

4th Sunday of Advent  
December 19, 2021

# FAITH @ HOME

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**First Reading:** Micah 5:1-4a  
**Responsorial Psalm:** Psalm 80:2-3, 15-16, 18-19  
**Second Reading:** Hebrews 10:5-10  
**Gospel:** Luke 1:39-45

[Full readings can be found here!](#)

## 1. HEAR

Gather the members of the household and use one of the resources below to listen to today's Gospel.

[Click here for a proclamation of the Gospel](#)  
(YouTube, The Global Gospel, 1:58 min.)

[Click here for a proclamation of the Gospel for children](#) (YouTube, Holy Heroes, 1:59 min.)

## 2. PRAY

Praying for others: As a family, think of the people in your life. Think of classmates, friends, coworkers, family members, or neighbors who are currently experiencing difficulties or challenges.

Each member of the family will name the person or people they thought of.

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

Then, together, pray for each person, asking the Lord to help them through this difficult time.

As an option, you can do a blessing of the Advent Wreath at home, by using [this prayer guide](#).

## 3. TALK

Upon hearing of her cousin Elizabeth's pregnancy, Mary makes herself present to her. Of the people mentioned in your prayer, who could you and your family help out with your presence?



Is there someone for whom the holidays can be a lonely time? New parents who can use a little help around the house? Elderly neighbors who could use some help with yard work? A classmate who could use some cheering up?

Make a plan for you and your family to help someone by paying them a visit, bringing a hot meal or groceries, or other acts of charity and kindness.