

TO THE Heights

THIRD SUNDAY OF ADVENT- GAUDATE SUNDAY

 youthministry@waterfordlismore.ie



James Tissot, Public domain, via Wikimedia Commons

Year C

Sunday Mass Readings

First Reading:

Zephaniah 3:14-18

Responsorial Psalm:

Isaiah 12

Second Reading:

Philippians 4:4-7

Gospel:

Luke 3:10-18

"...Someone is coming, someone who is more powerful than I am..."

Game Changers

The Catholic Church's Liturgical Calendar is crammed full of inspirational saints, or as we like to call them, Game Changers!

You can check out our other Game Changer resources on our website: www.waterfordlismore.ie/youth-ministry.

12 December [Our Lady of Guadalupe](#)

13 December [St Lucy](#)

14 December [St John of the Cross](#)

18 December St Flannan



Hear

Grab your Bible and look up the Gospel reading.
Don't have a Bible? No worries, click the bible image!



1. Which groups question John the Baptist in this week's Gospel?
2. What concrete recommendations does he make to each group?
3. Why do you think he makes a specific recommendation rather than general comments?
4. Think about apologies - is it better when someone apologises for specific wrongs, or just offers a general "I'm sorry". What's the difference?
5. Think about today's society - what do you think John the Baptist would say to politicians, church leaders, parents, and young people today?
6. If John the Baptist were to look you in the eye, what would he suggest that you need to change?



Gospel Reflection: REPENT - RENEW - REJOICE!



This Sunday's Gospel continues last week's focus on John the Baptist and his role in preparing the way for Christ. John's call to conversion is not a soft or subtle one - he is definite that people must prepare the way for the Lord in their own lives. To do that requires concrete change, and as we know, change is not always easy. Anyone who gardens knows that pruning is necessary for growth - we must make room. As we look around us at this time of year, we see bare, seemingly lifeless branches, yet we know new life will come with the Spring. In our own lives too, pruning - a conversion of heart - is necessary. Our own path to sanctity is as unique and individual as we are. The situation of my life is not the same as anyone else: I have challenges and opportunities for growth that others may not have; I have strengths and weaknesses that others may not face in the same way. Yet this is the path the Lord has chosen for my growth, my renewal. Accepting that reality is an important first step. Making sure there is room for the Lord comes next.

What needs to change? If John the Baptist stood in front of me now, as he did with the soldiers and tax collectors 2000 years ago, what would he say to me? Where are my priorities? What are my temptations? What is blocking the arrival of the Messiah fully into my life?

The third Sunday of Advent is also known as Gaudete Sunday, where we focus on joy as we light the pink candle. We rejoice, because the Lord is near! We have a God who redeems us from our sin, who strengthens us in our weaknesses, who provides grace to overcome temptation and to change our hearts, so that we can more perfectly become the best version of ourselves: saints! He did not leave us alone in our struggles, but comes as the Word Incarnate to embrace our humanity to draw us close to His divinity. This is certainly a reason to rejoice!

How has your season of Advent has been going for you? Is your heart joyfully preparing for Christ's coming? Is there something you need to let go of? Is there something you feel drawn to doing? Pray for the grace to let go, to begin anew, to allow the Lord's mighty and glorious deeds to be made manifest in your own life, and to rejoice and give praise to His name for all He has done in your life already!



"Is there room in your heart for Christ to write his story?"
- Casting Crowns -

MAKE ROOM IN YOUR HEART

In this Gospel passage, we hear John the Baptist being asked by many groups of people what they need to do in their own lives to prepare for the Messiah's coming? John gives specific recommendations to each group, to soldiers, to tax collectors and so on. Everyone can live their lives in expectant and joyful preparation. Each of our hearts is unique. Our circumstances vary. For us, the Messiah's arrival happened 2000 years ago, but we still need to prepare for his arrival. What might John the Baptist recommend personally to you? What do you need to say "no" to, in order to make more room for Jesus? As we prepare throughout Advent, there's a growing sense of excitement and expectancy in our readings: preparing for Jesus should fill us with excitement! Jesus is offering us hope, peace, joy and love beyond anything we can imagine or what the world can offer. Let's not cram our hearts full of things that don't last, and lose out on His graces!

USE THIS WEEK'S RESOURCE TO HELP YOU!

CHECK IT OUT: LITTLE NELLIE'S BABY BANK

Little Nellie's Baby Bank is an initiative established to provide material support for expectant mothers and families in need. The name was inspired by Waterford's Ellen Organ, also known as "Little Nellie of Holy God". Little Nellie's Baby Bank provides: Clothing - Buggies - Nappies - Baby Equipment. Contact: babybank@waterfordlismore.ie / 051-874199. Follow on Facebook to see what we have in stock.

TEACHER'S CORNER

Live Advent Differently: Daily online Advent Calendar, with practical actions, a short prayer, and a song / video for each day of the Advent Season. Bookmark the page or add to your home screen to access content each day to help prepare your heart well for Christmas. <https://tinyurl.com/AscendAdvent>

Lectio Divina: the praying with the Scriptures, led by the Apostles of the Sacred Heart of Jesus, beginning Thurs, September 30th. 2 options: Thurs @ 2pm in St. John's Pastoral Centre / Thurs @ 7:30pm at Sacred Heart Parish Centre. Please register at waterford@ascjusus.org or call 087-4042785

Light of the World: Christmas Carols and Prayers from Glencomeragh House. Holy Family Mission, Sunday 19th December at 8pm. Live-streamed on www.holyfamilymission.ie

TESTIMONY TIME



Amazing story of John O'Leary (Jack and the Kid)

Young Person's Prayer



Prayer for Joy!

My God, You know me by name and You love me, with an eternal love that never fades. Show me how to base my joy on You, because in You my joy will be complete, no matter what circumstances come my way. You delight in me - help me to truly believe that! Amen

TUNE OF THE WEEK

Make Room

Casting Crowns



WEEKLY CHALLENGE:



Make a decision today to live advent joyfully and preparing to welcome Jesus. Use our daily advent calendar to help you if you need some ideas. Take a look at your daily schedule. Where can you fit five to ten minutes in each day for prayer? Can you set your alarm to go off earlier? Can you cut out a few minutes of tv / gaming / music? Decide for whole-hearted, joyful preparation. If you don't decide - it won't happen!

WATCH: Advent: More than a Chocolate Calendar (Fr Mike Schmitz)



BISHOP CULLINAN EXPLAINS
BAMBINELLI SUNDAY



LUKE 3:10 - 18



Prepare Joyfully!



The Third Sunday of Advent is Gaudete Sunday - we light a pink candle as a symbol of joy!

CHECK OUT THE CATECHISM OF THE CATHOLIC CHURCH SAYS ABOUT THE SOURCE OF JOY CCC 1423-1424



NAME A PERSON OR A THING THAT BRINGS A SMILE TO YOUR FACE WHEN YOU THINK ABOUT THEM / IT?

DO YOU THINK A PERSON CAN DECIDE TO BE JOYFUL, EVEN IF LIFE IS TOUGH? EXPLAIN YOUR ANSWER



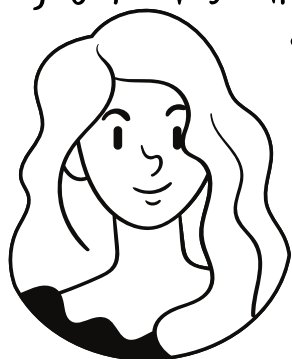
WATCH THIS VIDEO FROM FR MIKE SCHMITZ, "ADVENT: MORE THAN A CHOCOLATE CALENDAR" (ASCENSION PRESENTS) AND REFLECT ON THE QUESTIONS THAT FOLLOW



- Advent is a penitential season like Lent: ☐ TRUE ☐ FALSE
- Advent is a season of d_____ and j_____ preparation for the coming of Jesus.
- How does Fr Mike define "devout"? _____



JOY VS HAPPINESS



- Happiness often comes out of our _____ when things are _____.
- Joy is the ability to have a certain happiness _____ of your circumstances.
- Joy is an abiding sense of _____.
- Joy comes from knowing that the Father _____ me and He knows my _____.

- Joy is a **choice**! We can choose to live with an abiding sense of the Father's love. Our circumstances can be awful and we can still be _____.

CHRIST'S MAJOR ARRIVALS

- His Past Coming at the original C_____.
- His future coming at the End of T_____.



WHAT DO SAINTS DESCRIBE AS THE INTERMEDIARY ARRIVAL OF CHRIST?



The arrival of Christ into our _____. This can happen when we open our hearts to His _____, whenever we _____ in His name, when we are in the presence of the _____.



WHAT'S THE GOAL OF ADVENT?



The goal of Advent is not to have a merry Christmas. The goal is to worship him well, celebrate the fact He came into this world, AND to prepare for His _____

Question: If Advent is the whole-hearted and joyful preparation for the coming of Jesus into our lives.... if Jesus showed up in your life today, would there be any room for Him? Take a moment to think about today's schedule. Is there room there for Jesus?

PREPARE JOYFULLY!

LUKE 3:10 - 18



Should we party during Advent? Limited amounts of Christmas parties, music and food can help us enter into the Christmas mood, but we need to be able to say no.

Why is being able to say "no" important? What does it make room for in Advent?

IF I CAN LEARN TO SAY "NO" MORE TO MATERIAL THINGS, I CAN LEARN TO SAY "YES" MORE TO JESUS.



Now Read Luke 3: 1-18



In this Gospel passage, we hear John the Baptist being asked by many groups of people what they need to do in their own lives to prepare for the Messiah's coming? John gives specific recommendations to each group, to soldiers, to tax collectors and so on. Everyone can live their lives in expectant and joyful preparation. Each of our hearts is unique. Our circumstances vary. For us, the Messiah's arrival happened 2000 years ago, but we still need to prepare for his arrival. What might John the Baptist recommend personally to you? What do you need to say "no" to, in order to make more room for Jesus? As we prepare throughout Advent, there's a growing sense of excitement and expectancy in our readings: preparing for Jesus should fill us with excitement! Jesus is offering us hope, peace, joy and love beyond anything we can imagine or what the world can offer. Let's not cram our hearts full of things that don't last, and lose out on His graces!

MISSION

MAKE A DECISION TODAY TO LIVE ADVENT *JOYFULLY* AND PREPARING TO WELCOME JESUS. USE OUR DAILY ADVENT CALENDAR TO HELP YOU IF YOU NEED SOME IDEAS. TAKE A LOOK AT YOUR DAILY SCHEDULE. WHERE CAN YOU FIT FIVE TO TEN MINUTES IN EACH DAY FOR PRAYER? CAN YOU SET YOUR ALARM TO GO OFF EARLIER? CAN YOU CUT OUT A FEW MINUTES OF TV / GAMING / MUSIC? DECIDE FOR WHOLE-HEARTED JOYFUL PREPARATION - IF YOU DON'T DECIDE, IT WON'T HAPPEN!



WHAT DO I NEED TO SAY NO TO THIS WEEK?

PRAYER TIME!

PRAYER FOR JOY:

My God, You know me by name and You love me, with an eternal love that never fades. Show me how to base my joy on You, because in You my joy will be complete, no matter what circumstances come my way. You delight in me - help me to truly believe that! Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON JOYFUL PREPARATION



- [Make Room \(Casting Crowns\)](#)
- [The Earth Stood Still \(Future of Forestry\)](#)
- [Unspeakable Joy \(Chris Tomlin\)](#)
- [O Come, O Come Emmanuel \(David Crowder Band\)](#)
- [When Hope Came Down \(Kari Jobe\)](#)
- [Awake O Sleeper \(Ike Ndolo\)](#)
- [Hearts Waiting \(Matt Redman\)](#)
- [God Made Low \(Sovereign Grace\)](#)

Click the links for the YouTube videos to listen to some suggestions!



Why Joy is More Christian than Happiness
(Fr Mike Schmitz)



JOY (The Bible Project)