Family Assignment:
We Prepare for Jesus

Jesus loves us and wants to be close to us every day. As we get ready to celebrate His birth at Christmas, we also prepare our hearts to welcome Him into our lives.
We can prepare for Jesus by:

- 🙏 Talking to Him in prayer
- 📖 Listening to God's Word in the Bible
- ⛪ Going to Mass and receiving the sacraments
- ❤️ Saying "I'm sorry" for our sins and choosing to do what is right
- 🤝 Showing kindness, love, and forgiveness to others
- 🏠 Making Jesus the center of our home and family life

When we make room for Jesus in our hearts, He helps us grow in faith, hope, and love.

Advent has four Sundays, though the season is not always four full weeks long. In 2026, the Sundays of Advent are November 29, December 6, December 13, and December 20. The season begins on the Sunday nearest November 30, the feast of St. Andrew, and includes four Sundays.

The four Sundays traditionally unfold these themes:
First Sunday: Christ's coming again at the end of time, and the call to be watchful.
Second Sunday: John the Baptist and the call to prepare the way of the Lord.
Third Sunday: John the Baptist continues to be prominent; the Church's readings also emphasize joy.
Fourth Sunday: The events immediately preparing for Jesus' birth, including the Annunciation.

Advent prepares Christians both to celebrate Jesus' birth at Christmas and to look forward in hope to his return. The Church describes it as a season of "devout and expectant delight."

The four candles of the Advent wreath are lit progressively, one more each Sunday. We journey through the story of salvation, discovering how God's promises and the prophets' messages pointed to Jesus and helped people prepare for His coming.



🕯️ The Advent Wreath: Growing Closer to Jesus

The Advent wreath helps us prepare our hearts for Jesus during the four weeks before Christmas. Each week, we light another candle, and the wreath becomes brighter and brighter. The growing light reminds us of God's promises and how He prepared the world for the coming of Jesus, the Light of the World. While the Church does not give each candle one official meaning, many families use the candles to reflect on different ways to prepare for Jesus.

🕯️ First Candle: Hope

The first candle reminds us to wait with hope and trust in God.

Long before Jesus was born, God's people waited for the Savior He promised. Today, we remember Jesus' birth and look forward to the day when He comes again.

Family Reflection:

What are you hoping for this Advent?
How can we trust God while we wait?

Prayer: Jesus, help us wait for You with hopeful hearts and trust in Your love. Amen.

🕯️🕯️💗 Third Candle: Joy

The third candle reminds us of the joy that comes from knowing Jesus.
Even when life is difficult, we can be joyful because God is with us. Jesus brings hope, peace, and love to our families and our world.

Family Reflection:

What brings you joy?
Where have you seen God's blessings this week?

Prayer: Jesus, fill our hearts with joy and help us share Your love with others. Amen.

🕯️🕯️ Second Candle: Preparing Our Hearts

The second candle reminds us to get ready for Jesus. Just as John the Baptist told people to prepare for the Lord, we are called to make room for Jesus in our hearts through prayer, kindness, and choosing what is right.

Family Reflection:

What is one thing I can do this week to grow closer to Jesus?
Is there someone I need to forgive or help?

Prayer: Jesus, help us prepare our hearts for You and follow Your ways each day. Amen.

🕯️🕯️💗🕯️ Fourth Candle: Welcoming Jesus

The fourth candle reminds us to welcome Jesus into our hearts and homes, just as Mary welcomed Him with faith and love.
As Christmas draws near, we prepare to celebrate the wonderful gift of Jesus, God's Son.

Family Reflection:

How can our family welcome Jesus this Christmas?
How can we share His love with others?

Prayer: Jesus, we welcome You into our hearts, our homes, and our lives. Help us follow You every day. Amen.

✨ What the Advent Wreath Teaches Us

The Advent wreath reminds us that God's light grows brighter as Christmas approaches. Each candle helps us remember His promises and invites us to prepare our hearts through:

💜 Hope 🙏 Prayer ❤️ Love and Conversion 😊 Joy ✨ Welcoming Jesus

As the light grows each week, may our love for Jesus grow too. Merry Advent! 🎄✨

⭐ Family Challenge

Choose one way to prepare for Jesus this week:

□ Pray together each day.
□ Read a Bible story together.
□ Attend Mass as a family.
□ Do a secret act of kindness for someone.
□ Donate food, clothing, or toys to a family in need.
□ Spend five minutes each evening thanking God for His blessings.

🙏 An Advent Prayer for Our Family

Dear Jesus, thank You for loving our family. Help us prepare our hearts for You. Teach us to pray, to listen to Your Word, to be kind and forgiving, and to share Your love with others. May our home be filled with Your peace and joy. Amen.

💬 Family Discussion Questions

Use these questions to help your family talk about how to welcome Jesus into your hearts and home:

What does it mean to "make room" for Jesus in our lives?
When do you feel closest to Jesus?
How can prayer help us during busy or difficult days?
What is one way we can show kindness to someone this week?
Is there someone we need to forgive or ask forgiveness from?
How does going to Mass help us grow closer to Jesus?
What are some distractions that keep us from spending time with God?
What Advent or Christmas tradition helps our family remember the true meaning of the season?
What gift can we give Jesus this year through our actions or choices?
As a family, what is one thing we can do this week to prepare our hearts for Jesus?

Answer on the back of this paper

🕯️ Advent Activities for Your Family

Advent Wreath



Jesse Tree Readings



Acts of Kindness



"Advent is a time to be still, to listen for the whisper of God, and to prepare our hearts for the coming of Christ." Pope Francis

Parent Verification

Parish: _____

Date of Adoration: _____

Time Spent in Prayer: _____

One thing our family learned: _____

Parent/Guardian Signature:

_____