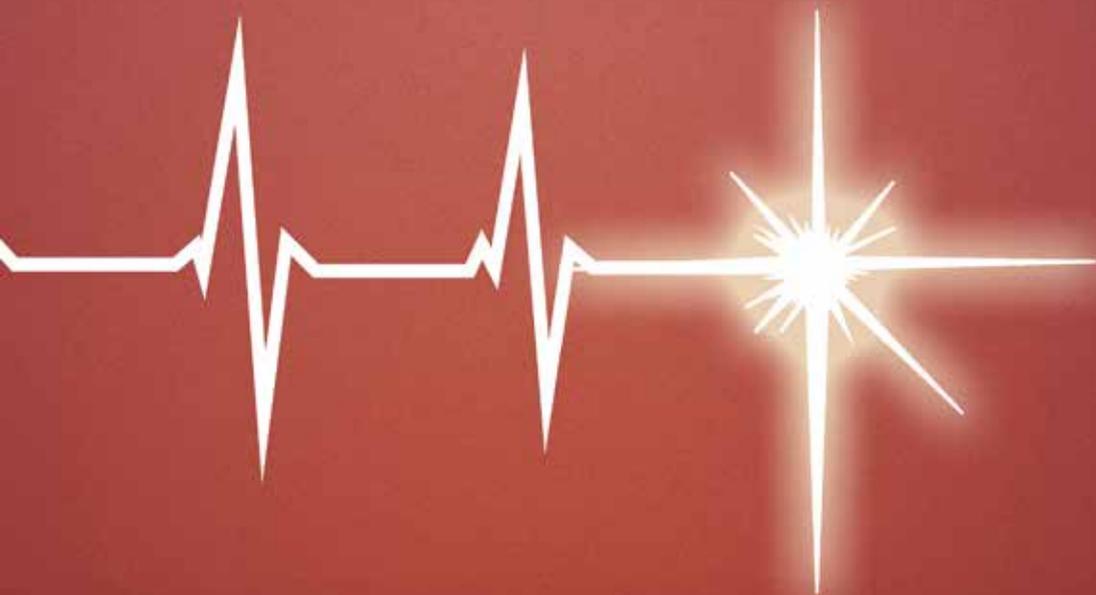


ARCHDIOCESAN  
OFFICE  
FOR

Youth+

*OUR  
ADVENT  
STORY  
HAS A  
HEARTBEAT*

AN ADVENT RESOURCE  
FOR YOUNG PEOPLE



# USING THIS RESOURCE

*This resource has primarily been designed for use within youth group settings, however, you could also adapt it for your personal reflection. It covers the four Sundays of Advent, placing particular focus on the Sunday Gospels for each week.*

Suggested format for using the resources:

1. Open with a prayer. This could be as simple as an Our Father, a Rosary or Praise and Worship, whatever you feel will best help your group move into a place of reflection.
2. Read the Gospel for the coming or current Sunday. This could be read by a leader, or invite a young person or Chaplain to do this.
3. Watch the relevant video.
4. Give people some 'buzz time' to talk about the video.
5. Facilitate a discussion. If the group is big enough you may wish to break into small groups. Encourage sharing amongst the group/s. For example: Ask them what stood out for them and spend some time discussing this.  
**Use the discussion questions provided as a guide.**  
Focus on drawing out the specific themes that are most relevant to your group.  
**Allow some time for personal thought using the reflections as a starting point.** There are many ways this could be done.
6.
  - a. Quiet prayer/Adoration
  - b. Meditation
  - c. Journaling
  - d. Writing reflections on post-it notes and placing them on a cross
  - e. After a time of silence, allowing young people to share (in pairs only).
  - f. Encouraging later reflection at home
  - g. Lighting a candle and praying for your resolutions.
7. End with a concluding prayer and/or summary of the session.

# FIRST SUNDAY

30th November

*First reading: Isaiah 64:1-9*

*Psalm: 80:1-7, 17-19*

*second Reading: 1 Corinthians 1:3-9*

*Gospel: Mark 13:24-37*

## DISCUSSION QUESTIONS:

1. In the gospel, Jesus mentions four times that we must 'stay awake'.  
What does this mean for us? And how can we remain 'awake' during Advent?
2. In the video Sr. Mel mentions that one of the best ways to slow down is to take time for prayer and refocus on 'where is Jesus in all of this'.  
What are some of the ways you can try and place more focus on your prayer life this Advent?

## REFLECTION:

1. Sometimes we can get complacent in our faith.  
What ways can I remain focused to encounter Christ this Advent?
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# SECOND SUNDAY

7th December

*First reading: Isaiah 40:1-11*

*Psalm: 85:1-2, 8-13*

*Second Reading: 2 Peter 3:8-15a*

*Gospel: Mark 1:1-8*

## DISCUSSION QUESTIONS:

1. Justine mentions that we need to make room for Christ in our life.  
What are the things in our life that can bring us closer or keep us away from God?
2. Br. Dan talks about Jesus' life as the gift that keeps on giving.  
When someone gives us a gift we say thank you.  
How can we show our appreciation for the greatest gift that is Jesus?

## REFLECTION:

1. We need to be able to give and accept great love. We give and receive presents at Christmas. In what ways can I do small things with great love?

# THIRD SUNDAY

14th December

*First reading: Isaiah 61:1-4, 8-11*

*Psalm 126 or Luke: 1:46b-55*

*Second Reading: 1 Thessalonians 5:16-24*

*Gospel: John 1:6-8, 19-28*

## DISCUSSION QUESTIONS:

1. Fr. Nicholas talks about John the Baptist as a man of great integrity which meant the people could believe in his proclamation. In baptism we are all given gifts, in what ways have you used them to witness the truth?
2. Owen talks about John the Baptist testifying to the 'light'.  
How can we testify to the light of Christ this Advent?

## REFLECTION:

1. Sr. Mel shares with us that we need to be ourselves. She reminds us of the simple everyday instances in which we can bear witness to Christ Jesus, for example by not engaging in gossip. Reflect on one thing which you will do this week to make a conscious effort to bear witness to God working through you.

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# FOURTH SUNDAY

21st December

*First Reading: 2 Samuel 7:1-11, 16*

*Responsorial: Luke 1:46b-55 or Psalm 89:1-4, 19-26*

*Second reading: Romans 16:25-27*

*Gospel: Luke 1:26-38*

## DISCUSSION QUESTIONS:

1. Fr. Shabin talks about the need to be open to God's working in our life.  
What are some ways we can do this?
2. Tobias talks about the call to greatness; similarly Pope Emeritus Benedict XVI teaches us that we aren't made for comfort, we are made for greatness.  
Who is some you know who displays 'greatness'? Where have you seen greatness displayed?

## REFLECTION:

1. Sr. Rochelle mentions that Mary was silent and confused when the angel Gabriel appeared to her but she still trusted in the Lord and said yes!

While praying the Magnificat, meditate on what ways you have said 'yes' to God.