

Living FAITH Family Edition



Preparing For Family Prayer

SPACE

To create your family prayer space:

- Gather around the table;
- Clear the space of all distractions;
- Engage in the prayer either before or after sharing a family meal at the table.

CONNECTING

To encourage connection, establish this space as:

- Phone and other technology free (except to use the #blessed Sway or to read the PDF);
- "Pay out" and judgement free.

SHARING

When it is time to share:

- Each member of the family feels invited to share freely and uninterrupted;
- Listen actively and openly to each other;
- Affirm each other;
- Provide the option to "pass" if someone would prefer not to share.

PRAYING

Once you are ready to get started:

- Chose a member of the family to lead the prayer session;
- Chose a member of the family to read the Gospel;
- Chose the discussion question you would like to engage with.

PRAYERS OF INTENTION

You might like to offer prayers for:

- Immediate needs in your household;
- Relatives who may be sick or in need;
- Broader community (homeless, those in CoVid lockdown, poor, sick etc)
- Global concerns (war, famine, drought etc)

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1st Sunday of Advent – Year A

“Watch and Be Ready”

WE CONNECT

Spend some time making a family Advent Prayer Calendar. For each day of advent assign a different family member, family friend or community to pray for. Then, each day find some time as a family or individually to pray for that person or community. Your prayer can be as simple as:

God of Hope

Please fill our friend’s heart
with Your hope, joy, love and peace
this Advent season.

Once you are finished, pray together:

God of Hope;

We are truly grateful for the gift of each one of us,
And for the many ways You bless our family.

Amen.

WE LISTEN

A reading from Mark (13-33-37)

So watch out and be ready! You don’t know when the time will come. It is like what happens when a man goes away for a while and places his servants in charge of everything. He tells each of them what to do, and he orders the guard to keep alert. So be alert! You don’t know when the master of the house will come back. It could be in the evening or at midnight or before dawn or in the morning. But if he comes suddenly, don’t let him find you asleep. I tell everyone just what I have told you. Be alert!

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WE SHARE

Choose one of the following discussions to engage with:

What can we do this advent to focus our attention on the coming of Jesus?

What are our family Christmas traditions that we are really looking forward too? How can we re-imagine some of our traditions that might need to be changed a little to fit with COVID restrictions? How can we include preparing for the coming of Jesus in these traditions?

Is there someone that we know that might be separated from their loved ones this year? How can we include them in our festivities? What will we do to support our community as a way to prepare our hearts for the coming of Jesus?

WE OFFER

Each member of the family is invited to offer a prayer of intention. (See the guide above).

We pray for (intention)... Lord, hear us.

When all intentions have been offered everyone says together:

Lord hear our prayer.

WE GIVE THANKS

Loving God,
We are so grateful for spending this time together in prayer and love knowing that when we gather for prayer You are there with us.
Thank you for the gift of each of us,
And help us to continue to appreciate how precious our family is.
Amen

"The season of Advent, restores this horizon of hope, a hope which does not disappoint for it is founded on God's Word. A hope which does not disappoint, simply because the Lord never disappoints!"

- Pope Francis

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Scripture quotations taken from the Contemporary English Version (CEV)



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