

Reflection

- Advent is the season of hope, ending with the birth of Jesus, bringing the good news that we are loved unconditionally by God.
- The Gospel this week reminds us that one day Jesus will return and that we should be ready to meet Him.
- This is a good time of year to make a fresh start, get rid of everything negative in our lives, focussing only on the positives so that we are ready to welcome the Lord filled with hope.
- On the Advent wreath a candle is lit each Sunday to bring us closer to the light of Jesus at Christmas. The first Advent candle is a symbol of **hope**.
- Even though we do not know the exact time when Jesus will come again, he says that we need to be ready. We have to wait and watch for him.
- In the gospel Jesus tells us to pray and to watch how we behave while we are waiting, so that we will be ready when he comes.

How do you think Jesus wants us to behave?

Gospel

1st Sunday of Advent Year B

Jesus said to his disciples: "There will be signs in the sun and moon and stars and on the earth, and the powers of heaven will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. When these things begin to take place, stand erect, hold your heads high, because **your liberation is near at hand.**

Watch yourselves; **be careful not to let your hearts be weighed down with the cares of life.**

Stay awake, praying at all times for the strength to stand with confidence before the Son of Man." Luke 21:25-36



Let us Pray

An Advent prayer

*In this season of Advent,
as we wait in joyful hope*

for the coming of your Son

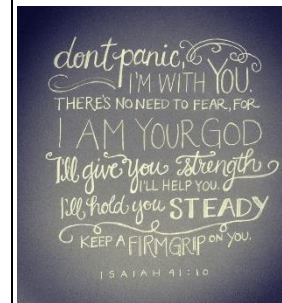
*Let us take time to pause in our busy lives,
to prepare our hearts and minds.*

Let your light shine within us

*So that through our actions we may show
hope and kindness to everyone we meet,
especially to those in need. Amen*

Post-it Challenge:

Isaiah tells us not to panic when everything is going wrong because God is with us.



- **What can you do differently today to make sure that you have the best possible day with your family, your friends, your teachers?**

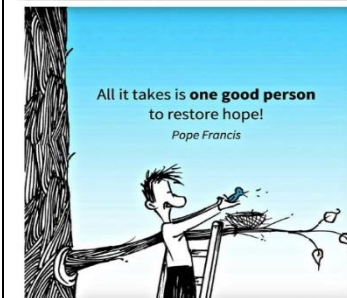
- **What can you do to make sure that those around you have a good day?**

The liturgical colour for Advent is purple. It is also the colour of the royalty and the sovereignty of Christ as King of Heaven and King of our hearts.

Choose your favourite words from the image.

Explain why

these words stand out to you.



Write one small action that will help you bring hope to someone in your life today.