



How to use this prayer resource in your home:

1. Gather together at a time that suits the whole family
2. Turn off screens, phones, music and any distractions.
3. Create a focus - a small table with a cross and candle
4. Hand over your time and attention to God.

Begin by making the Sign of the Cross and lighting the candle.

Opening Prayer:

Lord Jesus, we come together this day, ready to pray! No matter how many of us are gathered right now, we know that you are with us. Help us to spend these next few moments in your presence; may we ask for your help, feel your love and receive your blessing as we bring prayer home.

Gospel Reading - 1st Sunday of Advent
(ask one of the grown-ups to read this!)

A reading from Mark's Gospel (13:33-37)
Jesus said to his disciples: 'Be on your guard, stay awake, because you never know when the time will come. It is like a man travelling abroad: he has gone from home, and left his servants in charge, each with his own task; and he has told the doorkeeper to stay awake. So stay awake, because you do not know when the master of the house is coming, evening, midnight, cockcrow, dawn; if he comes unexpectedly, he must not find you asleep. And what I say to you I say to all: Stay awake!

Time to think...

If Jesus were to appear today, what would you do? Would you panic? Would you be ready to greet Him? Part of our Catholic faith is believing that Jesus is coming back – we don't know when, but we have to be ready for Him! We need to be awake and prepared! What can you do during Advent as a family to get ready, stay awake and be prepared for Jesus?!

Time to do...

Write down three things you will all do this week to try and help you get ready, stay awake and be prepared for Jesus!

Pray together:

Loving God, as we begin this holy season of Advent, help us to truly prepare for the celebration of your birth. Amid all the hustle and bustle of the worldly Christmas, help us make time to invite you into our hearts, so we can welcome you whole heartedly into our lives.

We make this prayer in Jesus' name.
Amen.