

## *Advent Virtues*

Virtue	Knowing The Virtue	Living The Virtue	Scripture Connection
Prayerfulness	Being still, listening, and being willing to talk to God as a friend	<ul style="list-style-type: none"> <li>• Making personal visits to the Blessed Sacrament</li> <li>• Taking initiative to pray</li> <li>• Practicing recollection</li> </ul>	“Mary kept all these things, reflecting on the in her heart.” <b>(Luke 2:19)</b>
Humility	Awareness that all our gifts come from God and appreciation for the gifts of others	<ul style="list-style-type: none"> <li>• Acknowledging the talents of others by praising them</li> <li>• Saying “thank you” when praised for an action well done</li> </ul>	“And Mary said, ‘My soul proclaims the greatness of the Lord.’” <b>(Luke 1:46)</b>
Obedience	Assenting to rightful authority without hesitation or resistance	<ul style="list-style-type: none"> <li>• Honoring your teachers and parents by doing what they ask</li> <li>• Anticipating their requests and wants</li> <li>• Smiling while doing a task you should do</li> </ul>	“When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home.” <b>(Matthew 1:24)</b>
Generosity	Giving of oneself in a willing and cheerful manner for the good of others	<ul style="list-style-type: none"> <li>• Willingly helping others</li> <li>• Freely giving of your time and gifts</li> </ul>	“For God so loved the world that he gave his only Son...” <b>(John 3:16)</b>
Gratitude	Thankful disposition of mind and heart	<ul style="list-style-type: none"> <li>• Expressing thanks by words or deeds and in your prayers</li> </ul>	“The Mighty One has done great things for me, and holy is his name.” <b>(Luke 1:49)</b>
Patience	Bearing present difficulties calmly	<ul style="list-style-type: none"> <li>• Waiting for your turn</li> <li>• Listening while others are speaking</li> <li>• Remaining calm when you don't get what you want</li> </ul>	“...And Joseph too went up from Galilee from the town of Nazareth to Judea, to the city of David that is called Bethlehem...” <b>(Luke 2:1-7)</b>
Docility	Willingness to be taught	<ul style="list-style-type: none"> <li>• Willingness to listen to directions</li> <li>• Listening to and thinking about another person's idea</li> </ul>	“When the angels went away to heaven the shepherds said to one another, “Let us go, then, to Bethlehem...” <b>(Luke 2:15)</b>





**MATTHEW 8:5-9**

When Jesus entered Capernaum, a centurion approached him and appealed to him, saying, “Lord, my servant is lying at home paralyzed, suffering dreadfully.” He said to him, “I will come and cure him.” The centurion said in reply, “Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed.”

What is this man asking Jesus? If you saw Jesus face to face, what would you ask of Him?

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Ask this question in prayer: “Jesus, show me how my faith can increase to believe and trust in Your healing power.” Write down what you hear Him saying to you.

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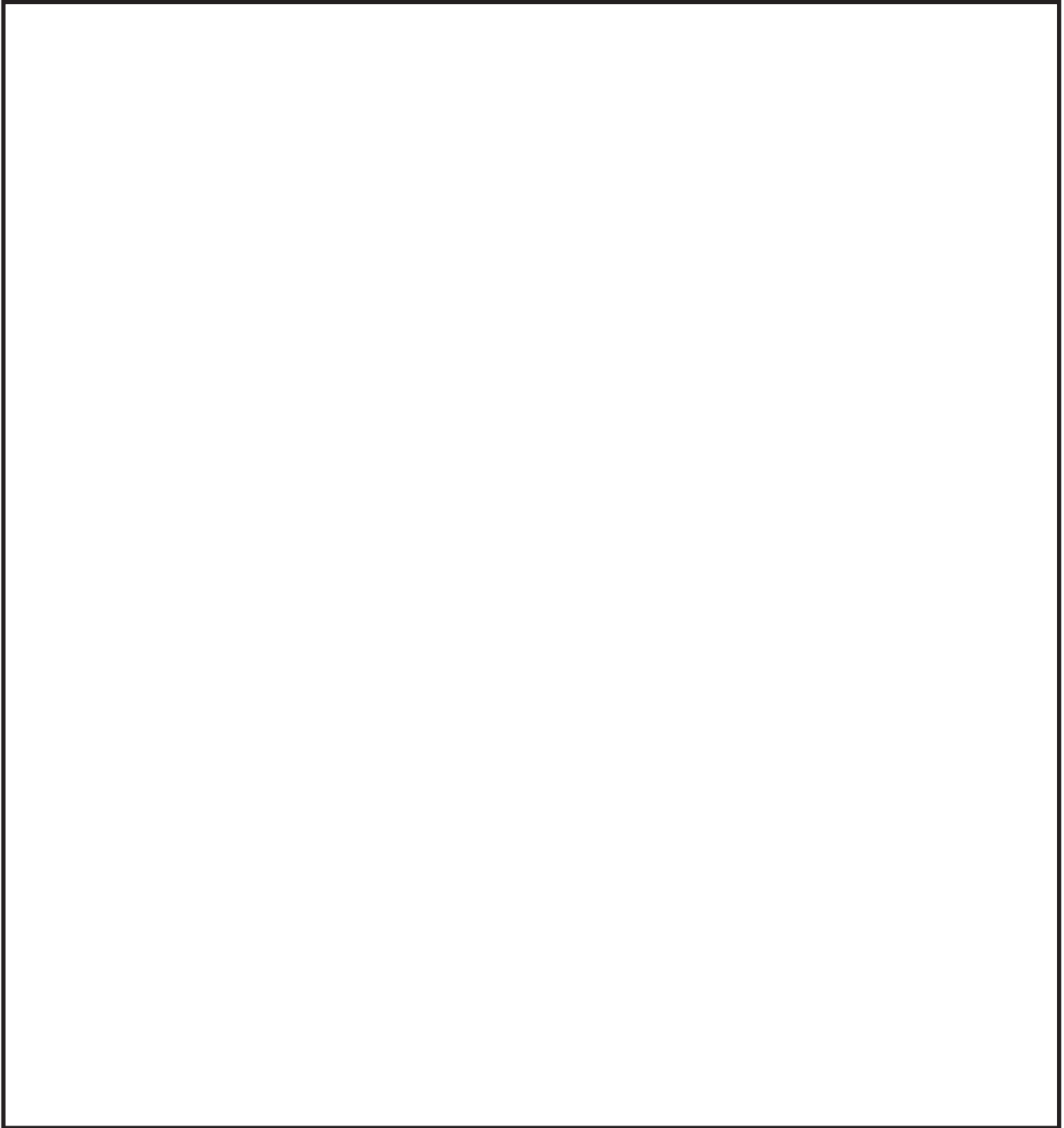
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## MONDAY OF THE FIRST WEEK OF ADVENT

Draw a picture of you in front of the Tabernacle—“face to face” with Jesus.





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## LUKE 10:21-24

Jesus rejoiced in the Holy Spirit and said, “I give you praise, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows who the Son is except the Father, and who the Father is except the Son and anyone to whom the Son wishes to reveal him.”

What do you think Jesus means by “childlike”?

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Ask this question in prayer: “Father, Lord of heaven and earth, how can I become more childlike to love you more?” Write down what you hear Him saying to you.

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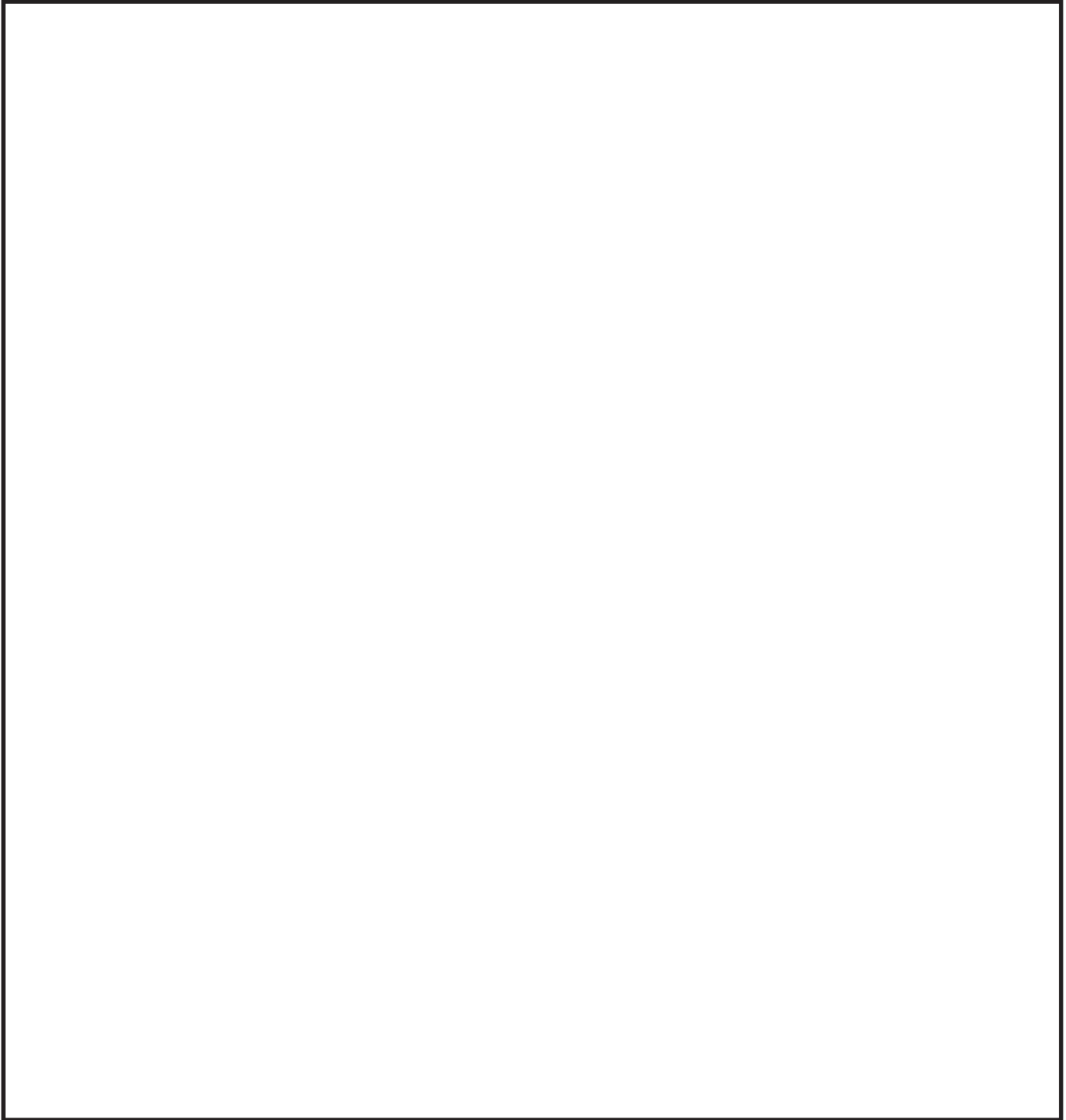
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## TUESDAY OF THE FIRST WEEK OF ADVENT

Draw a picture of yourself practicing a virtue that shows what being childlike “looks like.” (See Advent Virtues on Page 1)





**MATTHEW 15:32-37**

Jesus summoned his disciples and said, “My heart is moved with pity for the crowd, for they have been with me now for three days and have nothing to eat. I do not want to send them away hungry, for fear they may collapse on the way.” The disciples said to him, “Where could we ever get enough bread in this deserted place to satisfy such a crowd?” Jesus said to them, “How many loaves do you have?” “Seven,” they replied, “and a few fish.” He ordered the crowd to sit down on the ground. Then he took the seven loaves and the fish, gave thanks, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds. They all ate and were satisfied. They picked up the fragments left over—seven baskets full.

How did Jesus react when He saw the crowd of people and why?

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How do you know all the people were fed?

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“Jesus, You took the five loaves and two fish and fed the crowd. At times I feel like I have little to offer to You. Show me what I can give to you so You may multiply my gifts.” Write down what He shows you.

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**MATTHEW 7:21-27**

Jesus said to his disciples: “Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only the one who does the will of my Father in heaven.

“Everyone who listens to these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and buffeted the house. But it did not collapse; it had been set solidly on rock. And everyone who listens to these words of mine but does not act on them will be like a fool who built his house on sand. The rain fell, the floods came, and the winds blew and buffeted the house. And it collapsed and was completely ruined.”

What are some ways you can build your “house” on rock (“house” meaning your soul)?

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Mary is the perfect model of one who listened to the Word of God and acted upon it. What virtue(s) do you see in Mary? Explain.

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# THURSDAY OF THE FIRST WEEK OF ADVENT

Ask this question in prayer: “Jesus, how can I be like Mary and listen to Your words and act upon them? Write down what you hear Him saying to you.

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**MATTHEW 9:27-31**

As Jesus passed by, two blind men followed him, crying out, “Son of David, have pity on us!” When he entered the house, the blind men approached him and Jesus said to them, “Do you believe that I can do this?” “Yes, Lord,” they said to him. Then he touched their eyes and said, “Let it be done for you according to your faith.” And their eyes were opened. Jesus warned them sternly, “See that no one knows about this.” But they went out and spread word of him through all that land.

What part of this Scripture passage stands out to you? Why?

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The two blind men were unable to physically see Jesus. How did they know He was passing by?

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# FRIDAY OF THE FIRST WEEK OF ADVENT

Ask Jesus to show you how He sees your faith. Write down what you hear Him saying to you.

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**LUKE 5:18-26**

And some men brought on a stretcher a man who was paralyzed; they were trying to bring him in and set him in his presence. But not finding a way to bring him in because of the crowd, they went up on the roof and lowered him on the stretcher through the tiles into the middle in front of Jesus. When Jesus saw their faith, he said, “As for you, your sins are forgiven.” Then the scribes and Pharisees began to ask themselves, “Who is this who speaks blasphemies? Who but God alone can forgive sins?” Jesus knew their thoughts and said to them in reply, “What are you thinking in your hearts? Which is easier, to say, ‘Your sins are forgiven,’ or to say, ‘Rise and walk’? But that you may know that the Son of Man has authority on earth to forgive sins”—he said to the one who was paralyzed, “I say to you, rise, pick up your stretcher, and go home.” He stood up immediately before them, picked up what he had been lying on, and went home, glorifying God. Then astonishment seized them all and they glorified God, and, struck with awe, they said, “We have seen incredible things today.”

The men brought the paralyzed man to Jesus for healing. How can we bring others to Jesus (not physically as they did with the man)?

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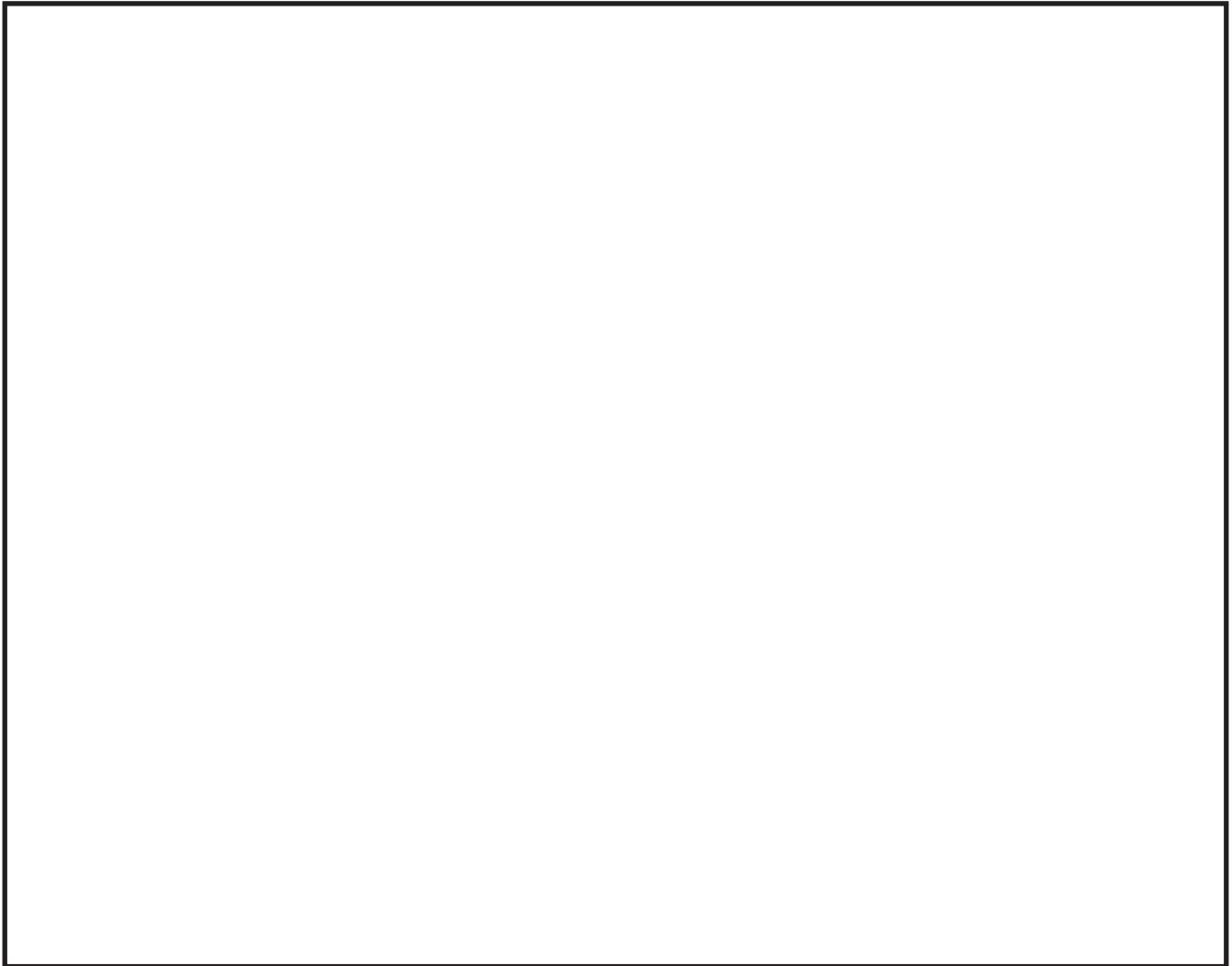
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# MONDAY OF THE SECOND WEEK OF ADVENT

Draw a picture of the men bringing the paralyzed man to Jesus.



Who is someone you think needs your prayers? Write a prayer for that person.

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**MATTHEW 18:12-14**

Jesus said to his disciples: “What is your opinion? If a man has a hundred sheep and one of them goes astray, will he not leave the ninety-nine in the hills and go in search of the stray? And if he finds it, amen, I say to you, he rejoices more over it than over the ninety-nine that did not stray. In just the same way, it is not the will of your heavenly Father that one of these little ones be lost.”

What do you think this passage teaches us about God in His willingness to leave the ninety-nine to search for the missing one?

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Ask this question in prayer: “Jesus, Good Shepherd, You taught the disciples about the Father’s love by this teaching. How can I show Your love to others in my daily life?” Write down what you hear Him saying to you.

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**MATTHEW 11:28-30**

Jesus said to the crowds: “Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.”

What do you think Jesus is saying in this passage?

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Write a prayer asking Jesus to help you to be more like Him.

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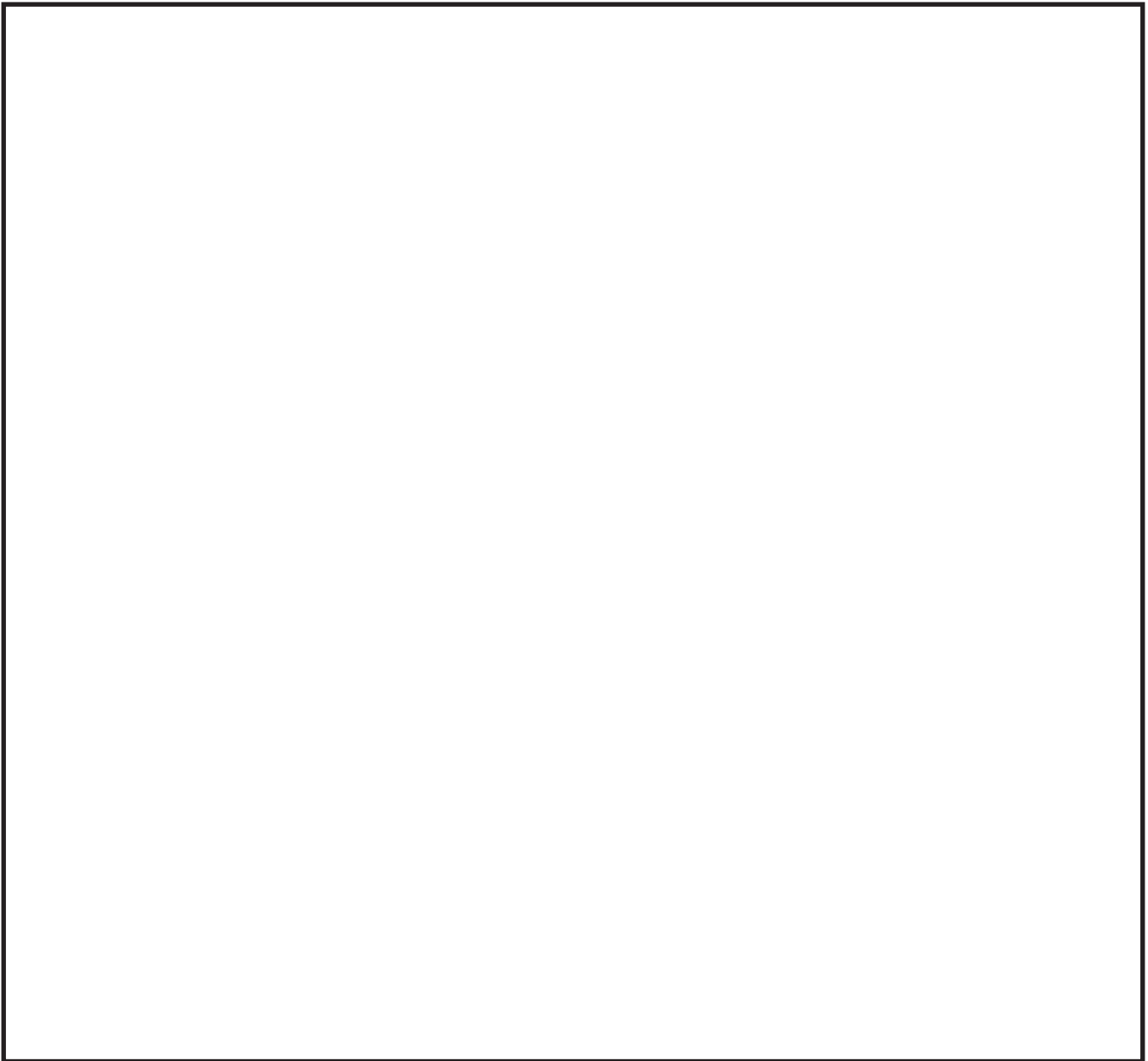
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## WEDNESDAY OF THE SECOND WEEK OF ADVENT

**Humility** means being aware that all your gifts come from God and appreciating other's gifts.

**Meekness** means serenity of spirit while focusing on the needs of others.

Draw a picture of yourself being like Jesus and practicing one of these virtues.





**PSALM 145:1, 3**

I will extol you, O my God and King, and I will bless your name forever and ever. Great is the LORD and worthy of much praise, whose grandeur is beyond understanding.

Psalm 145 is a song of praise and thanksgiving to God for all the gifts He has given to us.

What gifts has God given to you?

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It is good to acknowledge the gift of another person. How can you acknowledge someone's gift today? (Example: saying "good job" or "great dinner.")

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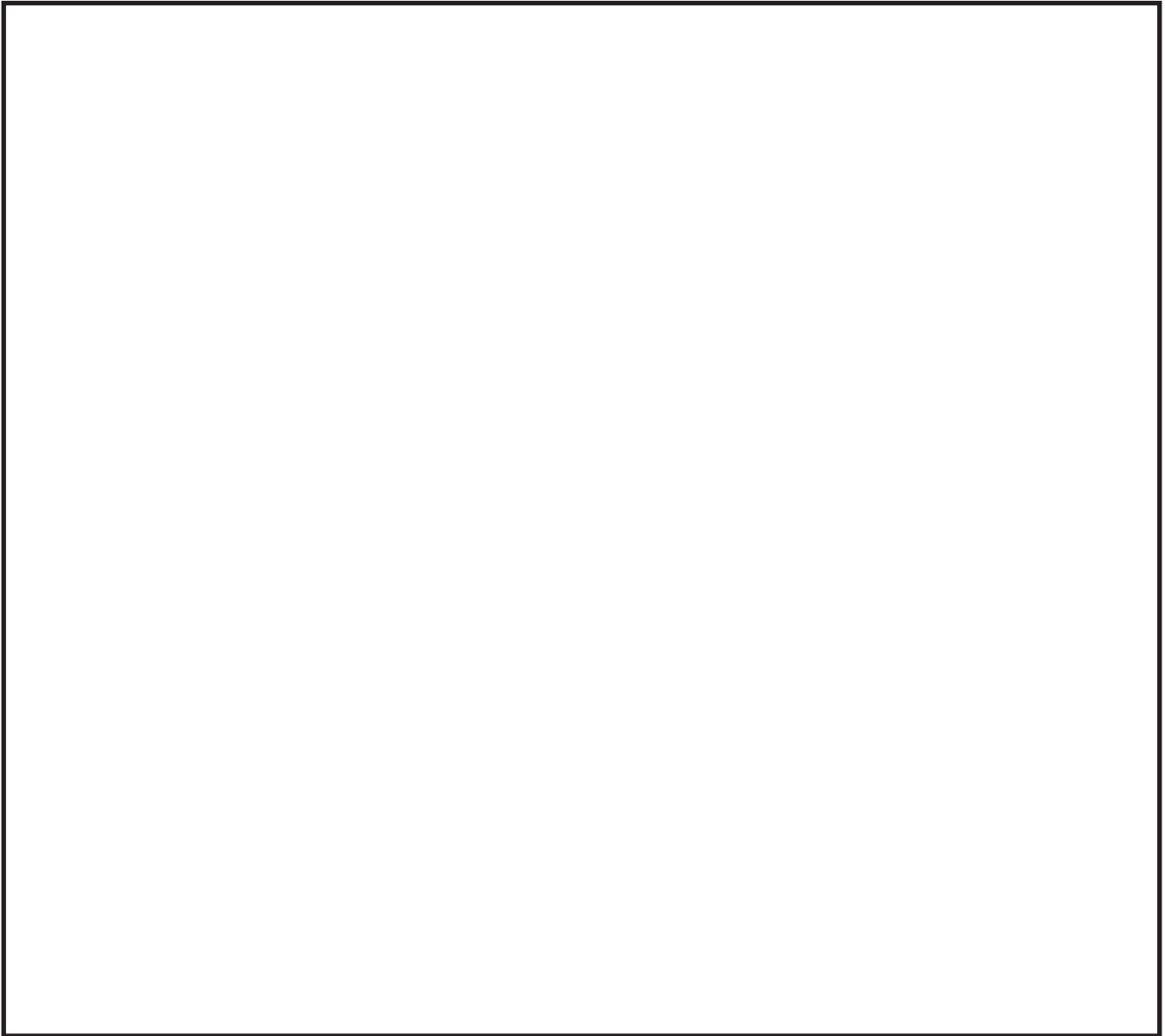
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# THURSDAY OF THE SECOND WEEK OF ADVENT

Draw a picture below of the best gift God has given to you.



Write a prayer to God thanking Him for this gift.

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**ISAIAH 48:17**

Thus says the LORD, your redeemer, the Holy One of Israel: I am the LORD, your God, who teaches you what is for your good, and leads you on the way you should go.

What stands out to you in this passage? Why?

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How do you think the Lord will “lead you on the way you should go?”

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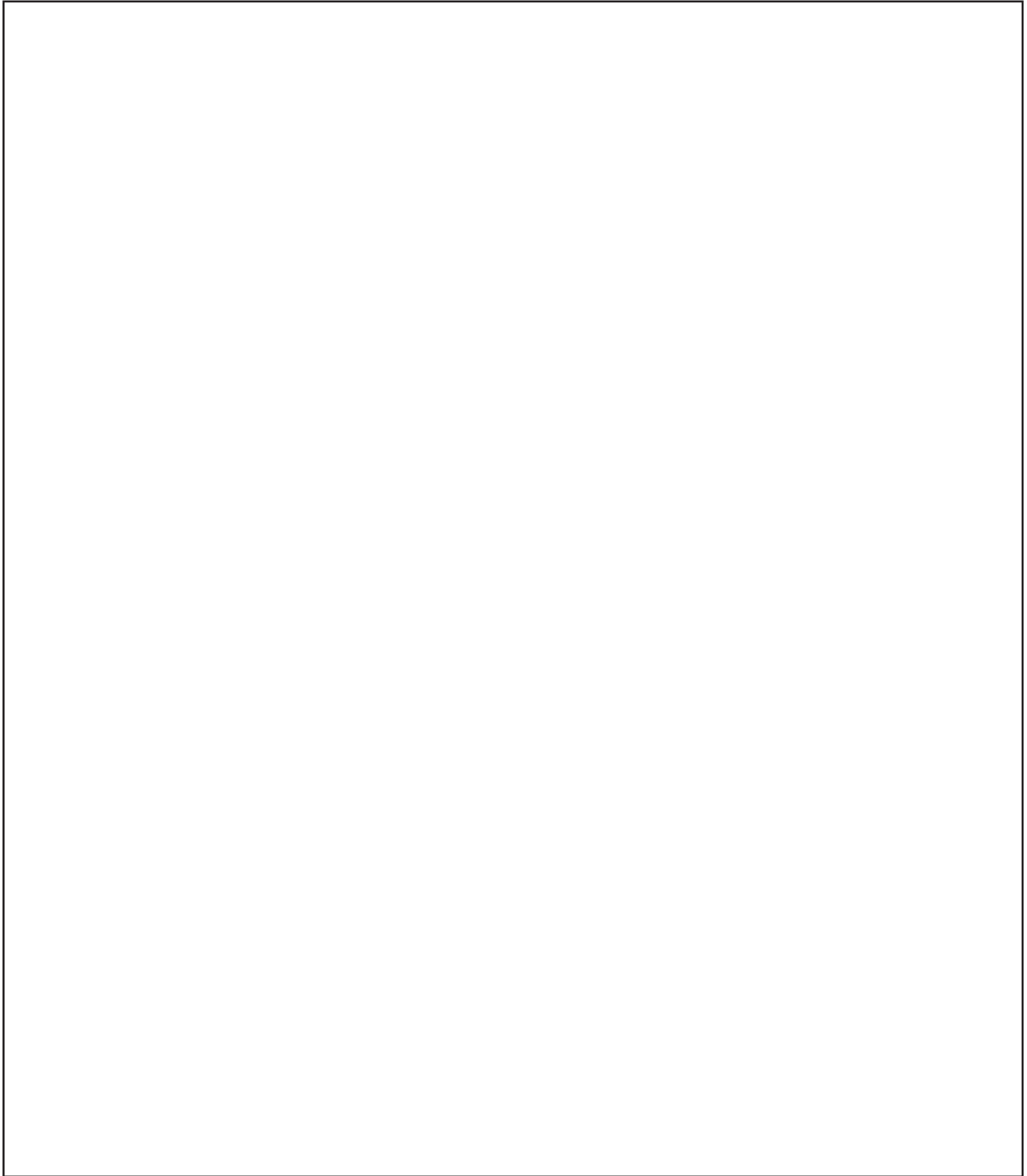
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# FRIDAY OF THE SECOND WEEK OF ADVENT

Draw a picture of Jesus leading you.





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**ZEPHANIAH 2:14-17**

Sing and rejoice, O daughter Zion! See, I am coming to dwell among you, says the LORD. Many nations shall join themselves to the LORD on that day, and they shall be his people, and he will dwell among you, and you shall know that the LORD of hosts has sent me to you. The LORD will possess Judah as his portion in the holy land, and he will again choose Jerusalem. Silence, all mankind, in the presence of the LORD! For he stirs forth from his holy dwelling.

This passage tells about the coming of Jesus Christ. How did He come to live among us?

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Why is it important to be silent in God’s presence?

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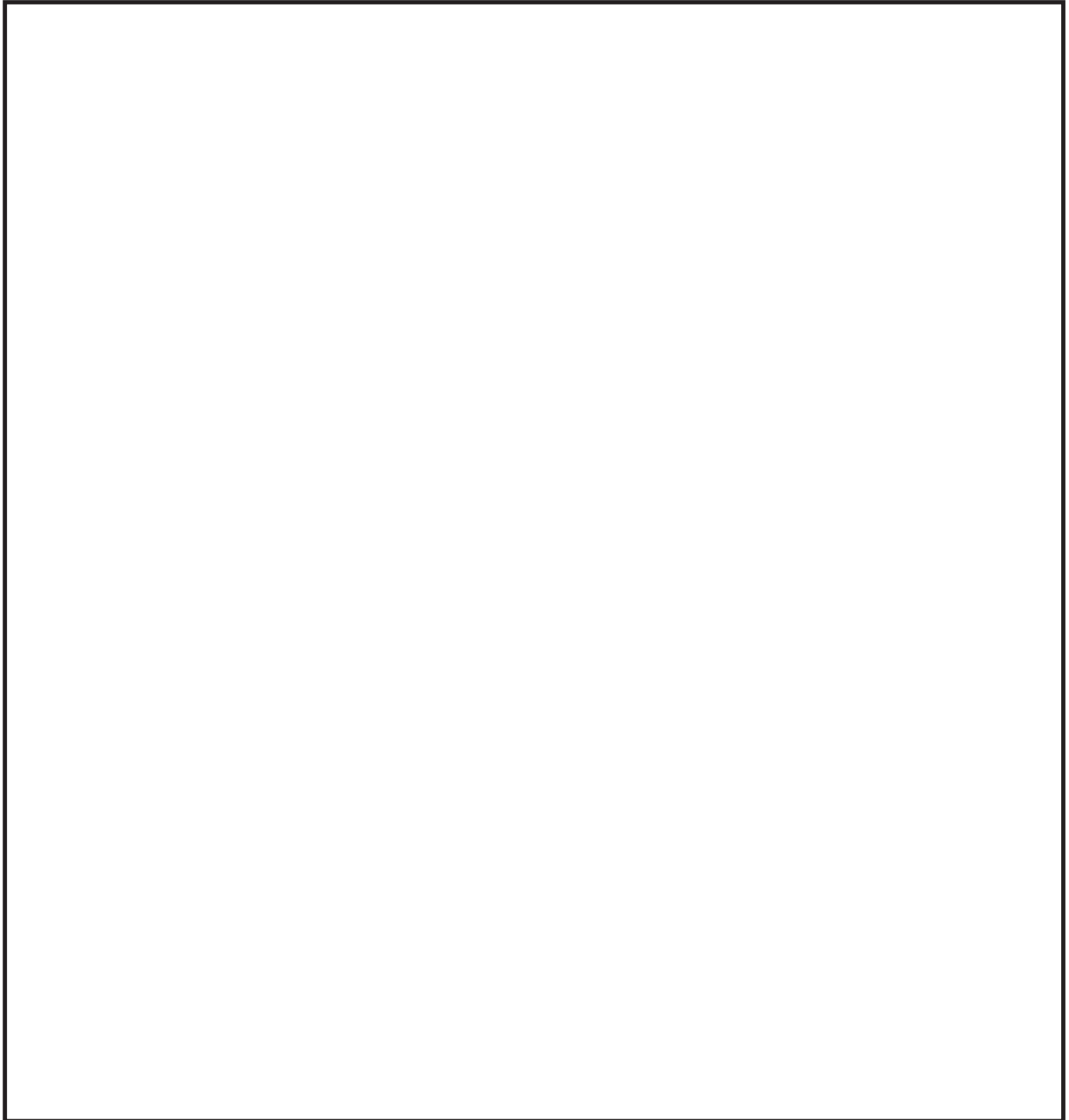
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# MONDAY OF THE THIRD WEEK OF ADVENT

Draw a picture of yourself being silent in the presence of the Lord.





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**MATTHEW 21:28-32**

Jesus said to the chief priests and the elders of the people: “What is your opinion? A man had two sons. He came to the first and said, ‘Son, go out and work in the vineyard today.’ The son said in reply, ‘I will not,’ but afterwards he changed his mind and went. The man came to the other son and gave the same order. He said in reply, ‘Yes, sir,’ but did not go. Which of the two did his father’s will?” They answered, “The first.”

Why does Jesus say that the first son did his father’s will even though he said, “I will not”?

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What are some ways that you can be like the second son?

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Write a prayer asking God to help you with the virtue of obedience (in word and action).

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DISCIPLE of CHRIST  
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**LUKE 7:18B-23**

At that time, John summoned two of his disciples and sent them to the Lord to ask, “Are you the one who is to come, or should we look for another?” When the men came to the Lord, they said, “John the Baptist has sent us to you to ask, ‘Are you the one who is to come, or should we look for another?’” At that time Jesus cured many of their diseases, sufferings, and evil spirits; he also granted sight to many who were blind. And Jesus said to them in reply, “Go and tell John what you have seen and heard: the blind regain their sight, the lame walk, lepers are cleansed, the deaf hear, the dead are raised, the poor have the good news proclaimed to them. And blessed is the one who takes no offense at me.”

Why do you think John the Baptist sent his disciples to ask Jesus whether He was the one who was to come or if they should look for another? Do you think John would have known who Jesus was?

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Jesus says, “And blessed is the one who takes no offense at me.” Why would some people take offense at Jesus?

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## WEDNESDAY OF THE THIRD WEEK OF ADVENT

Do you ever have a hard time accepting Jesus' words? Explain.

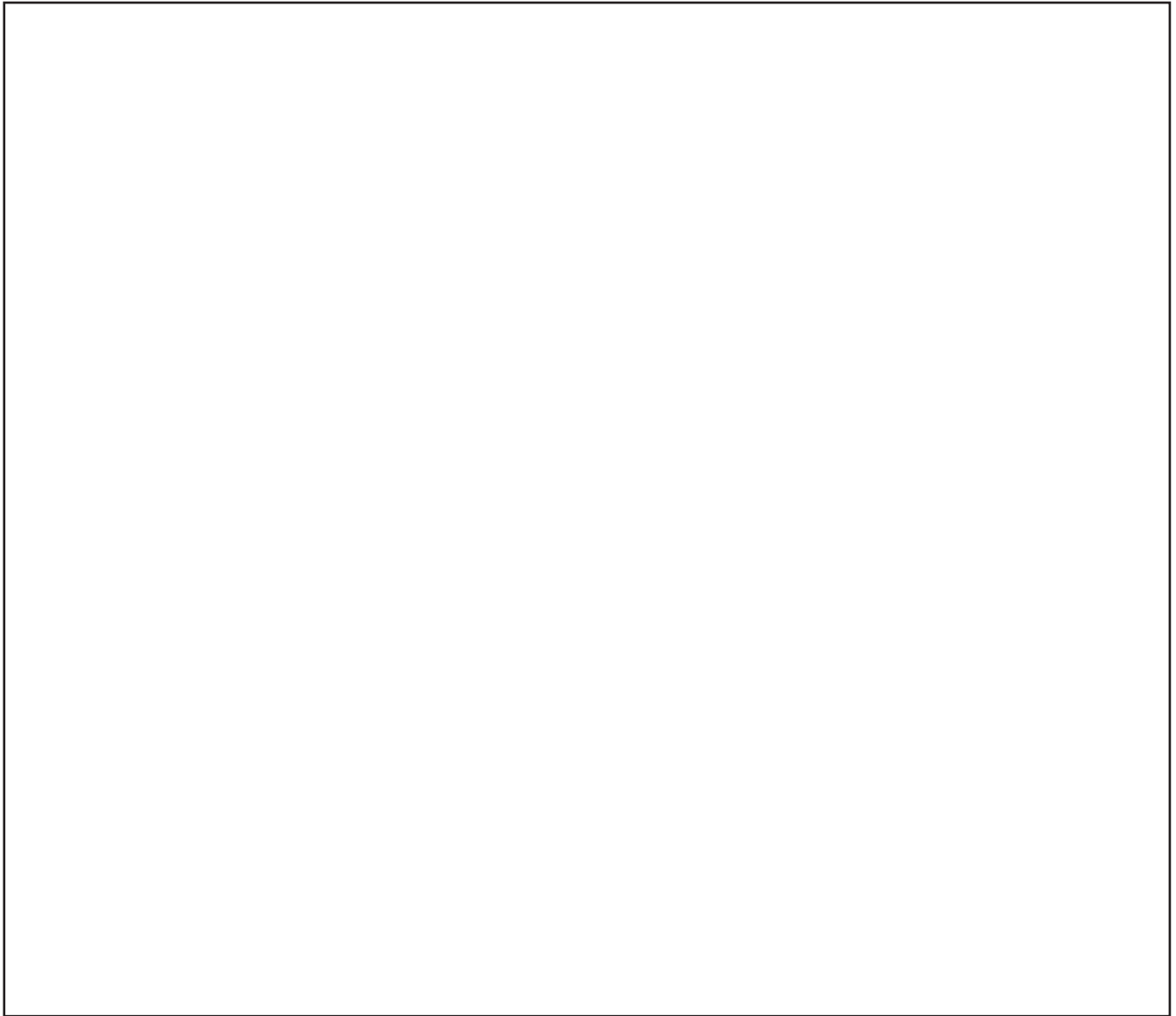
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Draw a picture of Jesus performing one of the miracles from the passage.





LUKE 7:27-30

This is the one about whom scripture says:

‘Behold, I am sending my messenger ahead of you, he will prepare your way before you.’

I tell you, among those born of women, no one is greater than John; yet the least in the Kingdom of God is greater than he.” (All the people who listened, including the tax collectors, who were baptized with the baptism of John, acknowledged the righteousness of God; but the Pharisees and scholars of the law, who were not baptized by him, rejected the plan of God for themselves.)

What does it mean to be a messenger of God?

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Why were the baptized able to see God? Why do you think those not baptized rejected God’s plan?

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# THURSDAY OF THE THIRD WEEK OF ADVENT

What do you think is God's plan for you?

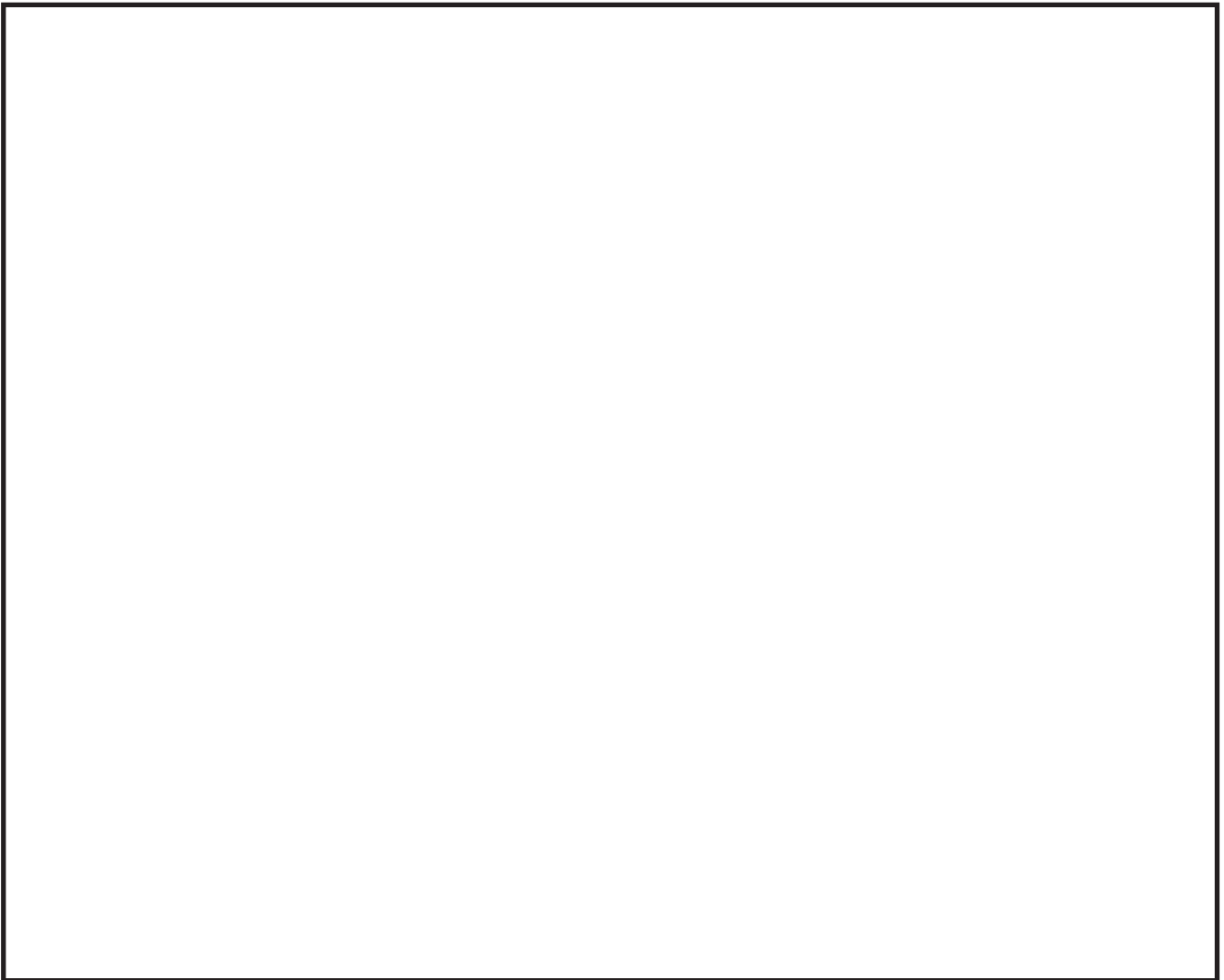
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Draw a picture of yourself living within God's plan.





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**ISAIAH 56:1-2**

Thus says the LORD: Observe what is right, do what is just; for my salvation is about to come, my justice, about to be revealed. Blessed is the man who does this, the son of man who holds to it.

God’s word strikes the heart. What word or line stood out to you? Why?

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What does it mean to “observe what is right, do what is just?”

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The word “righteous” means virtuous. What does it “sound like” to live a virtuous life?

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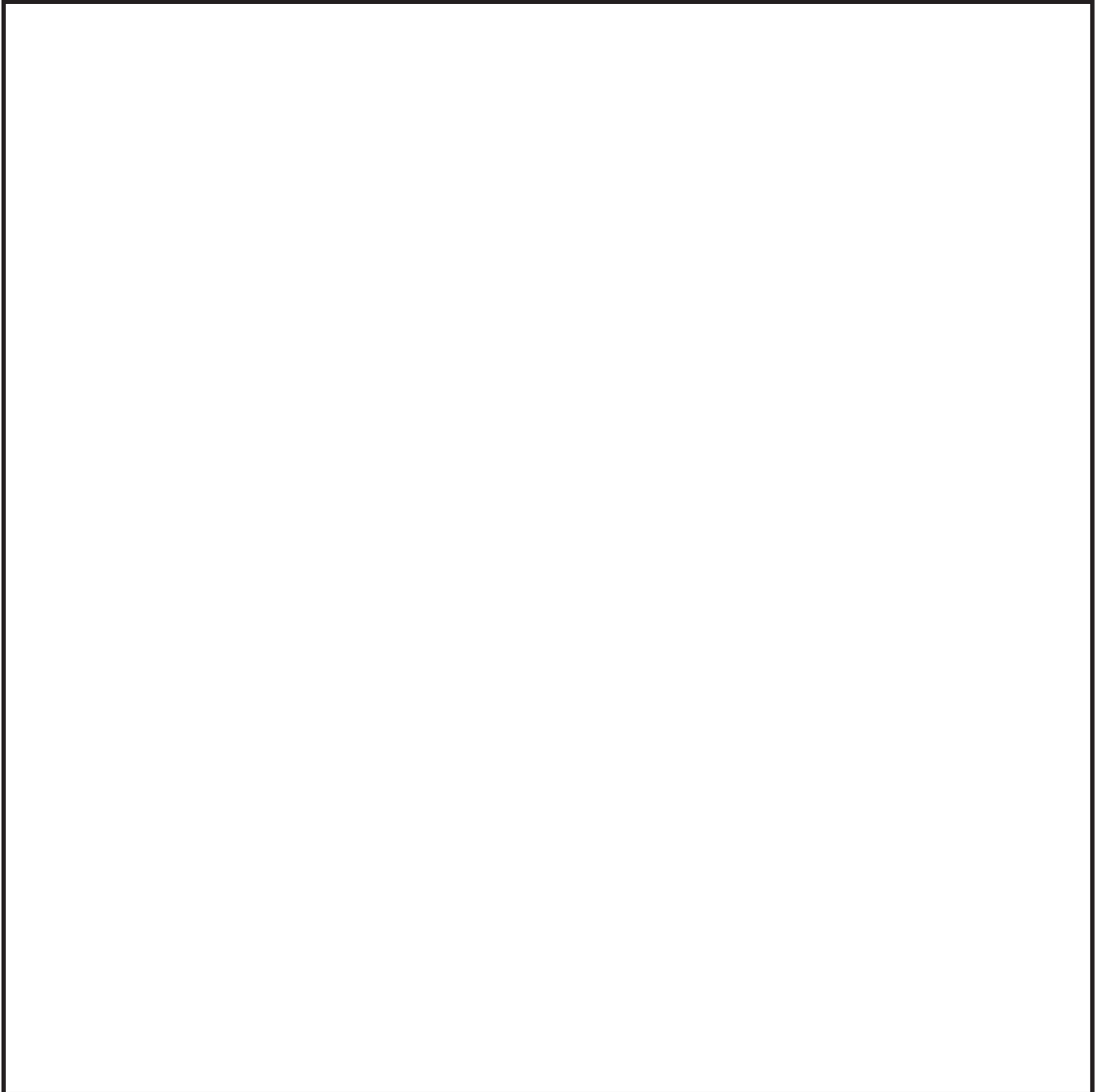
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# FRIDAY OF THE THIRD WEEK OF ADVENT

Draw a picture of what it looks like to live a virtuous life.





## LUKE 1:5-25

In the days of Herod, King of Judea, there was a priest named Zechariah of the priestly division of Abijah; his wife was from the daughters of Aaron, and her name was Elizabeth. Both were righteous in the eyes of God, observing all the commandments and ordinances of the Lord blamelessly. But they had no child, because Elizabeth was barren and both were advanced in years.

Once when he was serving as priest in his division's turn before God, according to the practice of the priestly service, he was chosen by lot to enter the sanctuary of the Lord to burn incense. Then, when the whole assembly of the people was praying outside at the hour of the incense offering, the angel of the Lord appeared to him, standing at the right of the altar of incense. Zechariah was troubled by what he saw, and fear came upon him.

But the angel said to him, "Do not be afraid, Zechariah, because your prayer has been heard. Your wife Elizabeth will bear you a son, and you shall name him John. And you will have joy and gladness, and many will rejoice at his birth, for he will be great in the sight of the Lord. He will drink neither wine nor strong drink. He will be filled with the Holy Spirit even from his mother's womb, and he will turn many of the children of Israel to the Lord their God. He will go before him in the spirit and power of Elijah to turn the hearts of fathers toward children and the disobedient to the understanding of the righteous, to prepare a people fit for the Lord."

Then Zechariah said to the angel, "How shall I know this? For I am an old man, and my wife is advanced in years." And the angel said to him in reply, "I am Gabriel, who stand before God. I was sent to speak to you and to announce to you this good news. But now you will be speechless and unable to talk until the day these things take place, because you did not believe my words, which will be fulfilled at their proper time." Meanwhile the people were waiting for Zechariah and were amazed that he stayed so long in the sanctuary. But when he came out, he was unable to speak to them, and they realized that he had seen a vision in the sanctuary. He was gesturing to them but remained mute.

Then, when his days of ministry were completed, he went home. After this time his wife Elizabeth conceived, and she went into seclusion for five months, saying, "So has the Lord done for me at a time when he has seen fit to take away my disgrace before others."

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## MONDAY OF THE FOURTH WEEK OF ADVENT

God's word strikes the heart. What word or line stands out to you? Why?

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Underline Zechariah's response to the angel's message.

Gabriel tells Zechariah that he will remain speechless (mute) until the birth of his son. Even though this seems like a punishment, how can good come from this period of silence?

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Zechariah had trouble believing the message announced by the angel, perhaps because it seems too good to be true. Ask Jesus this question in prayer: "Jesus, what good things do You especially want me to believe about you?" Write down what you hear Him saying to you.

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**ISAIAH 7:14**

Therefore the Lord himself will give you this sign: the virgin shall conceive and bear a son, and shall name him Emmanuel.

The Word “Emmanuel” means “God with us”. How is “God with us” in Church?

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Draw a picture of you praying before the tabernacle in Church. Jesus is always with us in the tabernacle!



**LUKE 1:39-45**

Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary’s greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said, “Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled.”

Who is the infant in Elizabeth’s womb? Why do you think the infant leaped for joy when she heard Mary’s voice?

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What do you think Mary meant by her words?

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**LUKE 1:46-56**

Mary said:

“My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior. For he has looked upon his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name. He has mercy on those who fear him in every generation. He has shown the strength of his arm, and has scattered the proud in their conceit. He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel for he remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children for ever.”

Mary remained with Elizabeth about three months and then returned to her home.

God’s word strikes the heart. What word or line stands out to you?

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Does your spirit rejoice in God your Savior? Why?

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## THURSDAY OF THE FOURTH WEEK OF ADVENT

The passage is Mary's prayer of praise to God. It is called "The Magnificat."  
Write your own prayer of praise to God.

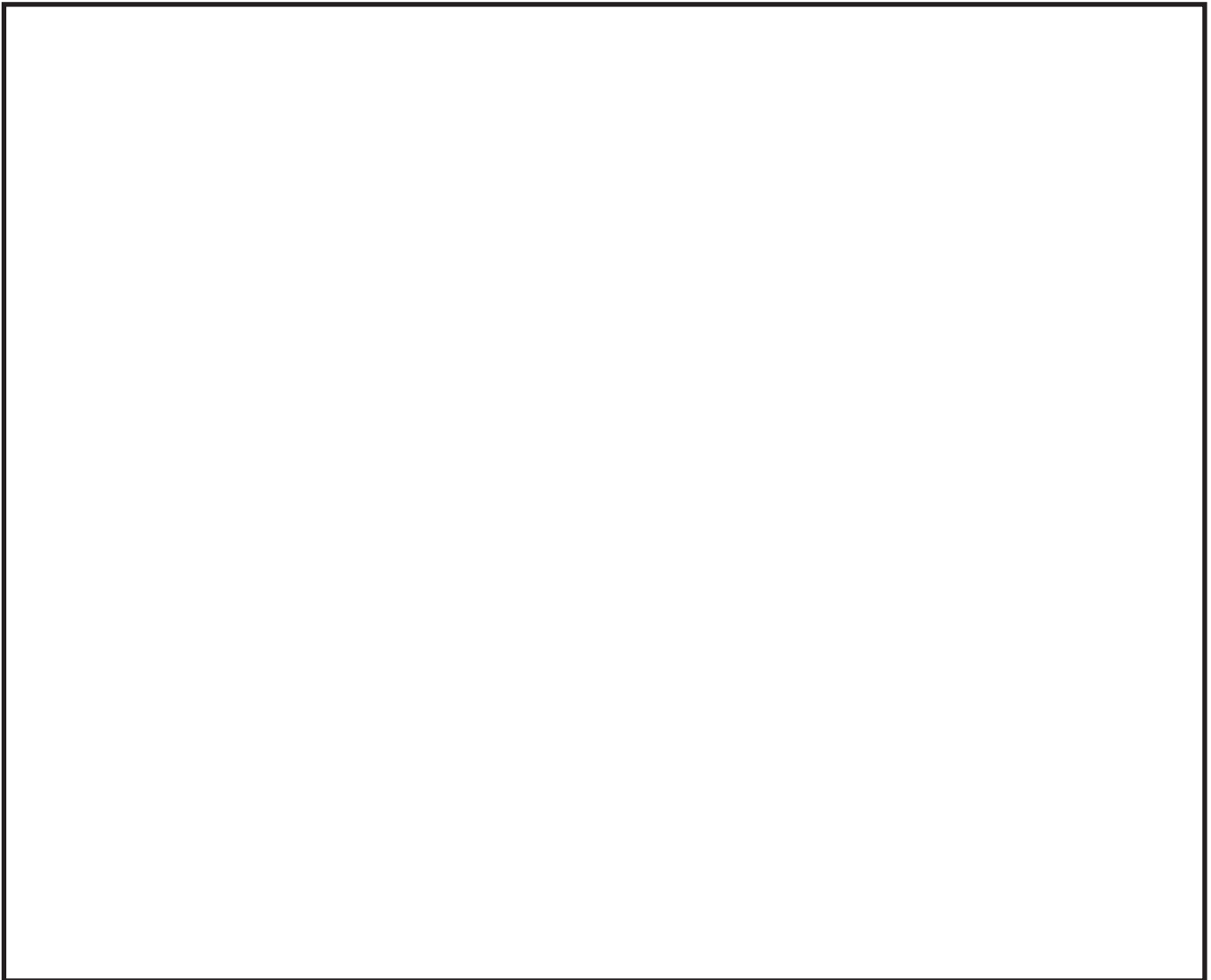
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Draw a picture of yourself praising God.



**LUKE 2:1-14**

In those days a decree went out from Caesar Augustus that the whole world should be enrolled. This was the first enrollment, when Quirinius was governor of Syria. So all went to be enrolled, each to his own town. And Joseph too went up from Galilee from the town of Nazareth to Judea, to the city of David that is called Bethlehem, because he was of the house and family of David, to be enrolled with Mary, his betrothed, who was with child. While they were there, the time came for her to have her child, and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn.

Now there were shepherds in that region living in the fields and keeping the night watch over their flock. The angel of the Lord appeared to them and the glory of the Lord shone around them, and they were struck with great fear. The angel said to them, “Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all the people. For today in the city of David a savior has been born for you who is Christ and Lord. And this will be a sign for you: you will find an infant wrapped in swaddling clothes and lying in a manger.” And suddenly there was a multitude of the heavenly host with the angel, praising God and saying:

“Glory to God in the highest  
and on earth peace to those on whom his favor rests.”

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## FRIDAY OF THE FOURTH WEEK OF ADVENT

Draw a picture of the Nativity.



Take time during these next few days as you prepare for the coming of the Christ Child to sit in silence and listen to what the Lord is saying to you.

