



## Pick N Mix Family Activities

### The First Sunday of Advent 29<sup>th</sup> November 2020

Read Mark 13.24-37

*You may like to use this material as a basis for discussion in your family.*

What does it feel like when you have to wait for something that you really want?  
It's hard to be patient and calm. Waiting can be hard.

We've all had to learn patience recently as we wait for the end of lockdown, or for a vaccine that will let us get back to our usual lifestyle. We want to be able to visit our families and friends, or visit cafes, or go to clubs and get involved in our usual hobbies and activities. We want to be able to socialise without becoming ill. Covid 19 has created very dark and lonely times for some people. Some people have found the lockdown very hard.

In today's Gospel Jesus tells his disciples that they will face difficult times and life will be hard. He says that the difficult times will point towards his return, but no-one can predict when he will come back. He says that his followers must wait for his return – but they must keep watching. "Be alert; Keep watching; Don't fall asleep" he says. How do you think the disciples felt when they heard Jesus' warning? Have you ever tried to stay awake when you were really tired? What did you do to keep awake?

Today is Advent Sunday, the start of the season of Advent. It's a time of waiting; it's the church season when we prepare for the birth of Jesus. That doesn't just mean sending Christmas cards and getting presents for our families and friends. It also means thinking about Jesus in our lives. Jesus brings light and hope into our lives, even when everything seems dark and sad. How can we keep watching for Jesus this Advent? We need to be alert so that we don't spend so much time getting decorations, cards and presents ready that we miss the special message of Christmas – that God loves us so much that he sent his son to be a human being and live among us.

#### Activities

- Make a series of Advent stars; 24 stars, one for each day of December until Christmas Day. Hang up a star each morning to help count off the days. You could cut the stars from white or silver card using the template on the next page, or make 3D stars using this: [www.youtube.com/watch?v=iraWBwcOfU8](https://www.youtube.com/watch?v=iraWBwcOfU8)
- Make a decorated card for the whole family that has these words on it: "This year we'll prepare for Christmas by making space to ....." Fill in the blank space together as a family and stick the card on the fridge as a reminder for everyone.



**Prayer**

Lord of the light, Lord of the darkness,  
Lord of the day, Lord of the night,  
call us to you.

Whether we are happy or sad,  
whether we are ready or not,  
call us to you. Amen.



This year we'll prepare for Christmas by making space to .....

