



# WHAT IS ADVENT?

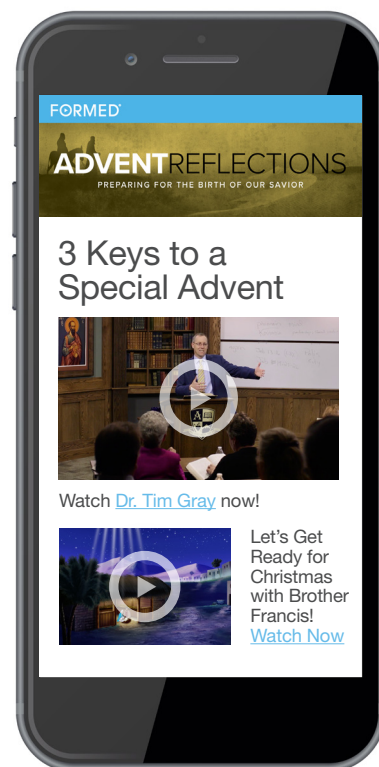
FORMED®

## Get FORMED Advent Reflections for You and Your Whole Family

How will you prepare for Christmas? Enrich your Advent with daily reflections for you and your kids sent directly to your inbox! Walk with Dr. Tim Gray on a journey of renewal to ready your heart for the coming of Christ! Plus, add children's reflections to your daily email, and Herald Entertainment's beloved *Brother Francis* will help your kids get ready for Christmas with joyful songs and valuable lessons.

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Advent means “arrival”. The Jewish people had been anticipating for centuries the arrival of the Messiah who would bring them a new deliverance, a new covenant, a new temple, and a new promised land. Advent invites us to joyfully and prayerfully anticipate the birth the Messiah, Jesus Christ.

## Tips to Make the Most of Advent



### Participate in the Prepare the Way Advent Video Study

The themes for Advent are: 1) how God has saved His people in the past; 2) how God is saving His people in the present; 3) how Jesus Christ will ultimately come again in glory to judge the living and the dead. Episodes from the *Symbolon* series deliver beautiful and insightful teaching on each of these themes.

- ▶ *Week I: The Story of Salvation*
- ▶ *Week II: Who is Jesus?*
- ▶ *Week III: The Paschal Mystery*
- ▶ *Week IV: The Last Things*



### Display an Advent Wreath

Display a wreath in your home, light the candle that corresponds to the week in Advent, watch *Opening the Word* to prepare for the Sunday readings, and use the guide for discussion and reflection.

- ▶ *Opening the Word Year C (Advent through Epiphany)*



### Bless Your Christmas Tree

Read along to the animated storybook *Kristoph and the First Christmas Tree* and recite the blessing for your own Christmas Tree.

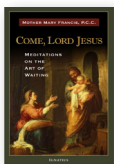
- ▶ *Kristoph and the First Christmas Tree*



### Celebrate the Feast of St. Nicholas with Your Children

Watch *Nicholas* on December 5th and have your children place a shoe in the entryway before going to bed so they awake on the Feast of St. Nicholas with a shoe full of candy.

- ▶ *Nicholas*



### Commit to Daily Devotional Reading

Commit to reading an excerpt from one of the following inspiring e-books every day during Advent and Christmas.

- ▶ *Come, Lord Jesus: Meditations on the Art of Waiting - Mother Mary Francis*
- ▶ *Advent of the Heart - Alfred Delp*



### Read to Your Children

Spend quality time reading to your children the charming story *Christmas with Bernadette*.

- ▶ *Christmas with Bernadette*



### Watch Only Religious Movies

Advent is a great time to refrain from secular entertainment and fix our attention on the things of God.

- ▶ *Mary of Nazareth*
- ▶ *The Story of the Nativity*
- ▶ *Brother Francis: O Holy Night*
- ▶ *Hildegard's Gift*