



ADVENT AT HOME

Trinity Church

The First Sunday of Advent

Theme

Hope

Readings

Isaiah 2:1-5, Romans 13:11-14, Matthew 24:36-44, Psalm 122

Lighting the Advent Wreath

Gather around your Advent wreath(s) as a household. Take a moment to breathe. Read through one or more of the readings. The canticles may be found in the Book of Common Prayer 1979. Maybe sing a song. Read aloud:

Advent is a season of expectation, a time when we prepare our hearts and spirits for the birth of Jesus. Each week in Advent, we light another candle in our wreath. As it becomes brighter and brighter, it helps us remember that Jesus brings the light and love of God into the world.

Light the first candle.

Jesus is coming! We light the first candle, which represents hope.

God, give us hope! Amen.

Questions

- I wonder what it feels like to get ready for something really important and exciting.
- I wonder what you hope for in your own life.
- I wonder what you hope for the world.

Practice

Write or draw the things you hope for, and pray for them throughout the week.

NOTES

The Second Sunday of Advent

Theme

Faith

Readings

Isaiah 11:1-10, Romans 15:4-13, Matthew 3:1-12, Psalm 72:1-7, 18-19

Lighting the Advent Wreath

Gather around your Advent wreath(s) as a household. Take a moment to breathe. Read through one or more of the readings. The canticles may be found in the Book of Common Prayer 1979. Maybe sing a song. Read aloud:

Advent is a season of expectation, a time when we prepare our hearts and spirits for the birth of Jesus. Each week in Advent, we light another candle in our wreath. As it becomes brighter and brighter, it helps us remember that Jesus brings the light and love of God into the world. We have already lit the candle for hope.

Light the first and second candles.

Jesus is coming! We light the second candle, which represents faith.

God, give us faith! Amen.

Questions

- I wonder if you've ever believed in something you can't see or touch. What does it feel like?
- I wonder what you have faith in.

Practice

When you find yourself outside this week, pay attention to the wind. Like the Holy Spirit, it moves among us, giving us life and guidance.

NOTES

The Third Sunday of Advent

Theme

Joy

Readings

Isaiah 35:1-10, James 5:7-10, Matthew 11:2-11, Psalm 146:4-9

Lighting the Advent Wreath

Gather around your Advent wreath(s) as a household. Take a moment to breathe. Read through one or more of the readings. The canticles may be found in the Book of Common Prayer 1979. Maybe sing a song. Read aloud:

Advent is a season of expectation, a time when we prepare our hearts and spirits for the birth of Jesus. Each week in Advent, we light another candle in our wreath. As it becomes brighter and brighter, it helps us remember that Jesus brings the light and love of God into the world. We have already lit the candles for hope and faith.

Light the first, second, and third candles.

Jesus is coming! We light the third candle, which represents joy.

God, give us joy! Amen.

Questions

- I wonder what joy feels like. Is it the same or different from happiness?
- I wonder when you felt joy this week.
- I wonder what in your life makes it harder or easier to feel joyful.
- I wonder how we can find more joy in our lives.

Practice

Set aside some time this week just for joy. Create something that makes you feel joyful, play a game, or take part in another activity with your family.

NOTES

The Fourth Sunday of Advent

Theme

Peace

Readings

Isaiah 7:10-16, Romans 1:1-7, Matthew 1:18-25, Psalm 80:1-7, 16-18

Lighting the Advent Wreath

Gather around your Advent wreath(s) as a household. Take a moment to breathe. Read through one or more of the readings. The canticles may be found in the Book of Common Prayer 1979. Maybe sing a song. Read aloud:

Advent is a season of expectation, a time when we prepare our hearts and spirits for the birth of Jesus. Each week in Advent, we light another candle in our wreath. As it becomes brighter and brighter, it helps us remember that Jesus brings the light and love of God into the world. We have already lit the candles for hope, faith, and joy.

Light all four candles.

Jesus is coming! We light the fourth candle, which represents peace.

God, give us peace! Amen.

Questions

- I wonder why God sent Jesus to us as a baby.
- I wonder what it means to feel peace. Is it easy or difficult?
- I wonder if you felt peaceful this week.
- I wonder what we could do next time we need peace.

Practice

Find some time to connect with God's peace every day — maybe you take three deep breaths first thing when you wake up, sit quietly or listening to music, or practice silent prayer as a family.

NOTES

EMBRACE
HOPE
RECEIVE
GRACE
CHOOSE
FAITH

LOVE IS
HERE



Trinity
Church

A Parish in the
City of New York