



A Journey through Advent

Week 1: Sunday

Time to wake up!



Stay awake, because you do not know when the master of the house is coming.

Matthew 13:33-37



- Today we light the first candle of the Advent wreath.
- The tradition of the Advent wreath started as a Lutheran custom in Germany. Advent wreaths were originally used in the home and didn't become popular in churches until the middle of the twentieth century.
- The first week in Advent is often linked to the theme of hope.
- The evergreen circle of the wreath symbolizes everlasting life and the candle reminds us to thank God for His Son, Jesus, the light of the world.

Music to listen to...

O come, O come, Emmanuel

(<https://www.youtube.com/watch?v=iO7ySn-Swwc>)

Turn to Me

(<https://www.youtube.com/watch?v=0FDphUBRsA4>)

A Mindful Moment...

For a minute, think about a time when you were really excited about something you were looking forward to. Remember how it felt.

A Thought to Carry Through the Day...

We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.

Plato