



Parent Page Newsletter

For the parents of children in the CGS Atrium
December 2024

Praying during Advent

This month, on the fourth Sunday of Advent, we hear the story of Mary's visit to Elizabeth. Further in this scripture passage, we read beautiful words of Mary's Canticle or the Magnificat in Luke 1:46-49. It is a prayer of praise. Mary has been recently told that she will be the mother of the Jesus. She is not fearful; she does not panic. She trusts in God and offers him praise. As we read this prayer, we may realize that we have yet to offer praise to God today. Let us take a moment to consider our response to the gifts of God:

- What are the blessings of my day or week?
- Am I grateful to God for the ways I have encountered His presence today?
- When the tasks of the day are not easy, do I still praise and thank God?

Read the Magnificat and sit with these questions or ponder whatever is on your heart.

How can we help our children praise God?

As a family, make space for peace and quiet which is so important for a life of prayer, turn off all your devices (TV, computer, iPad, phones, etc.) Find a place where you can sit together.

Lower the lights, light a candle on your Advent Wreath, and read from the Holy Bible. Read Luke 1:46-49 or a Psalm of praise and thanksgiving, i.e., Psalm 100, Psalm 16:11, 23:1-4, 19:1, 89:11, 33:6, 104:24, 104:14, 113:1-4, 119:105.

Allow time for holy silence.

Ask: We hear these words from the Bible, how can we respond?

Allow time for the child/ren to respond, it is Ok to sit in silence.

Remember that for the children, these moments of silence ARE prayer.

Sing a song of praise and thanksgiving to God. (Even a simple "Thank You" song to God is often a good place to start)

After you extinguish the candle, younger children may want to draw what they are thankful for, older children may want to write their own prayer of praise or write a letter to God.

And Mary said:
"My soul proclaims the
greatness of the Lord;
my spirit rejoices in God my
savior.
For he has looked upon his
handmaid's lowliness;
behold, from now on will all
ages call me blessed.
The Mighty One has done
great things for me,
and holy is his name.
(Luke 1:46-49)