



# Small Groups

Parish Community of Saint Helen

## 3<sup>rd</sup> Sunday of Advent Guide for the Week of December 11<sup>th</sup>

**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*



### Responsorial Psalm

**Luke 1:46-48, 49-50, 53-54**

*(page 81 of the journal)*

My soul rejoices in my God.

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.

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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 has remembered his promise of mercy,

## Reflection Video Link. [Video Link](#)

### Discussion Questions

*(Note to Leader: If time permits read pages 69-70 of the journal with the group or discuss how in the responsorial psalm we hear Mary's prayer when she greets her cousin Elizabeth. Mary is completely available to God. Mary puts God first in her life and is able to hear God)*

1. Are you living in a balanced way?
  - a. What is weighing you down or packing your schedule?
  - b. How could living in a more balanced way help you hear God's desires for you?
2. What are some concrete ways you can reset the rhythm of your day to be in harmony with God's Word?
  - a. How can you rely more fully on him?
3. How do you feel when you enter into prayer?
  - a. What are the sensations, thoughts, and emotions you feel as you encounter silence?
  - b. How can these feelings reveal something about your prayer and your relationship with God?
4. 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 [O, Come, O Come Emmanuel](#)