

Family Faith at Home



Make Sunday Come Alive All Week!

The Department of Youth Faith Formation wants to help and your whole family explore God's Word in your lives. Each week we will be sending out this resource which can help you reflect on the upcoming Sunday readings with your entire family.

Here are some ideas on how to use this resource:

- Consider reading one of the mass readings each evening.
- Do the discussion questions after dinner one night.
- Watch the video on a different night.
- Pray the prayer each evening.



Gaudete Sunday-Third Sunday of Advent

Mass Readings:

Isaiah 61: 1-2a, 10-11
Luke 1: 46-48, 49-50, 53-54
1 Thessalonians 5: 16-24
John 1: 7-8, 19-28

[Readings can also be found at the United States Conference of Catholic Bishops.](#)

Discuss

After reading the Sunday readings, discuss as a family:

1. Some thought the Messiah was going to be a powerful military ruler, but in the first reading what kind of person is the Messiah? How are these images different from each other?
2. The second reading asks us to "Rejoice always!" What are ways we can do that?
3. How can we have hearts full of joy even in the tough times?

Share

Next week is the longest night of the year (December 21). Sometimes in the darkness it is hard to remember that we are indeed surrounded by Light! The Light of Jesus. Gaudete Sunday – Rejoice Sunday – reminds us to "rejoice always" and our spirits "rejoice in God our Savior!"

Watch

For families with small children, [watch this video](#). For families with older children [watch this reflection](#) from Fr. Josh Johnson who reminds us that God is enough!

Pray

Light the pink candle on your Advent wreath and pray: Pray the Psalm together. This week it is the Magnificat—Mary's prayer of praise to God.

Do

Create your own prayers of rejoicing!
On a sheet of paper write from the Magnificat:

*My soul proclaims the greatness of the Lord. My spirit rejoices in God, my savior... The Almighty has done great things for me and holy is His Name!
He has...*

Then write all the things God has done for you, such as given you a family, made the beautiful sunset, given you loving grandparents, etc.



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