

FAMILIES FORMING DISCIPLES

THE FALL AND THE PROMISE

TOPIC: Making a Family Advent Plan — Works of Mercy are filled with Sacrificial Love!

FAMILY AT-HOME MISSION ACTIVITY

Your Family At-Home Mission is to create together a Family Advent Plan and interview a grandparent or senior adult for your Senior Sharing. Be ready to tell about both of these experiences at Week 3's gathering of families.

Step 1: Review the Corporal and Spiritual Works of Mercy

- [Corporal Works of Mercy](#)
- [Spiritual Works of Mercy](#)

Step 2: After learning about the Corporal and Spiritual Works of Mercy, together decide which Works of Mercy your family will do this Advent. We talked about sacrificial love at Week 1. Works of Mercy are filled with Sacrificial Love!

Remember not to feel as if you have to do all of them, because that's not practical. Some you may already do, like praying for the living and the dead. That's great! Keep doing those works and pick one or two more that fit naturally into your family life to do for Advent. Remember that the Works of Mercy first begin at home within your family. Works of Mercy give us opportunities to love one another with God's love, and then to share that love by serving our neighbors.

Step 3: Watch [5 Advent Activities for Catholic Children](#) by A Catholic Mom's Life

Some Advent Family Giving Ideas from A Catholic Mom's Life:

1. Pray the family Rosary for those who are lonely and have nothing
2. Volunteer at a soup kitchen as a family
3. Children can write a love letter to their grandparents
4. Family visit to a nursing home
5. Draw pictures for a neighbor
6. Go to adoration as a family
7. Act out the live Nativity
8. Make goodie bags for the homeless
9. Go to confession as a family
10. Pick out toys for children with organizations like Toys for Tots or your parish's Angel Tree
11. Keep an Advent Prayer Journal
12. Pray an Advent Novena

Step 4: Next, make a Family Advent Plan that corresponds to what you have learned about the Works of Mercy.

Step 5: Reach out to a grandparent(s) or senior adult(s) in your family/community and ask them about their favorite memories of when they were growing up. Ask: What sacrifices did your family make for one another out of love? When you had your own children, what acts of kindness or sacrifices did your family members do for one another? How do you show love to family or friends now?

Step 6: Pray together! Choose a time for your family to gather around your family's home altar or prayer corner, and practice the Spiritual Works of Mercy by praying together for others and for one another.

Step 7: Get ready to share about your Family Advent Plan and Senior Sharing at Week 3's gathering of families.

DID YOU KNOW

What did we lose in the Garden of Eden after the Fall?

Our first parents were created good and in friendship with God. By sinning, they lost the grace of original holiness and justice in which they were created. They began to fear God and to not trust that He is the God of love; their intellect and will was darkened by sin; their harmony with themselves, God, and all creation was destroyed; and death entered human history. Because of our first parents' sin, everyone (except for Mary and Jesus) is conceived with Original Sin—we lack the grace of original holiness and justice and need God's grace to be redeemed. As we'll learn next week, this is why Baptism is so important! "Baptism, by imparting the life of Christ's grace, erases original sin and turns a man back toward God, but the consequences for nature, weakened and inclined to evil, persist in man and summon him to spiritual battle" (CCC, no. 405).

