



OFFICE OF
Youth Ministry
DIOCESE OF HAMILTON

Shine the Light!



ADVENT FOR TEENS
ADVENT 2023

How to *Pray* this Advent



READ IT!

Read the scripture.
Begin on Sunday.
Read the Gospel
reading for each
Sunday of Advent.



PRAY IT!

Converse with God
about Sunday's
Reading. Make
notes about what
stood out to you.



SHINE IT!

Live a life of
discipleship. Bring
the Light of Christ
to others.
Live it out!

Features of this Prayer Journal



Watch the Youtube video. Click and make full screen



Use the space provided to reflect on your week.




Social Media: Bring the light to Christ to your followers.



Connect with your family and friends.

Christmas lights, Glitter, Cozy fires, *oh my!*



As we lead up to the Christmas festivities there are beautiful and glistening lights all around us. However, those lights can sometimes be a **distraction** to the real purpose of the Advent Season.

Advent begins the new liturgical year and starts four weeks prior to Christmas. Advent is a time to prepare yourself for Jesus and the light He brings into the world. Over these next four weeks, let Advent be a time to shine your inner light to the world. It is a time to prepare your heart, mind and home for the expectant Jesus.

This Advent Season, let your light shine and be mindful of how you prepare yourself for the birth of Christ. Over these next four weeks, read and ponder the Sunday Gospels and focus what stands out to you. Then take time to converse with God about how you can live out the Gospel message each week. Finally, it is your turn to shine your light for others to see the real reason for the season. Shine your light in your families, communities and online. Help others understand the message of Advent, so they too can prepare their hearts, minds and homes for the Light of the World.

The world changed the night the sky was lit by one single star. You too can be a guiding star in the world. SHINE brightly and lead others to Christ this Christmas.

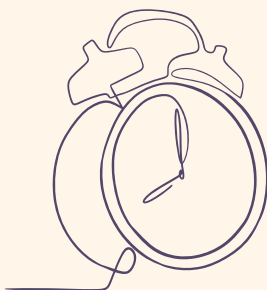
1st Week of Advent

Hope



READ IT!

Mark 13:33-37



PRAY IT!

What words stand out to you in the Gospel Reading?

How can you be more alert this week?

Where is Jesus present in your life?

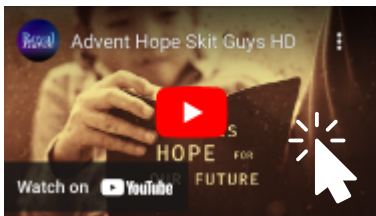
Where do you need to carry the light?

Write some thoughts from your prayer and how you lived out your faith this week.

December 3rd, 2023



In this Sunday's Gospel reading we are told to remain watchful and alert. There are so many distractions in our lives; that we often miss out on the important things. Saint Mark reminds us that we need to be ready for the Lord, as He can come at anytime. As we enter this new liturgical year and the Advent Season, **let us wait in joyful anticipation** to welcome the Lord into our hearts and homes.



When God comes
into your life,
He lights a candle
in your soul.
~Anita Bryant



SHINE IT!



- **Light the first candle on your Advent Wreath.** Pray for those who need light in their world this Advent Season.
- **Be the light for someone.** Spend time with someone at lunch or after school that is not in your friend group.
- **Social Media Challenge:** Create an Instagram Story about hope. Be alert this week and capture "hope" in your daily encounters.

2nd Week of Advent

Peace ✌️



READ IT!

Mark 1:1-8



PRAY IT!

How are you preparing your heart for Jesus?

What do you need to be mindful of?

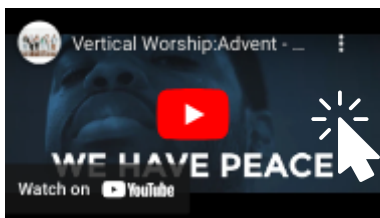
In what areas of your life do you
need peace and comfort?

Write some thoughts from your prayer and how you
lived out your faith this week.

December 10th, 2023



Jesus always has our best interest at heart. He sends us advocates, teachers and friends to prepare us. In this Sunday's Gospel we hear about how John the Baptist was sent ahead of Jesus to prepare the people. Just like John the Baptist, we too can prepare others and ourselves for the birth of Christ. **This week reflect how you bring the peace of Jesus to those around you.** Let us carry the peace to those who need it the most.



Peace is a gift of God,
but requires our
efforts. Let us be
people of peace in
prayer and in deed.
-Pope Francis



SHINE IT!

- **Light the second Candle on your Advent Wreath.**
This week pray for those who feel alone.
- **Prepare your hearts!**
 - Celebrate the Sacrament of Reconciliation.
 - Donate to a local charity.
 - Spend time with an elderly relative or neighbour.
- **Social Media Challenge:** Raise awareness about a social justice concern in your community on your social media platforms.

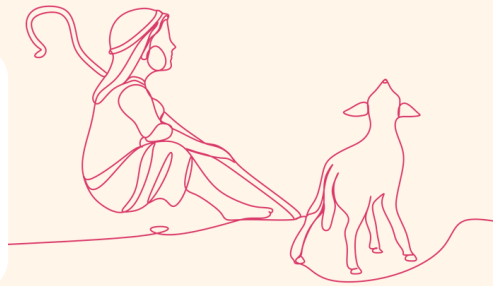
3rd Week of Advent

Joy



READ IT!

John 1: 6-8, 19-28



PRAY IT!

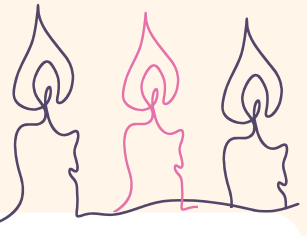
What are you joyful for?

Who in your life brings you joy?

In what ways can you be more intentional as you anticipate the birth of Christ?

Write some thoughts from your prayer and how you lived out your faith this week.

December 17th, 2023



Once again we hear about John the Baptist preparing the way for Christ. **He is here to testify the Light!** We, too, are called to find the Light and bring it to the world. In this third week of Advent we are reminded of the shepherds' joy! They followed the star to Bethlehem to discover a baby wrapped in swaddling clothes. We are asked to follow the light where we will find Jesus waiting for us. It will not always be in the most beautiful places, but He will be there. This week, find the light and bring it to those who are in darkness.



“Joy is the happiness of love – love aware of its own inner happiness. Pleasure comes from without, and joy comes from within, and it is, therefore, within reach of everyone in the world.”
-Blessed Pier Giorgio Frassati



SHINE IT!

- **Light the third Candle on your Advent Wreath.** Pray for those who struggle with addictions and mental health.
- **Make someone's day!** Send Christmas Cards through "snail mail".
- **Social Media Challenge:** Find some good news stories and tell your followers!

4th Week of Advent

Love



READ IT!

Luke 1: 26-38



PRAY IT!

What surprises you with Mary's yes?

What do you need to say "yes" to?

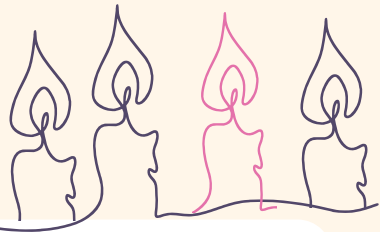
How can Mary be a guide for you?

What ways does Mary's love for God grow?

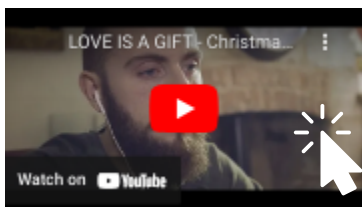


Write some thoughts from your prayer and how you lived out your faith this week.

December 24th, 2023



In this Sunday's Gospel we hear the story of Mary being greeted by the Angel Gabriel. Mary says "yes" and carries Jesus into the world. Mary was young, afraid, and unsure of what was expected of her, yet she went along with God's plan. We are also asked to carry Jesus into the world, even though we may also be young, afraid, and unsure of what is expected of us. Turn to Mary during this last short week of Advent, and pray for guidance of how your "yes" can make the world a better place. **How can we carry Jesus into the world?**



"Love is shown
more in deeds
than in words."
-*St. Ignatius of
Loyola*



SHINE IT!

- **Light the fourth candle on your Advent Wreath.** Pray for young people who are afraid of saying "yes" to God's plans for them.
- **Spend intentional time with your family this week.**
- **Pray the Joyful Mysteries.**
- **Social Media Challenge:**
 - Share your parish's Mass times for the Christmas Season. **Find them here.**
 - Post a Christmas message with a religious theme on your social media.

The Nativity of our Lord

Hope, Peace, Joy, Love



READ IT!

John 1:1-18



PRAY IT!

Jesus is Born! Reflect on the last four weeks, how has it felt to bring Jesus to your family, friends and followers?

Do you feel prepared in your mind and heart for this Christmas Season?

Does anything feel different this year?

Write some thoughts from your prayer and how you lived out your faith this week.

December 25th, 2023

The Gospel Reading for Christmas Day, reminds us that Jesus came down to fulfill God's plan for humanity. Jesus was sent down to bring light into the darkness. He was sent to enlighten everyone. Jesus came down to live among us and to show us the way. The Christmas Season is just beginning. We have been preparing our hearts, minds and homes for his arrival. Jesus showed us the way; he showed us how to care for those who live in darkness and to bring them the light they need. You are a light giver to those around you. **Keep shining bright!**



“It is Christmas every time you let God love others through you.”
-Mother Teresa of Calcutta



SHINE IT!

- **Attend Christmas Mass.** Pray for your family and friends; that they may encounter Jesus differently this Christmas Season.
- **At Christmas Dinner, lead prayers of thanksgiving.** Pray for those who are still trying to find the light.
- **Social Media Challenge**
 - Flood your social media accounts with messages of hope, peace, joy and love this Christmas Season. Use quotes from scripture and saints.
 - Take a selfie with your family at Mass and post it.

VIDEO CREDITS:

VERTICAL WORSHIP



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