



To the Heights

Year c 1ST SUNDAY OF ADVENT

Download from www.waterfordlismore.ie/resources or subscribe to receive by email!



Encounter for Young Adults at St John's Church Waterford on Friday night. For more info on youth and young adults events, check out www.waterfordlismore.ie/youth-ministry

HEAR: Sunday Gospel

Luke 21:25-28, 34-36

If you don't have a Bible handy, click the image here to access the Mass readings for this Sunday!



FR MIKE SCHMITZ



WEEKLY CHALLENGE:

Reflect in prayer, and ask God to guide you on how to live this Advent differently. He knows your heart and your deepest desires. He knows too, the wounds our pasts can cause us and areas where we need to choose healing. Choose one thing this week, a small or a big step - that's up to you! Use this week's resource to help you!

PRAY



Son of God, You are the Light of the world. Shine your light on all our choices this day. Create in us the ability to let your light shine forth for others. We ask this in the name of the Father, Son, and Holy Spirit. Amen.

TUNE!

O Come, O Come Emmanuel
Pentatonix

GROW

Do you know the big picture of Salvation History and where you fit in? Watch this short video!

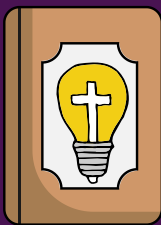


GAMECHANGERS! St Francis Xavier

3rd December



The Catholic Church's Liturgical Calendar is crammed full of inspirational saints and heroes, or as we like to call them, Game Changers! Check them out on our web page!



REFLECT

- What kind of things can coarsen your heart, according to this passage? What do you think it means to have your heart "coarsened"?
- "That day will be sprung upon you suddenly" - what day do you think Jesus is speaking about?
- What is His advice for how to prepare for this day?
- Do you think he means to literally never sleep - or what could another, more practical, meaning be?
- Why do you think this reading is chosen for the first Sunday in Advent?



www.waterfordlismore.ie/youth-ministry



[AscendWaterfordLismoreYM](https://www.facebook.com/AscendWaterfordLismoreYM)



[ascendwaterfordlismore.ym](https://www.instagram.com/ascendwaterfordlismore.ym)



[Ascend Youth Ministry](https://www.youtube.com/AscendYouthMinistry)



PUZZLE

FIND THE WORDS FROM THIS SUNDAY'S GOSPEL IN THE WORDSEARCH BELOW

- awake
- clamour
- cloud
- coarsened
- disciples
- fear
- glory
- hearts
- Jesus
- powers
- pray
- shaken
- Son of Man
- stay
- suddenly
- survive
- trap
- watch
- world

Y R L K Q E D Y Z E B H A L F W K
 U A Q A L O A P V K B O L T A S A
 D C T V K R A D F A E Z L T W H R
 P U S S P R D H P W G Y C Q O A R
 M O A O T D H W S A H H W H X K V
 E S W J N Q E U D I S C I P L E S
 V C F E A O S N E H S O R F N N W
 I W L A R E F M E S U D D E N L Y
 V I A O J S F M M S T D N V Z G V
 R L L Q U E B B A L R P T B O L L
 U P V M A D U O H N S A N K K O L
 S N U R O D D W A B R M O A S R R
 R U O M A L C F S F S D V C H Y X
 C R H W D W O R L D M R V W F P A
 F K Y F U O K O D W H G O B W O O
 Z B B O B U K W K I I T X G V M K
 E O S T R A E H L L B H X I T T P

Can you explain how any four of these words relate to the message of the Gospel?

What do you think God could be saying to you in this Gospel? What speaks to your heart? Maybe it raises questions, maybe it's a little uncomfortable, maybe it offers hope... what matters is that we are open to hearing God speak to us individually.



DOODLE PRAYER

Reflect on the scripture quote and allow thoughts and images that come to you to form part of your doodle prayer: it could be people or situations that need prayer or even areas you might need to change in. Certain words or phrases might stand out for you. Ask the Holy Spirit to guide your heart as you pray and doodle!

"Stay awake, praying at all times..."

HIS WORD & MY LIFE!

LUKE 21:25-28, 34-36

In this Gospel passage, we hear some stark and even frightening imagery: Jesus speaks to His apostles about the end-times, the time of God's final judgement. We do not know when this will be and so He cautions us to stay awake, alert and ready. The "coming of the Son of Man on a cloud" should not be a cause for fear for us, if He is someone we know, love and already spend time with. Certainly, the event would be astonishing and awe-inspiring, but for those who follow Jesus and try to live like Him, what a joyful event! In Jewish tradition, the cloud was a symbol for the presence of God. At Christmas we celebrate "Emmanuel", God-with-us. We have to remember that our God is not a distant God, watching us slip up with a frown on His face. No, He is a loving Father who does everything possible to win our hearts and bring us to Heaven. The whole story of Salvation history (which we retell through the Jesse Tree in Advent) reminds us that God never gives up. This is why the Church gives us the season of Advent: to be prepared to celebrate Jesus' first coming in Bethlehem, and His Second Coming, at the end of the world, or just the end of our lives. Let's not waste the time we have, but use it to serve God and others, and be the best version of ourselves!



CHECK OUT THE CATECHISM OF THE CATHOLIC CHURCH SAYS ABOUT THE SEASON OF ADVENT CCC 440



YEAR A: MATTHEW 24:37-44
YEAR B: MARK 13:33-37
YEAR C: LUKE 21:25-36

Advent is...
Hopeful Anticipation
Expectant Waiting
Joyful Preparation

ARE YOU READY?

WALKING DEBATE

- CHRISTMAS DECORATIONS SHOULD GO UP STRAIGHT AFTER HALLOWEEN.
- CHRISTMAS MUSIC SHOULD NOT BE PLAYED UNTIL MID DECEMBER.
- CHRISTMAS DECORATIONS SHOULD STAY UP UNTIL THE FEAST OF THE EPIPHANY (OR LATER!)



DO YOU HAVE ANY FAMILY TRADITIONS AROUND DECORATING FOR CHRISTMAS / PUTTING UP THE TREE / THE CRIB?

THINK - PAIR - SHARE!

WHAT IS YOUR UNDERSTANDING OF THE SEASON OF ADVENT?



WATCH THIS VIDEO FROM FR MIKE SCHMITZ, "THE TRUE MEANING OF ADVENT" (ASCENSION PRESENTS) AND REFLECT ON THE QUESTIONS THAT FOLLOW



What is Fr Mike's response to people wanting to put up Christmas decorations early: what question should people ask themselves?

Advent is a season of preparation: what is the first thing we prepare to celebrate?

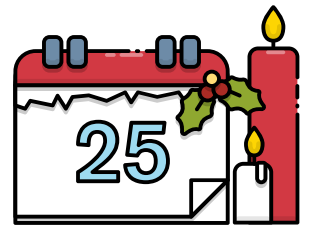
There's a deeper purpose to Advent: what is the second thing we prepare for?

Do we know when this event will happen?

How does Fr Mike explain how it will happen in our lifetimes one way or another?

What stark question does Fr Mike suggest we ask: what could we prepare for as if it could happen on December 25th this year?

Fr Mike does not suggest this as a morbid thought. Instead he proposes it would give focus to the season of Advent. In what way(s) could it have this effect?



ARE YOU READY?



How did one of Fr Mike's students put this challenge into action? How easy would you find it to do something like that? What would hinder you? What would be the benefits?



Can you believe it's Advent already? Where did that time go? In just a few weeks Christmas will be over and we'll be into a new year. But let's not get ahead of ourselves: today is the start of the **liturgical** new year and we have plenty of time to prepare well for Christmas.

We hear in today's Gospel about the need to stay awake: obviously we literally can't do that, we need to sleep, but what Jesus is talking about is a deeper sense of wakefulness than that. Are we awake to the presence of God in our lives. Are we awake to the real meaning of Christmas? At Christmas we celebrate "*Emmanuel*", God-with-us. We have to remember that our God is not a distant God, watching us slip up with a frown on His face. No, He is a loving Father who does everything possible to win our hearts and bring us to Heaven. The whole story of Salvation history (which we retell through the Jesse Tree in Advent) reminds us that God never gives up. This is why the Church gives us the season of Advent: to be prepared to celebrate Jesus' first coming in Bethlehem, and His Second Coming, at the end of the world, or just the end of our lives. Let's not waste the time we have, but use it to serve God and others, and be the best version of ourselves!



MISSION!

IF YOU WERE TO TAKE FR MIKE'S ADVICE, AND DECIDE TO LIVE THIS ADVENT SEASON DIFFERENTLY, WHAT CHANGES COULD YOU MAKE? DID ANY OF FR MIKE'S SUGGESTIONS RESONATE WITH YOUR HEART? REFLECT IN PRAYER, AND ASK GOD TO GUIDE YOU. HE KNOWS YOUR HEART AND YOUR DEEPEST DESIRES. HE KNOWS TOO, THE WOUNDS OUR PASTS CAN CAUSE US AND AREAS WHERE WE NEED TO CHOOSE HEALING. CHOOSE ONE THING THIS WEEK, A SMALL OR A BIG STEP - THAT'S UP TO YOU!



PRAYER TIME!

If you have an Advent Wreath, light the first purple candle. If you don't, try to find a tealight or candle you can light, to remind you of the Light of Christ that dispels the darkness of our world and brings Hope that darkness can never quench.

Son of God, You are the light of the world. Shine your light on all our choices this day. Create in us the ability to let your light shine forth for others. We ask this in the name of the Father, Son, and Holy Spirit. Amen.
[Ave Maria Press](#)



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE FIRST WEEK OF ADVENT



- O Come, O Come Emmanuel (Pentatonix)
- Prepare the Way (Charlie Hall)
- Come, Thou Long Expected Jesus (Meredith Andrews)
- Come to save us (All Sons & Daughters)
- Help from Heaven (Matt Redman)
- To those who wait (Bethany Dillon)
- While I'm waiting (John Waller)
- I will wait (Mumford & Sons)



The Big Story The Gospel Project Kids
5:30 MINS



Come Thou Long Expected Jesus The Skit Guys
3:19 MINS



Advent in Two Minutes Busted Halo
2:08 MINS