

Encountering THE SEASON

Christmas for the Family

The Nativity of the Lord (C)

Isaiah 52:7-10

Hebrews 1:1-6

John 1:1-18

Dear Family:

Read the Christmas reflection below and discuss the “Ponder and Pray” questions and prompts, thinking about how Our Lord is calling you to act. Then consider the challenges of the “Live It” section, have fun with the family activities, and dive into the *visio divina* prayer exercise.

Jesus Is Here for You!

It is finally Christmas Day! After weeks of preparation and prayer, we have arrived as a community of faith at the day of Jesus’ birth.

You may feel more prepared for Christmas than ever before. Or it’s possible the Advent season passed by so quickly that you didn’t have enough time to prepare as you would have liked. But here’s the good news: Jesus is here for you. Yes, preparations help open and fertilize our hearts to receive Jesus in a deeper, more profound way, if you didn’t have the chance to prepare, his joy, peace, and hope are still available for you. Don’t let your feelings of inadequacy prevent you from receiving Jesus’ complete, unconditional love in this new season of Christmas—all he asks is that you open your heart and let him in.

“ Behold the Lamb of God, who takes
away the sin of the world! ”

—John 1:29



Swaddled by Mike Moyers

Ponder and Pray

- How did Advent go for you? Did you prepare as well as you would have liked, or did Christmas sneak up on you? How can you make the most of this blessed and joyful Christmas season?
- What parts of the Christmas Mass stood out to you today? What was Jesus speaking to you through his Word?

Fun For the Family

(From *Rejoice and Be Glad!*
A Journey through Christmas with the Holy Family)

How well do you think you know the words used in popular Christmas songs or hymns? Play a game of “Don’t Forget the Lyrics” with your family at home or in the car. To play, give one person the lyrics while the others try to sing as far as they can without messing up the words. You may be surprised by how many of the words elude you!

For free videos and downloadable resources featuring *Rejoice & Be Glad! A Journey Through Christmas with the Holy Family* with Fr. Mark Toups, scan this code with your camera.



Live It

The challenge of the Christmas season is *remaining in it*, not moving on as soon as December 25 ends. The Christmas season lasts all the way until January 12 this year! This week, make an effort to keep Jesus in Christmas—to continue to celebrate even when the world moves on to the next thing.

Visio Divina

Look at this week’s painting for a few moments and think about what it says. Then, prayerfully read the questions below, asking God to help you call to mind what he wishes to say to you through this image.

Question 1:

What do you think it was like for Mary to hold Jesus for the first time?

Question 2:

What was it like for Mary to give birth in such difficult conditions? To lay the King of Kings in a manger where animals come to eat?

Question 3:

What details do you notice about this painting? Where is the light falling? What animal is there with Mary and Jesus?
