

# Advent

## A Time to Prepare our Hearts

"Blessed are the  
Pure in Heart,  
they Shall see  
God."





...is the time set aside by the Church to prepare for the coming of Jesus at Christmas, into our hearts, into our lives and into the world.

# Advent - A Time to Prepare our Hearts

The word 'Advent' means 'coming' or 'arrival'

It is the name we give to the time when we prepare for Christmas. The focus of the entire season is the celebration of the birth of Jesus the Christ in his First Advent, and the anticipation of the return of Christ the King in his Second Advent.

Advent also symbolises the spiritual journey of Christians as they affirm that for them Christ has come, that He is present in the world today, and that He will come again in glory.





# Advent - A Time to Prepare our Hearts



How can we become  
pure in heart and be  
more ready to  
welcome Jesus at  
Christmas?



"Blessed are the Pure in Heart, they Shall  
see God."

# Advent - A Time to Prepare our Hearts

Let us look to Mary



A pure heart lives in the presence of the Lord, preserving in the heart what is worthy of the relationship with Him. (Pope Francis)

# Advent -A Time to Prepare our Hearts



"May the maternal gaze of the Blessed Virgin Mary, full of grace, all-beautiful and all-pure, accompany us at every step along the way." (Pope Francis)

# Advent - A Time to Prepare our Hearts

Mary trusted  
God

Mary talked  
to God

Mary did not  
look for  
attention

Mary  
listened to  
God

Mary looked  
to serve  
others

Mary was  
humble



# Advent -A Time to Prepare our Hearts

Trust  
God



Talk  
to  
God

Don't Look  
for  
Attention



*We  
Can*

Listen  
to  
God



Serve  
Others



How can we become pure in heart  
and be more ready to  
welcome Jesus at Christmas?

Be  
Humble

# Advent -A Time to Prepare our Hearts



Place an Advent Wreath in  
your Sacred Space at Home

Light the Candles each week

**PRAY - TALK** to **GOD** &  
**LISTEN** to **GOD** in your **HEART**

# Advent -A Time to Prepare our Hearts



Serve Others



Spirit Filled Acts of Kindness

# Advent -A Time to Prepare our Hearts

## Put Jesus at the Centre of Your Life

Do things out of love  
for Jesus-  
not expecting praise,  
thanks or to  
seek attention!



Be grateful for good  
days and difficult days!



Trust in God! God has  
a perfect plan for  
your life!



Pray this simple  
prayer each day-  
Lord, I am yours, do  
with me what you will.

Blessed are the Pure in Heart-they shall see God!

# Advent -A Time to Prepare our Hearts

*The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.'*



*But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate.*

PREPARE your HEART for CHRISTMAS  
CELEBRATE the SACRAMENT of CONFESSION

# Advent -A Time to Prepare our Hearts

JOIN with your PARISH to CELEBRATE ADVENT

You are an important member of your parish community

Throughout Advent parishes will have different ways of celebrating-Masses/Prayer Liturgies/Sacred Spaces/Confession- It would be lovely if you could join with your parish for this time of preparation for Christmas

Check out your parish events through their website/social media pages and through the Diocese of Derry website/social media pages

<https://www.derrydiocese.org/>





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