



Small Groups

Parish Community of Saint Helen

1st Sunday of Advent Guide for the Week of November 27th

Rejoice: Advent Journal provides daily reflections starting on the First Sunday of Advent, Sunday, December 3rd. The weekly small group discussion guides for Advent will look forward to the upcoming Sunday.

Opening Song [Be the Light ~ Ed Buldoc](#)

Opening Prayer

Heavenly Father, your son, Jesus, is your greatest gift to us, a great sign of your love. Guide us as we strive to walk in that love together this Advent.

As we prepare our hearts for Christmas, bring us closer to each other and to your son. Give us the grace and strength we need every day.

Help us to always trust in you.

Come, Lord Jesus, lead all people closer to you.

Come and dispel the darkness of our world with the light of your love. Amen.

~ Dynamic Catholic



1st Reading

(page 2 of the journal)

Isaiah 53:16B-17, 19 B, 64:2-7

You, LORD, are our father,
our redeemer you are named forever.
Why do you let us wander, O LORD, from your ways,
and harden our hearts so that we fear you not?
Return for the sake of your servants,
the tribes of your heritage.

1600 Rahway Ave
Westfield, New Jersey
SaintHelen.org/Small-Groups

Oh, that you would rend the heavens and come down,
with the mountains quaking before you,
while you wrought awesome deeds we could not hope for,
such as they had not heard of from of old.
No ear has ever heard, no eye ever seen, any God but you
doing such deeds for those who wait for him.

Would that you might meet us doing right,
that we were mindful of you in our ways!

Behold, you are angry, and we are sinful;
all of us have become like unclean people,
all our good deeds are like polluted rags;
we have all withered like leaves,
and our guilt carries us away like the wind.
There is none who calls upon your name,
who rouses himself to cling to you;
for you have hidden your face from us
and have delivered us up to our guilt.

Yet, O LORD, you are our father;
we are the clay and you the potter:
we are all the work of your hands.

Gospel

(page 4 of the journal)

Mk: 13:33-37

Jesus said to his disciples:
“Be watchful! Be alert!
You do not know when the time will come.
It is like a man traveling abroad.
He leaves home and places his servants in charge,
each with his own work,
and orders the gatekeeper to be on the watch.
Watch, therefore;
you do not know when the lord of the house is coming,
whether in the evening, or at midnight,
or at cockcrow, or in the morning.
May he not come suddenly and find you sleeping.
What I say to you, I say to all: ‘Watch!’”

Reflection Video Link. [Video Link](#)

Discussion Questions

1. How does your heart react to the verse “We are the clay, and you are our potter”?
 - a. Is it comforting or troubling to recognize that God is in control?
 - b. What are some ways you can surrender to his will?
2. How do you best hear the voice of God?
 - a. Can you recall a time you heard his voice speaking to your heart?
3. What is the experience of silence like for you?
 - a. Do you ever encounter silence?
 - b. If you do, how does it make you feel?

Closing Prayer

Ask for the group intentions ~ *Lord hear our prayer* after each

Glory Be to the Father,

And to the Son, and to the Holy Spirit.

As it was in the beginning, is now and
ever shall be world without end.

Amen

Closing Reflection Song [Gabriel's Message \(Matt Maher\)](#)