

Lesson Thirteen Preparation: Luke 1:57-80

Practices of the Advent Season

Lesson Supplies

Catholic Children's Bible with table of contents page marked (page 3)

Journal for each family member and writing supplies

Videos cued up on your device

Objectives

- To understand the meaning of the Advent season and the practices that go along with it.

Read

From the Bible

Luke 1:57-80

From the *Catechism of the Catholic Church*

The coming of God's Son to earth is an event of such immensity that God willed to prepare for it over centuries... John the Baptist is the Lord's immediate precursor or forerunner, sent to prepare his way... When the Church celebrates the liturgy of Advent each year, she makes present this ancient expectancy of the Messiah, for by sharing in the long preparation for the Savior's first coming, the faithful renew their ardent desire for his second coming. By celebrating the precursor's birth and martyrdom, the Church unites herself to his desire: "He must increase, but I must decrease." (*Catechism of the Catholic Church*, paragraph 522-524)

From the *Compendium to the Catechism of the Catholic Church*

Read questions [101-104](#). This will take five minutes.

Watch

[Advent in 2 Minutes \(2:09\)](#)

[How to Prepare for Advent as a Catholic Family \(7:33\)](#)

[Matthew's Begets \(2:17\)](#)

Reflect

Advent is about, in part, awaiting the birth of a child. Do you recall how it felt to wait for the birth of your first child? Parents often feel a mixture of excitement and hope along with pressure and fear. Mothers frequently feel it much sooner than fathers do, but both feel it. All those feelings are heightened by the regularly recurring question, "Are you ready for the baby?"

So, are you ready for the baby? Are you ready for Jesus? With our own children, we often change our diet, exercise more, set up the baby's room, get the baby clothes ready, prepare the hospital bag, arrange childcare for older kids, talk with our boss about taking a leave, and even revisit our financial and insurance plans. But what do we do to prepare our hearts and our homes for Jesus? Advent can be just the crazy, pre-Christmas period. Or it can be more.

This Advent, let's savor the anticipation a little more. We don't like to wait, but let's wait in joyful hope for the coming of the Lord. Let's prepare our hearts and our homes.

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Lesson Summary

Advent is the season of preparation for Jesus' birth that begins four Sundays before Christmas.

Advent is a time to reflect on humanity's preparation for Jesus' first coming and a time to prepare ourselves for his second coming.

Pray

1. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
2. Who or what would you like to pray for today?
3. Hail Mary (*Catholic Children's Bible* page 1992)

Read

Luke 1:57-80 – The Birth of John the Baptist

- Read the passage slowly and out loud at least three times, maybe taking turns.
- Pay attention for a word or phrase that sticks out to you.
- In your journal, write about that word or phrase. Use some of the [suggested journal prompts](#) if you need help.

Reflect

Christmas is just a few weeks away, but it's not here yet. How hard is it to wait for something you really, really want?

God's people waited for thousands of years for the Savior to be born. Throughout the Bible, God made promises to his people, and prophets foretold what the Savior would be like. All the while, God's people waited. Advent is a time to remember the build up to Jesus' birthday, also known as Christmas.

That's right. Christmas is a birthday celebration for Jesus. Many people will ask you what *you* want for Jesus' birthday, for Christmas. The real question is what are you going to give Jesus for his birthday?

Watch

[Advent in 2 Minutes \(2:09\)](#)

[Matthew's Begets \(2:17\)](#)

[How to Prepare for Advent as a Catholic Family \(7:33\)](#)

Discuss

- How does our family celebrate birthdays? What do we do to prepare?
- How can you prepare the way of the Lord this Advent?
- What are your favorite Advent and Christmas family traditions?

Salvation History

Sometime this week, read **David is the Future King (1 Samuel 16:10-13)**, pages 390-391 in the *Catholic Children's Bible*.

This is the story of the Prophet Samuel anointing David as the future king of God's people. Advent is a time of preparation for the future son of David. Jesus.

Live

- Talk as a family and plan how you will celebrate Advent to prepare for Christmas. Some ideas include:
 - Order an Advent Calendar, like [this one](#).
 - Using an [Advent Wreath](#)
 - Praying with a [Jesse Tree](#)
 - Singing Advent hymns before meals or before bedtime. [This playlist](#) can help.
 - Participate in charitable giving such as toy drives for underprivileged kids
- Learn about the historical St. Nicholas; the [St. Nicholas Center](#) is a good resource.

Lesson Thirteen Supplemental Materials

Practices of the Advent Season

Lesson Summary Statements

- “Advent” means “coming.” There are three comings of Jesus:
 - The first coming was at his historical birth in Bethlehem at Christmas.
 - The second will his final coming at the end of time.
 - The third is the liturgical coming that happens every day in the Church’s prayer and liturgy.
- There are four Sundays in Advent, corresponding to the four Sundays immediately before Christmas Day.
- The first half of Advent focuses on Jesus’ coming again at the end of time.
- The second half of Advent focuses on Jesus’ historical coming 2,000 years ago.
- Jesus fulfilled thousands of prophecies in the Old Testament that pointed to him.
- The Third Sunday of Advent is called Gaudete Sunday—Gaudete means “rejoice” and comes from the first line of the introit for Mass on this day.
 - Gaudete Sunday, sometimes called pink candle day referring to the Advent Wreath, is the Sunday that marks beyond the halfway point of the Advent Season.
 - Priests and deacons often wear rose (pink) vestments on this day.
- The O Antiphons make up the verses of the hymn “O Come O Come Emmanuel.” They are taken from the Magnificat antiphons of Evening Prayer (Liturgy of the Hours) beginning on December 16. Each one is a different title for Jesus.

More Resources to Answer Your Questions

Videos

- [Jesus Historically fulfilled over 300 Prophecies...Accidentally?](#) (4:16)
- [Advent Conspiracy](#) (2:35)
- [Bishop Barron on the Spirituality of Advent](#) (5:39)

Websites

- [Catholic Answers](#)
- [Credible Catholic](#)
- [Formed.org](#)