

Faith Lesson Plan and Faith Activity

Advent - Change Our Hearts (Source: Our Sunday Visitor - Alive in Christ)

Grades 1 & 2

Invite - Let Us Pray

Invite the young people to gather in the prayer space and make the sign of the Cross. Read aloud the leader's prayer. Proclaim the verse from Isaiah 40:3 together. Have the young people move out of the prayer space and back to their seats.



Let Us Pray

Leader: Lord, God, send your Holy Spirit
to help us see your path more clearly.

“...prepare the way of the LORD!” **Isaiah 40:3**

Through Christ, our Lord.

All: Amen.

Say: In today's reading, we will hear John the Baptist ask the people to change their hearts. (Pause) Let's read Scripture about the meaning of a "change of heart."

Guide the young people through the process of Scripture reflection below.

Invite them to close their eyes, be still, and open their minds and hearts to what God is saying to them in this passage.

Proclaim the Scripture and **Maintain** several moments of silence.

Display and Read the following:



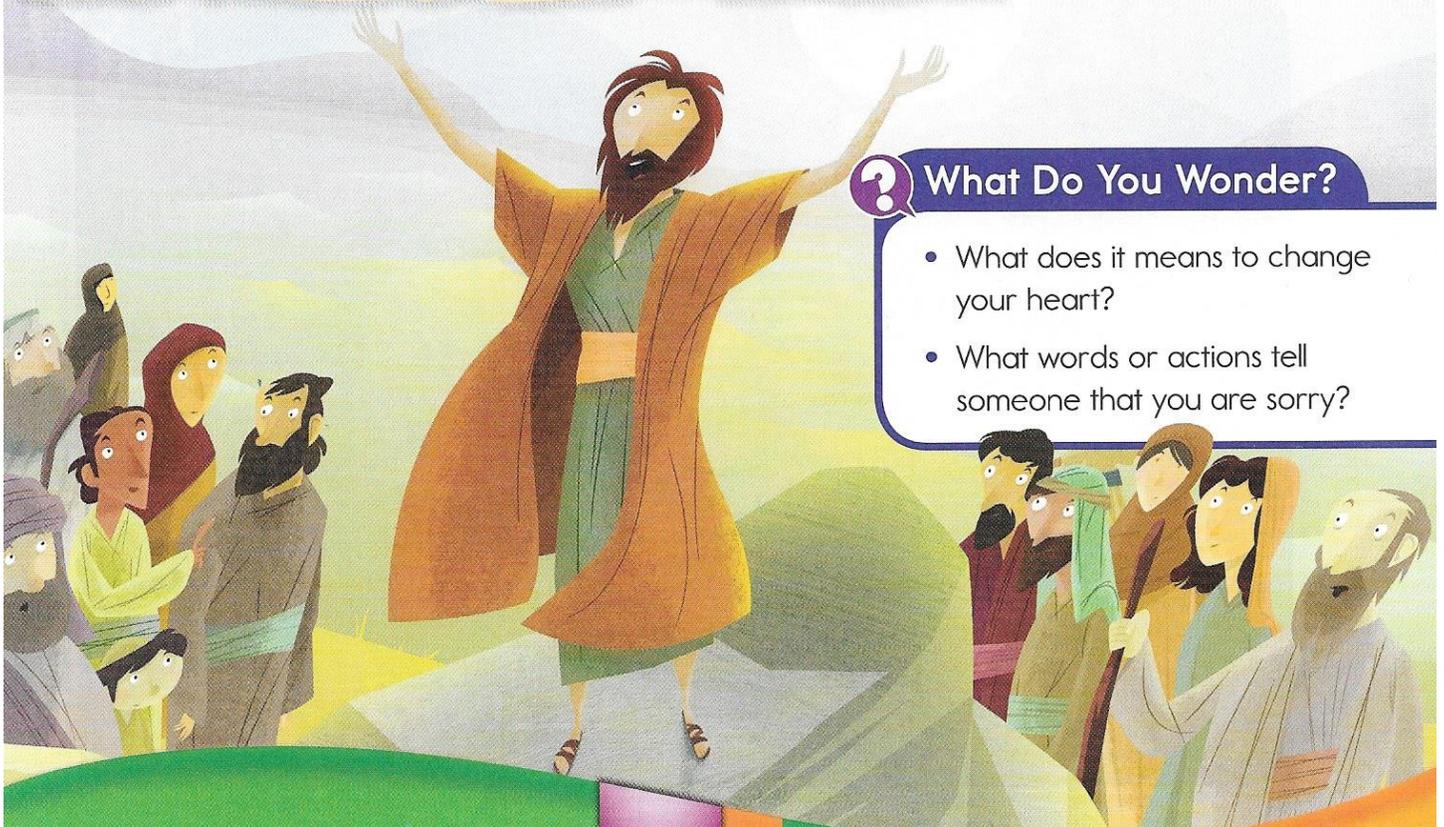
God's Word

The Jewish people were waiting for the Messiah to come. Many had turned away from God. John the Baptist said to them, "Turn back to God. Be sorry for your sins. Change your hearts." **Based on Mark 1:1-8**



What Do You Wonder?

- What does it mean to change your heart?
- What words or actions tell someone that you are sorry?



Ask: What did you hear God say to you in the Sacred Scripture reading? Did you learn anything about why John the Baptist was asking the Jewish people to change their hearts? (Engage the young people to respond.)

Say: God wants us to be happy. He wants our hearts to be joyful. He wants us to know how wonderful he is and how great our lives can be if we follow him. (Pause) Let's respond to the questions in the "What Do You Wonder?" section.

Discover (1)

Objective

- Describe Advent as preparing for the coming of the birth of Jesus.
- Identify Advent as the first season of the Church year.

Say: The Scripture that we just read is from the Old Testament - before the birth of Jesus. We know now that Jesus is the true Messiah for whom the Jewish people waited for so many years. In

fact, there is a special time in the Church year during which we prepare for the coming of the birth of Jesus. Does anyone remember the name of that season of the Church year? (Pause for the young people's responses, acknowledging any correct responses.)

Say: That season of the Church year is Advent. In fact, the Latin word "Advent" means "coming." During Advent, we are preparing for the "coming" of Jesus so that we may celebrate his birth. The season of Advent begins approximately four weeks before Christmas and it is the beginning of a new Church year for Catholics.

Say: Let's watch the following video about the season of Advent. You'll even see the Jewish people once again waiting for the Messiah, or Savior of the world, just like the Scripture we just read. YouTube Link: <https://youtu.be/fS6Rh5EUTTA>

Ask: What was your favorite part of this video? What was the most important lesson in the video?

Ask: What are some things that you would say or do to prepare for Advent, or the coming of Jesus, in your home? (Allow each young person to share a response.)

Say: The following video may help you remember more about the season of Advent. YouTube Link: <https://youtu.be/19WvDZQBxbA>

Ask: What was your favorite part of this video? What was the most important lesson in the video?

Say: Let's discuss two of the more familiar images during the season of Advent.



Advent Wreath
(Circular wreath symbolizes
God's eternity)

Week 1 lighted candle - HOPE

Week 2 lighted candle - PEACE

Week 3 lighted candle - JOY

Week 4 lighted candle - LOVE



Advent Calendar

Each numbered day is in anticipation of the birth of Jesus.

Say & Ask: Now, I'll ask you some questions about the season of Advent.

1. What does the Latin word Advent mean?
2. How long is the season of Advent?
3. What are the colors of Advent? Which color is used most often?
4. What does each candle of the Advent wreath symbolize?
5. What is the first season of the Church year?

Quick Review

Say: The Latin word Advent means “coming.” The season of Advent is the beginning of the Church year and is approximately four weeks. The main color of Advent is purple, and a secondary color is rose. The color purple, which symbolizes that the hearts of the gathered community are in preparation, adorns the sanctuary and is the color of the vestments worn by the priest. The Advent wreath candle lighted on the first Sunday of Advent represents “Hope.” The Advent wreath candle lighted on the second Sunday of Advent represents “Peace.” The candle lighted on the third Sunday of Advent represents “Joy,” and is rose colored. The candle lighted on the fourth Sunday of Advent represents “LOVE.”

Discover (2)

Objective

- Recognize that the season of Advent calls all Christians to remember God’s love for us by showing our love for others.

Ask & Say: What are some ways that we can show our love for others during the season of Advent? And sometimes, this takes a “change of heart” on our part, the same as we discussed in the Scripture at the beginning of today’s lesson.

Say & Ask? Let me start with one example. We can respect each person that we encounter. How do we do this? God created all of us in His own image. God blessed each of us with many gifts and talents. Sometimes it is easy to forget this because we focus on the things that we can’t do or the

things that we don't like about someone else. But God calls you to treat all people, including yourself, with respect.

Say: That sounds simple enough. Let's think of some ways that we can show the people we interact with this week that we respect them. I want each person to share one way with me. (Give each young person an opportunity to share.)

Say & Ask: Another way to show your love is by getting involved in your community. This is something that you and the other members of your family can do together. Let's think now. What are some things that you could do with your family during the season of Advent to help in your community? (Give each young person an opportunity to share.)

Say & Ask: All of us need many things to live happy and healthy lives: a safe place to live, clothes, food, clean water, and medical care. These important things are called human rights. All people deserve to have these needs met. But, there are many people who do not have these things. We are called as Christians to help those who are poor and needy. What can you and your family do to help others get what they need? (Give each young person an opportunity to share.)

Quick Review

Say: The season of Advent calls us to demonstrate our love for others as we prepare for the coming of the birth of our Savior, Jesus Christ.

Faith Activity 1: Prayer Around the Advent Wreath

Supplies: Advent Wreath, Bible

Listen to God's Word

Leader: A reading from the holy Gospel according to Mark.

Read Mark 1:14–15.

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Pray Around the Advent Wreath

Sit in silence before the Advent wreath. Think of a way you will change your heart during Advent.

Leader: Glory be to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and ever shall be, world without end. Amen.

Go Forth!

Leader: Let us go forth to love and serve the Lord by showing kindness to one another.

All: Thanks be to God.

