

# Session Summary & Family Advent Reflection

Today, we learned how to prepare our hearts for Jesus during Advent. Advent is a season to prepare for Jesus' arrival at Christmas. Advent and Christmas are seasons of great joy because the long-awaited Savior has finally come! We can share this Christmas joy with everyone we meet!

Want to grow closer to Jesus as a family this Advent? At a time of year when it's often difficult to slow down, use these Scriptures and prayers to create space each week—pause and remember the reasons we celebrate the birth of our Savior.

## **Week 1: Sunday, Nov 27 – Hope – Jesus came to set us free**

People heard long before Jesus' birth about a Messiah who would come and set captives free. God's people never lost hope for their Savior. This week, let's celebrate Jesus as the fulfillment of hope and the salvation and freedom we have in Christ because God sent His Son. It's through His sacrificial life, death, and resurrection that we get to be with God forever.

**Scripture:** “The Spirit of the Sovereign LORD is on me (Jesus), because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners” Isaiah 61:1 (NIV).

**More to explore:** John 3:16–17; Romans 6:22; Hebrews 2:14–15

YouTube Video "Hope" by BibleProject:

<https://www.youtube.com/watch?v=4WYNBjJSYvE>

**Prayer:** Father, thank you for sending your Son, Jesus to save us. We celebrate the abundant life and freedom you give us in Christ. Thank you for the gift of salvation. Amen.

## **Week 2: Sunday, Dec 4 – Peace – Finding Rest in Jesus**

Would you say this season is more restful or restless? Often the things we think will bring us rest may only last temporarily. However, Jesus says to come to Him for true rest and peace that transcends understanding (Philippians 4:6–7). This week, ask Jesus what you could change or give up in your life so you can fully experience His peace.

**Scripture:** “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light” Matthew 11:28–30 (NIV).

**More to explore:** Psalm 62:1–2; Hebrews 4:3, 10

YouTube Video "Shalom – Peace" by BibleProject:

<https://www.youtube.com/watch?v=oLYORLZOaZE>

**Prayer:** Father, thank you for the rest we have in you. Will you show us how to find our renewal in you alone? We bring you those things in our life that feel so heavy. Show us how to give you our burdens. Amen.

## **Week 3: Dec 11 – Joy – Jesus Brings Us Joy**

During Christmas, we're not only celebrating Jesus' birth 2,000 years ago but also the fact that He lives in us, strengthening and guiding us today. Jesus is the source of eternal joy and everyday joy. Let's share this Christmas joy with everyone we meet. What can you do this week to spread this joy with others?

**Scripture:** “Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls” 1 Peter 1:8–9 (NIV).

**More to explore:** Nehemiah 8:10; Psalm 16:11; Philippians 4:4; John 16:22

YouTube Video "Joy" by BibleProject:

<https://www.youtube.com/watch?v=qvOhQTuD2e0>

**Prayer:** Father, thank you for your presence and for blessing us with true joy. Help us to understand how your joy outweighs our circumstances. Give us deeper insight into the joy we will experience when we finally see you face-to-face and get to be with you forever.

## **Week 4: Dec 18 – Love – Love God, Love Neighbors**

Jesus tells us that the greatest commandment is to love God and love our neighbors. Jesus proved His love for us by dying for us. How can we thank Him? By loving God and loving our neighbors! We love God by loving our neighbors and love our neighbors by loving God. How can you share God's love with everyone you meet this week?

**Scripture:** "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these" Mark 12:30-31 (NIV).

**More to Explore:** 1 Corinthians 13:4-7; 1 John 4:8; 1 John 4:9; Romans 5:8

YouTube Video "Agape – Love" by BibleProject:

<https://www.youtube.com/watch?v=slyevQ1LW7A>

**Prayer:** Father, thank you for loving us so much that you died for us. Help us to love others as much as you love us. We love you, Amen.