Catholic Mom
HOLY CROSS FAMILY MINISTRIES

SUNDAY GOSPEL ACTIVITIES

Family Activity Page

The 1st Sunday of Advent **Mark 13:33–37**

Jesus ascended into Heaven at the end of His earthly ministry, but He will return at the end of the world. This week in the Gospel, Jesus tells His friends to always be ready for His return. Jesus is speaking to His disciples in this passage, but He is also speaking directly to us too! Be watchful, be alert! What does Jesus mean?

Jesus is telling us to live the greatest commandment—to love God with your whole heart, mind, soul, and strength—and to love your neighbor as yourself. We show Him that we are ready for His return by how we live our lives and how we treat others. If you are unsure of what this means for YOU, take a few minutes today to just sit quietly and tell God you love Him. Ask Him to send the Holy Spirit to help you make good choices everyday!

Activities:

- Advent is a time when we prepare ourselves for Christ's birth on Christmas Day! What are some of the ways you can prepare your home and life for Christmas?
- How can you and your family be watchful and alert? How can you live out the Great Commandments?
- Prepare for Mass as a family by reading the prayers we pray in the Mass during Advent and thinking about what they mean. Search "USCCB Commentary on Advent Prayers" to find a resource that can help you get started.