

Advent Prayer for families

by Maggie at comealiveblog.com

Lectio Divina, Latin for “divine reading,” is a way to pray with the scriptures. Through reading, listening, praying, and contemplating, the Scriptures have the potential to come alive in your life and capture your heart in a way you never thought possible. What’s so beautiful about this type of prayer is that it’s possible to do in a group. In this case, your family.

The process is simple and outlined step by step below. All you need to do is set aside 15 minutes, grab your family, some bibles, this guide and you’re on your way to praying together in a new and beautiful way, not to mention preparing your hearts for the coming of Christ at Christmas! For the weekly resolutions, consider writing them in a place where everyone can see them daily.

This will afford the opportunity for you to hear the Word come alive in your hearts and lives. Through creating resolutions for the coming week, you can check in daily and help to keep each other accountable to these life changing encounters with the Word.



1st Sunday of Advent

The Scripture Passage:

Luke 1:26-33

Questions for Understanding

this is not required, but might be useful if you have kids that might need help with comprehension

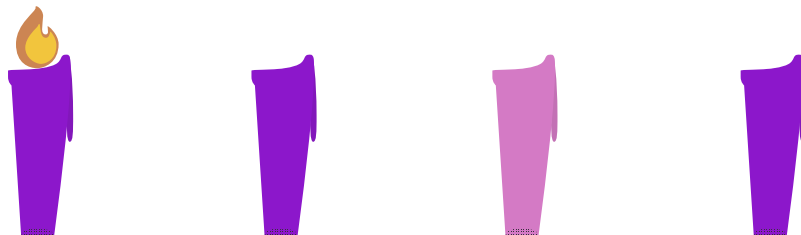
Have everyone read the passage silently. Then start with questions for understanding:

- What is happening in this passage?
- Why do you think Mary would be afraid?
- Who is she going to give birth to?

Group Lectio Divina

1. The first person reads the passage aloud, then allow everyone to reflect silently for a minute or so. Going around the circle, each person says aloud a word or phrase that “jumped out” at them. No need to explain further, just say the word or phrase.
2. The second person reads the passage aloud again. Allow everyone to reflect silently for a minute or so. Going around the circle once more, each person shares how they feel God is speaking to them, or how it applies to their life.
3. The third person reads the passage aloud for the last time. After it is read, allow everyone to reflect silently for a minute or so. Going around the circle for the last time, each person shares how they feel called to act upon this time of prayer. It should be something tangible each person can do in the coming week.
4. Finally, someone leads the closing prayer. You can use the prayer below, or do a spontaneous prayer and ask each person in the family to share an intention.

Loving Father, we thank you for this time of preparation for Jesus. Help us to make room in our hearts, lives, and families, so that when you come to us, we are prepared to welcome you. Help us to get rid of all that keeps us from you. Give us a desire to say yes to you as Mary did. And most of all, help us to grow more deeply in relationship with you. Amen.



2nd Sunday of Advent

The Scripture Passage:

Luke 1:34-38

Questions for Understanding

this is not required, but might be useful if you have kids that might need help with comprehension

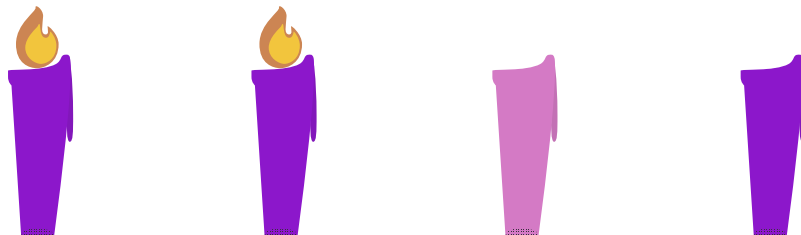
Have everyone read the passage silently. Then start with questions for understanding:

- What is happening in this passage?
- What are the promises of the Angel?
- How does Mary respond to the Angel?

Group Lectio Divina

1. The first person reads the passage aloud, then allow everyone to reflect silently for a minute or so. Going around the circle, each person says aloud a word or phrase that “jumped out” at them. No need to explain further, just say the word or phrase.
2. The second person reads the passage aloud again. Allow everyone to reflect silently for a minute or so. Going around the circle once more, each person shares how they feel God is speaking to them, or how it applies to their life.
3. The third person reads the passage aloud for the last time. After it is read, allow everyone to reflect silently for a minute or so. Going around the circle for the last time, each person shares how they feel called to act upon this time of prayer. It should be something tangible each person can do in the coming week.
4. Finally, someone leads the closing prayer. You can use the prayer below, or do a spontaneous prayer and ask each person in the family to share an intention.

Loving Father, we thank you for this time of preparation for Jesus. Help us to make room in our hearts, lives, and families, so that when you come to us, we are prepared to welcome you. Please give us a desire to pray. Help us to hear your voice in prayer, and to say yes when you call. Most of all, help us to grow more deeply in relationship with you. Amen.



3rd Sunday of Advent

The Scripture Passage:

Luke 1:39-45

Questions for Understanding

this is not required, but might be useful if you have kids that might need help with comprehension

Have everyone read the passage silently. Then start with questions for understanding:

What is happening in this passage?

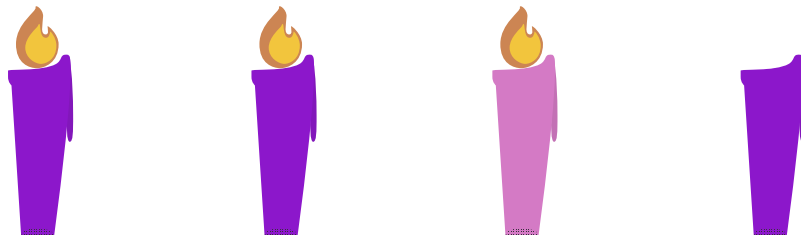
Who is Mary visiting?

What happens at their meeting that is so extraordinary?

Group Lectio Divina

1. The first person reads the passage aloud, then allow everyone to reflect silently for a minute or so. Going around the circle, each person says aloud a word or phrase that “jumped out” at them. No need to explain further, just say the word or phrase.
2. The second person reads the passage aloud again. Allow everyone to reflect silently for a minute or so. Going around the circle once more, each person shares how they feel God is speaking to them, or how it applies to their life.
3. The third person reads the passage aloud for the last time. After it is read, allow everyone to reflect silently for a minute or so. Going around the circle for the last time, each person shares how they feel called to act upon this time of prayer. It should be something tangible each person can do in the coming week.
4. Finally, someone leads the closing prayer. You can use the prayer below, or do a spontaneous prayer and ask each person in the family to share an intention.

Loving Father, we thank you for this time of preparation for Jesus. Help us to make room in our hearts, lives, and families, so that when you come to us, we are prepared to welcome you. Help us to recognize you in all people and situations. Help us to trust in your promises, even when it seems impossible. Most of all, help us to grow more deeply in relationship with you. Amen.



4th Sunday of Advent

The Scripture Passage:

Matthew 1:18-25

Questions for Understanding

this is not required, but might be useful if you have kids that might need help with comprehension

Have everyone read the passage silently. Then start with questions for understanding:

What is happening in this passage?

Why was the Angel speaking to Joseph?

What was Joseph's response to the angel?

Group Lectio Divina

1. The first person reads the passage aloud, then allow everyone to reflect silently for a minute or so. Going around the circle, each person says aloud a word or phrase that "jumped out" at them. No need to explain further, just say the word or phrase.
2. The second person reads the passage aloud again. Allow everyone to reflect silently for a minute or so. Going around the circle once more, each person shares how they feel God is speaking to them, or how it applies to their life.
3. The third person reads the passage aloud for the last time. After it is read, allow everyone to reflect silently for a minute or so. Going around the circle for the last time, each person shares how they feel called to act upon this time of prayer. It should be something tangible each person can do in the coming week.
4. Finally, someone leads the closing prayer. You can use the prayer below, or do a spontaneous prayer and ask each person in the family to share an intention.

Loving Father, we thank you for this time of preparation for Jesus. Help us to make room in our hearts, lives, and families, so that when you come to us, we are prepared to welcome you. Help us to hear your voice and do whatever it is you ask of us, even when it is difficult or doesn't seem to make sense. Most of all, help us to grow more deeply in relationship with you. Amen.



Christmas Day

The Scripture Passage:

Luke 2:1-14

Questions for Understanding

this is not required, but might be useful if you have kids that might need help with comprehension

Have everyone read the passage silently. Then start with questions for understanding:

What is happening in this passage?

Why did Joseph and Mary have to go to Bethlehem?

What happened to the Shepherds?

Group Lectio Divina

1. The first person reads the passage aloud, then allow everyone to reflect silently for a minute or so. Going around the circle, each person says aloud a word or phrase that “jumped out” at them. No need to explain further, just say the word or phrase.
2. The second person reads the passage aloud again. Allow everyone to reflect silently for a minute or so. Going around the circle once more, each person shares how they feel God is speaking to them, or how it applies to their life.
3. The third person reads the passage aloud for the last time. After it is read, allow everyone to reflect silently for a minute or so. Going around the circle for the last time, each person shares how they feel called to act upon this time of prayer. It should be something tangible each person can do in the coming week.
4. Finally, someone leads the closing prayer. You can use the prayer below, or do a spontaneous prayer and ask each person in the family to share an intention.

Loving Father, we thank you for the gift of Jesus. We can't even begin to thank you enough. Help us to more fully understand this gift and continue to seek Jesus in prayer, the eucharist, and confession. Soften our hearts and help us to love him more. Most of all, help us to grow more deeply in relationship with him during these days of Christmas. Amen.

