



Small Groups

Parish Community of Saint Helen

2nd Sunday of Advent Guide for the Week of December 4th

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.

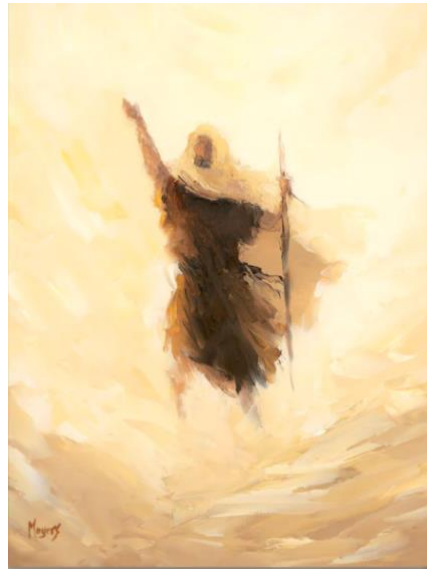
As we prepare our hearts for Christmas, bring us closer to each other and to your son. Give us the grace and strength we need every day.

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 40 of the journal)

Isaiah 40: 1-5, 9-11

Comfort, give comfort to my people,
says your God.

Speak tenderly to Jerusalem, and proclaim to her
that her service is at an end,
her guilt is expiated;

indeed, she has received from the hand of the LORD
double for all her sins.

A voice cries out:

In the desert prepare the way of the LORD!

Make straight in the wasteland a highway for our God!

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SaintHelen.org/Small-Groups

Every valley shall be filled in,
every mountain and hill shall be made low;
the rugged land shall be made a plain,
the rough country, a broad valley.
Then the glory of the LORD shall be revealed,
and all people shall see it together;
for the mouth of the LORD has spoken.

Go up on to a high mountain,
Zion, herald of glad tidings;
cry out at the top of your voice,
Jerusalem, herald of good news!
Fear not to cry out
and say to the cities of Judah:
Here is your God!
Here comes with power
the Lord GOD,
who rules by his strong arm;
here is his reward with him,
his recompense before him.
Like a shepherd he feeds his flock;
in his arms he gathers the lambs,
carrying them in his bosom,
and leading the ewes with care.

Gospel

Mk: 1:1-8

(page 43 of the journal)

The beginning of the gospel of Jesus Christ the Son of God.

As it is written in Isaiah the prophet:
*Behold, I am sending my messenger ahead of you;
he will prepare your way.
A voice of one crying out in the desert:
"Prepare the way of the Lord,
make straight his paths."*

John the Baptist appeared in the desert
proclaiming a baptism of repentance for the forgiveness of sins.
People of the whole Judean countryside
and all the inhabitants of Jerusalem
were going out to him

and were being baptized by him in the Jordan River
as they acknowledged their sins.

John was clothed in camel's hair,
with a leather belt around his waist.
He fed on locusts and wild honey.

And this is what he proclaimed:
"One mightier than I is coming after me.
I am not worthy to stoop and loosen the thongs of his sandals.
I have baptized you with water;
he will baptize you with the Holy Spirit."

Reflection Video Link. [Video Link](#)

Discussion Questions

1. Do you trust God?
 - Do you believe he will come through for you?
 - How is God asking you to trust him now?
2. John the Baptist is a model for us because he is preparing his own heart and the hearts of others for Jesus. How do you (or can you) follow his example in your day-to-day life?
3. What line in the "Litany of Letting Go in Prayer" (p. 75) which Fr. Josh prayed in the video convicted you the most?
 - What emotions did it bring up in your heart?
 - How has your prayer changed this week?

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 [Holy is His Name \(John Michael Talbot\)](#)