Advent at Home

A short family prayer for every day of Advent · Sunday 29 November – Christmas Eve 2026

Advent is four weeks of getting ready for Jesus. These pages give your family one small moment of prayer for each day: five minutes at breakfast, after school or at bedtime, whichever suits your home.

HOW IT WORKS

1. **Make a prayer place.** A cloth on a shelf or table, your Advent wreath (battery candles are fine), a Bible and a cross.
2. **Read the day together.** Take turns to read the short line about the gospel. Grown-ups can read the gospel itself from a family Bible: the reference is printed each day.
3. **Say the prayer line together,** slowly, twice. Little ones can repeat it after you.
4. **Choose to do the one thing,** and tick the box when you have done it.

THE WREATH

Each week begins with lighting the candles and a short prayer. The wreath at the top of each page shows how many candles to light. Children can colour in the flames. Never leave a real candle burning on its own.

SUNDAYS AND FEASTS

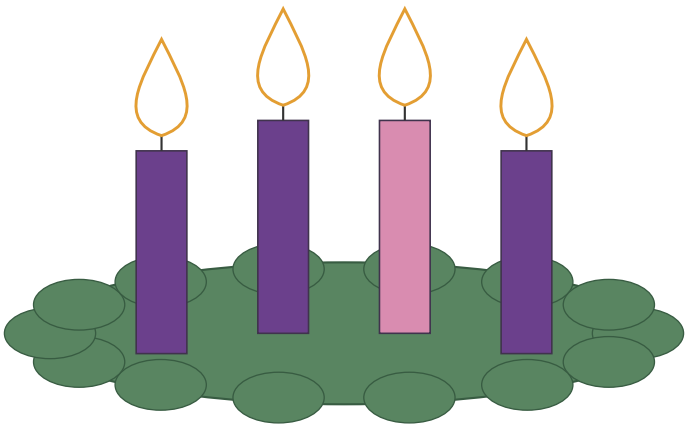
Days marked ▶ FILM + BOOKLET have a free two-minute animated gospel story and a four-page family booklet at **verityeducation.co.uk/sunday**: the four Sundays of Advent, the Immaculate Conception and Christmas Eve.

THE O ANTIPHONS

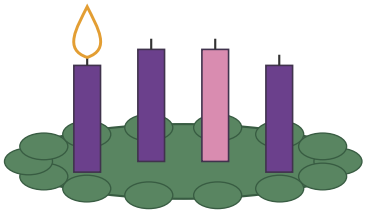
From 17 December the Church calls on Jesus by seven ancient names: O Wisdom, O Lord, O Root of Jesse, O Key of David, O Morning Star, O King of the Nations and O Emmanuel. You will meet some of them in weeks 3 and 4.

FOR PARISHES, SCHOOLS AND GROUPS

Free to print, copy and hand out to every family. There is nothing to sign up for. The whole season, with Christmas to follow, is at **verityeducation.co.uk/pray/advent**.



Stay awake

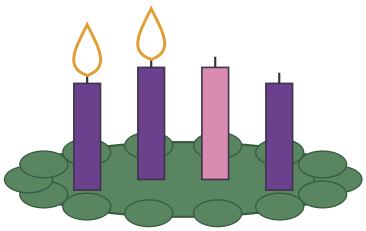


LIGHT THE WREATH

Light the first purple candle. Jesus, light of the world, we light this candle and wait for you with hope. Keep us awake and ready for you. Amen.

SUN 29 NOV First Sunday of Advent *Mk 13:33-37* ▶ FILM + BOOKLET	Jesus tells his friends to stay awake, like a doorkeeper waiting for the master to come home. **Pray:** Jesus, help us to be ready for you. **Do:** Light the first candle on a home wreath, or draw one and colour the first flame.	☐
MON 30 NOV St Andrew, Apostle *Mt 4:18-22*	Jesus calls two fishermen, Andrew and Peter, and they leave their nets to follow him. **Pray:** Jesus, when you call us, help us to follow. **Do:** Ask everyone at tea: who helped you follow Jesus? Say thank you for them.	☐
TUE 1 DEC Advent, week 1 *Lk 10:21-24*	Jesus is full of joy and thanks his Father for showing the good news to little ones. **Pray:** Thank you, Father, for showing us your love. **Do:** Name one thing that made you glad today and say thank you to God for it.	☐
WED 2 DEC Advent, week 1 *Mt 15:29-37*	Jesus heals many people on a hillside, then feeds a huge crowd with seven loaves and a few fish. **Pray:** Jesus, you care for everyone. Help us to share. **Do:** Share something at a meal today: the last biscuit, the best seat, or a job.	☐
THU 3 DEC Advent, week 1 *Mt 7:21, 24-27*	Jesus tells of two houses: one built on rock that stands in the storm, and one built on sand. **Pray:** Jesus, help us to build our lives on you. **Do:** Build two towers (bricks, cups or books) and talk about which one stands strongest.	☐
FRI 4 DEC Advent, week 1 *Mt 9:27-31*	Two blind men follow Jesus calling for help, and he opens their eyes. **Pray:** Jesus, open our eyes to see you. **Do:** Close your eyes for one minute and listen. Then name what you are glad you can see.	☐
SAT 5 DEC Advent, week 1 *Mt 9:35 – 10:1, 5a, 6-8*	Jesus feels sorry for the crowds and sends his friends out to help and heal. **Pray:** Jesus, send us out to help someone today. **Do:** Choose one person to help this weekend, and do it without being asked.	☐

Prepare the way

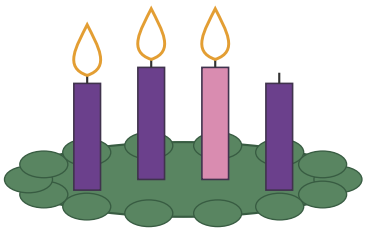


LIGHT THE WREATH

Light two purple candles. Jesus, we light two candles and get ready for you. Help us to make a straight path to you, and to make peace at home. Amen.

SUN 6 DEC Second Sunday of Advent *Mk 1:1-8* ▶ FILM + BOOKLET	John the Baptist calls out in the desert: get ready, someone greater is coming. **Pray:** God, help us to make a straight path to you. **Do:** Light two candles. It is also St Nicholas's day: do a kind thing in secret.	☐
MON 7 DEC Advent, week 2 *Lk 5:17-26*	Friends lower a man through a roof so that Jesus can heal him. **Pray:** Jesus, help us to bring our friends to you. **Do:** Pray by name for a friend who needs help.	☐
TUE 8 DEC The Immaculate Conception *Lk 1:26-38* ▶ FILM + BOOKLET	The angel Gabriel greets Mary: you are full of grace, and the Lord is with you. **Pray:** Hail Mary, full of grace, the Lord is with you. **Do:** Say the Hail Mary together slowly, one line each.	☐
WED 9 DEC Advent, week 2 *Mt 11:28-30*	Jesus says: come to me when you are tired and I will give you rest. **Pray:** Jesus, when we are tired, we come to you. **Do:** Have a quiet minute together before bed: no screens, just breathing and resting.	☐
THU 10 DEC Advent, week 2 *Mt 11:11-15*	Jesus says John the Baptist is a great messenger, getting people ready. **Pray:** God, make us messengers of your good news. **Do:** Tell someone one good thing that happened today.	☐
FRI 11 DEC Advent, week 2 *Mt 11:16-19*	Jesus says some people are never pleased, like children who won't join any game. **Pray:** Jesus, help us to say yes to you. **Do:** Play a game someone else chooses, and join in gladly.	☐
SAT 12 DEC Advent, week 2 *Mt 17:9a, 10-13*	Coming down the mountain, Jesus tells his friends that John came to prepare the way. **Pray:** God, help us to get ready for Jesus. **Do:** Tidy one corner of your home to make it ready for Christmas.	☐

Rejoice

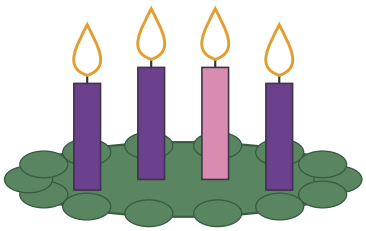


LIGHT THE WREATH

Light two purple candles and the pink one. Jesus, we light the pink candle because Christmas is close and our hearts are glad. Fill our home with your joy. Amen.

SUN 13 DEC Third Sunday of Advent *Jn 1:6-8, 19-28* ▶ FILM + BOOKLET	John says: I am not the light, I have come to point to the light. **Pray:** Jesus, light of the world, shine in us. **Do:** Light the pink candle: Gaudete, the Sunday of joy. Point someone to something good.	☐
MON 14 DEC Advent, week 3 *Mt 21:23-27*	Leaders ask Jesus who gave him authority, and he answers with a question of his own. **Pray:** Jesus, help us to trust you. **Do:** Ask a 'wondering' question at tea and let everyone have a turn to answer.	☐
TUE 15 DEC Advent, week 3 *Mt 21:28-32*	Two sons: one says no but then goes to work; the other says yes but never goes. **Pray:** God, help us to do what we say. **Do:** Do one job you said you would do, before you are reminded.	☐
WED 16 DEC Advent, week 3 *Lk 7:18b-23*	John's friends ask Jesus if he is the one, and Jesus points to the people he has healed. **Pray:** Jesus, help us to see the good you do. **Do:** Spot three kind things today and tell the family at bedtime.	☐
THU 17 DEC O Wisdom *Mt 1:1-17*	Matthew lists Jesus' family, from Abraham to Joseph: a long line of people God loved. **Pray:** Thank you, God, for our family, past and present. **Do:** Draw a family tree with the names you know. Pray for those who have died.	☐
FRI 18 DEC O Lord *Mt 1:18-25*	An angel tells Joseph in a dream not to be afraid, and to take Mary home. **Pray:** St Joseph, help us to listen to God. **Do:** Ask: when have you been brave even though you felt afraid?	☐
SAT 19 DEC O Root of Jesse *Lk 1:5-25*	An angel tells Zechariah he and Elizabeth will have a son, John. **Pray:** God, nothing is impossible for you. **Do:** Pray for someone who is waiting for good news.	☐

Mary says yes



LIGHT THE WREATH

Light all four candles. Jesus, all four candles are burning and you are nearly here. Help us, like Mary, to say yes to God. Amen.

SUN 20 DEC Fourth Sunday of Advent *Lk 1:26-38* ▶ FILM + BOOKLET	Mary says yes to God: let it be done to me as you have said. **Pray:** Mary, help us to say yes to God. **Do:** Light all four candles. Each say one yes you will give God this week.	☐
MON 21 DEC O Morning Star *Lk 1:39-45*	Mary hurries to visit Elizabeth, and the baby John leaps for joy. **Pray:** Jesus, help us to bring joy when we visit. **Do:** Visit, phone or video-call an older relative or neighbour.	☐
TUE 22 DEC O King of the Nations *Lk 1:46-56*	Mary sings a song of praise: God lifts up the lowly and fills the hungry. **Pray:** My soul praises the Lord. **Do:** Put one food item aside for a food bank collection.	☐
WED 23 DEC O Emmanuel *Lk 1:57-66*	John is born, and his father Zechariah finds his voice again to say: his name is John. **Pray:** God, open our mouths to praise you. **Do:** Sing one carol together, all the way through.	☐
THU 24 DEC Christmas Eve *Lk 1:67-79* ▶ FILM + BOOKLET	Zechariah sings: a new dawn is coming to shine on those who sit in darkness. **Pray:** Come, Lord Jesus. The night is nearly over. **Do:** Put the baby Jesus in the crib tonight, or before bed, with a prayer.	☐

CHRISTMAS EVE: WELCOMING JESUS TO THE CRIB

Gather round the crib, and turn off the big lights. The youngest child places the baby Jesus in the manger.

All: Jesus, welcome to our home. Be born in our hearts this Christmas, and bless everyone we love. Amen.

Sing *Away in a Manger* or *Silent Night* together. The Christmas pages follow from Christmas Day.