every nation. Lord God, let your blessing come upon us as we light the candles of this wreath. May the wreath and be a sign of Christ’s promise to bring us salvation. May he come quickly and not delay. We ask this through Christ our Lord. Amen.
- Ask a child/youth to light the first violet/purple candle.
- Invite each person to share out loud what they wrote on their symbol and then place it on their Advent prayer space.
- All recite the closing prayer:

Lord, increase our willpower so that we will persevere in doing good and prepare for your coming. Amen.

- Sing another verse from the opening hymn: [O come, O Come, Emmanuel](#).

5. CHALLENGE

Keep in mind the intention written on the symbol for this First Week in Advent and open the eyes of the heart to be able to see Jesus in yourself.