



Small Groups

Parish Community of Saint Helen

4th Sunday of Advent Guide for the Week of December 18th

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



Gospel

Luke 1:26-28

(page 121 of the journal)

The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary.

And coming to her, he said,
"Hail, full of grace! The Lord is with you."
But she was greatly troubled at what was said and pondered what sort of greeting this might be.

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Then the angel said to her,
"Do not be afraid, Mary,
for you have found favor with God.
"Behold, you will conceive in your womb and bear a son,
and you shall name him Jesus.

He will be great and will be called Son of the Most High,
and the Lord God will give him the throne of David his father,
and he will rule over the house of Jacob forever,
and of his kingdom there will be no end."

But Mary said to the angel,
"How can this be,
since I have no relations with a man?"
And the angel said to her in reply,
"The Holy Spirit will come upon you,
and the power of the Most High will overshadow you.
Therefore the child to be born
will be called holy, the Son of God.

And behold, Elizabeth, your relative,
has also conceived a son in her old age,
and this is the sixth month for her who was called barren;
for nothing will be impossible for God."
Mary said, "Behold, I am the handmaid of the Lord.
May it be done to me according to your word."
Then the angel departed from her.

Reflection Video Link. [Video Link](#)

Discussion Questions

1. In the gospel Mary is surprised by God and submits to His plan for her life.
 - a. How has God surprised you?
 - b. Have you welcomed this surprise with faith in his plan or clung to your own way?
2. Do you think it is impossible to have silence in your state in life?
 - a. What are you putting ahead of prayer and silence?
 - b. How can you make the space and take the time to sit with the Lord in stillness?
3. What are you taking from this Advent into the rest of your life?

4. What lessons did you learn, what fruit did your prayer bear, and how did you notice God speaking to you?

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 All Ye Faithful](#)