



Ascension Living Virtues  
*Family Advent Prayer Packet*

**Ascension**   
Catholic School

## An Advent Activity for Your Family

As we anticipate the birth of our Lord, we would like to encourage all families to come together in prayer and discussion on how to prepare our hearts. Just as your children incorporate the study of virtue into their daily life at school, your family can prepare for Christ by the study of virtues at home. This Advent activity will incorporate the virtue your family chose at the beginning of the school year and allow you to explore it more deeply within your family.

This booklet is for your family to use around your Advent wreath. If you do not have an Advent wreath, please use a candle instead.

- There is a list of virtues on page 9. If your family has not chosen a virtue, please choose from this list or another source.
- All families are encouraged to write their chosen virtue on the laminated card and place it on the refrigerator or other visible location to be a constant reminder to all family members.
- On the first Sunday of Advent, please turn the booklet to Week 1 on page 4, and light the first purple candle on the Advent wreath. Have a family member (parent or student) lead the prayer for week 1 and have the rest of the family respond. The parent or student(s) can lead the discussion topics during dinner. Use the Week 1 card for each night of the first week of Advent.
- For Week 2 and subsequent weeks, flip to the appropriate page of the booklet, and light the appropriate number of candles (2 for week 2, 4 for week 3...). Again, either students or parents can lead the prayer while the rest of the family responds. Table talk topics are provided for each week so that families can discuss and learn together the best way to demonstrate the virtues.
- A special Christmas prayer is included in the booklet on page 8 for use on Christmas Eve or Christmas Day.
- This activity can be repeated next Advent! Just store this booklet with your Advent wreath

We hope this activity brings fruitful discussion to your dinner table about how your family can, in a very practical and deliberate way, support each other to live a virtuous life.

*Come, Lord Jesus! Come and visit your people.  
We await your coming. Come, O Lord.*

## *The Advent Wreath*

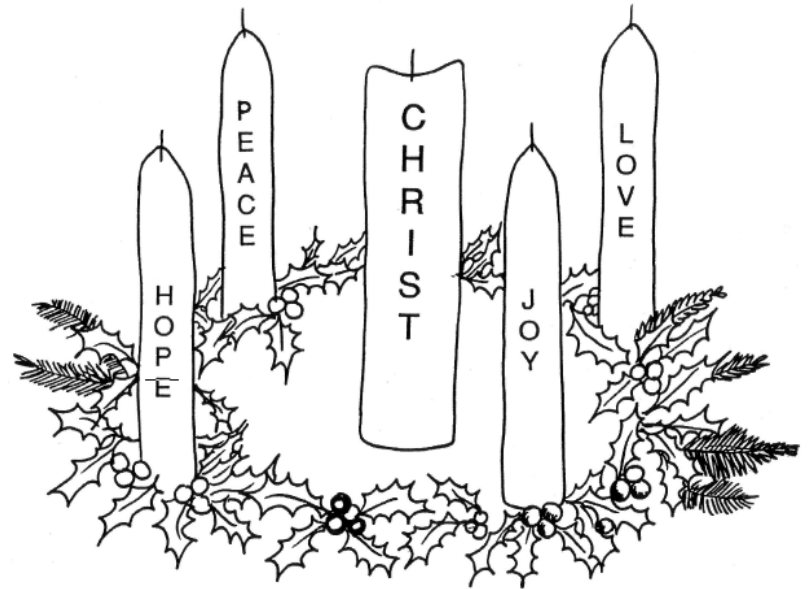
*During Advent, we look forward to celebrating the first coming of Jesus at Christmas.*

*We look forward with hope to the second coming of Jesus in His Glory.*

*We seek out Jesus here and now in the Mass, when He comes to us in the Eucharist.*

*The Advent wreath represents the long time when people lived in spiritual darkness, waiting for the coming of the Messiah, the Light of the World. The circle of greenery reminds us that God is eternal, the Alpha and Omega without beginning or end, and also of the hope we have in God, of newness, renewal and eternal life.*

*The candles symbolize the light of God entering the world through the birth of Jesus, and the four outer candles represent a period of waiting. A white center candle is sometimes used, and is called the Christ Candle. It is traditionally lit on Christmas Eve or Day. Whilst the light from the candles reminds us that Jesus is the light of the world that comes into the darkness of our lives, it also reminds us that we are called to be a light to the world as we reflect the light of God's love and grace to others through Living the Virtues.*



**Ascension Living Virtues**  
**Advent Week One \* Nightly Prayer**

**HOPE**

**Leader:** Let us pray. In the name of the Father and of the Son and of the Holy Spirit.  
In this first week of Advent, we ask with great hope, Christ, please come to us, and set us free from our sins.

**All:** Come, Lord Jesus.

*Family member lights the first purple advent candle.*

**Leader:** O Lord, help us to have open hearts to receive You. Help us to shine with the Hope that You promise: the Hope of your merciful love, and the Hope of eternal life with You and the Father, which you have obtained for us.

**All:** Come, Lord Jesus.

**Leader:** O Lord, help us as a family to continue to walk closer to You, and with You as we strive to live out our family virtue of \_\_\_\_\_. *(insert your family virtue for the year here)*

**All:** Amen.

**Ascension Living Virtues Table Talk**

The first purple candle is the "Candle of Hope." It symbolizes faith in God keeping his promises to humanity. Go around the table, and share an example of how you have kept your promises & been faithfully working on your family virtue today.

**Ascension Living Virtues**  
**Advent Week Two \* Nightly Prayer**

**PEACE**

**Leader:** Let us pray. In the name of the Father and of the Son and of the Holy Spirit.  
In this second week of Advent, we ask Christ to help us to prepare our hearts for His Coming.

**All:** Come, Lord Jesus.

*Family member lights the first and second purple advent candles.*

**Leader:** O Lord, help us to move to action, to prepare ourselves for Your Coming at Christmas. Stir up our hearts, Loving Father, that we may prepare for Thy only begotten Son, and that through His coming, we may be made worthy to serve Thee with pure souls.

**All:** Come, Lord Jesus.

**Leader:** O Lord, help us as a family to continue to walk closer to you, and with you as we strive to live out our family virtue of \_\_\_\_\_. *(insert your family virtue for the year here)* Help us to be peacemakers in our families and our community.

**All:** Amen.

**Ascension Living Virtues Table Talk**

The second purple candle is called the "Candle of Preparation," reminding us to "get ready" to receive God.  
Share with your family how your family virtue is helping you to prepare your heart for the birth of Jesus.

**Ascension Living Virtues**  
**Advent Week Three \* Nightly Prayer**

*JOY*

**Leader:** Let us pray. In the name of the Father and of the Son and of the Holy Spirit.  
In this third week of Advent, we open our hearts to be filled with joy in anticipation of Christ's coming.

**All:** Come, Lord Jesus.

*Family member lights the first and second purple, as well as the rose advent candles.*

**Leader:** O Lord, please grant us Your abundant graces, that we might spread Joy to all those around us.  
You are the source of all Joy, O Lord. Help us to constantly shine with the Joy of Your merciful love and the Joy of eternal life with You and the Father, which You have obtained for us.

**All:** Come, Lord Jesus.

**Leader:** O Lord, help us as a family to continue to walk closer to you and with you as we strive to live out our family virtue of \_\_\_\_\_, with great joy for all to see.

**All:** Amen.

**Ascension Living Virtues Table Talk**

The third candle is pink and is the "Candle of Joy." It recalls the angels joyfully singing about the birth of Christ.

Share your feelings of joy & excitement as you wait for Christ's coming at Christmas.

How has your family virtue brought joy to your family & others?

**Ascension Living Virtues**  
**Advent Week Four \* Nightly Prayer**

**LOVE**

**Leader:** Let us pray. In the name of the Father and of the Son and of the Holy Spirit.  
In this final week of Advent, we ask Christ to come to us, and through His Graces to create us anew.

**All:** Come, Lord Jesus.

*Family member lights the four advent candles.*

**Leader:** O Lord, thank You for coming to us, to wash us of our sins and help us to be born again in your Merciful Love. Thank You for leaving Your Father in heaven, to walk with us on earth, and to show us the Way of Love. You are The Way, The Truth and The Life. You are My Way, My Truth and My Life.

**All:** Come, Lord Jesus.

**Leader:** O Lord, help us as a family to continue to walk closer to You and with You as we strive to live out our family virtue of \_\_\_\_\_ with great love and charity.

**All:** Amen.

**Ascension Living Virtues Table Talk**

The fourth candle is purple and is the "Candle of Love".

It reminds us that God loves us enough to send his only Son to Earth.

How does the birth of Jesus represent God's love? Discuss the ways your family virtue has helped you to love others.

## Ascension Living Virtues

### Christmas

# *Lord Jesus, Welcome!*

**Leader:** Let us pray, In the name of the Father and of the Son and of the Holy Spirit.  
Loving Father, it is with boundless joy and deep gratitude in our hearts that we welcome Your Son Jesus.

**All:** Welcome, Lord Jesus.

*Family member lights the four advent candles, plus the optional White Christ Candle.*

**Leader:** O Lord, help us to welcome You into our lives with the joyful and hopeful abandon with which Mary and Joseph welcomed You into theirs.

**All:** Welcome, Lord Jesus.

**Leader:** O Lord, as we now fully enter into the Christmas Season, please continue to help us live out our family virtue of \_\_\_\_\_, that we might shine with the Light of Jesus for all to see.

Father, all powerful and ever-living God, we do well always and everywhere to give You thanks, through Jesus Christ Our Lord. When He humbled himself to come among us, He fulfilled the plan You formed long ago and opened for us the way to Salvation.

Now we watch for the day, hoping that the Salvation promised us will be ours, when Christ will come again in His Glory.

And so, with all the choirs of angels in Heaven, we proclaim Your Glory and join in their unending hymn of praise:

**All:** Holy, Holy, Holy Lord, God of power and might,  
Heaven and earth are full of Your Glory. Hosanna in the highest.  
Blessed is He who comes in the name of the Lord. Hosanna in the highest. Amen.



## Ascension Living Virtues

- charity
- compassion
- faith
- forgiveness
- fortitude
- gentleness
- hope
- humility
- justice
- kindness
- love
- patience
- peace
- prudence
- temperance
- thankfulness
- unity

*It is Christmas every time you let God love others through you...  
yes, it is Christmas every time you smile at your brother and offer him your hand* -Mother Teresa