For the 4th week of Advent, light the candle of Hope (purple), then Peace (purple), then Joy (pink). Finally light the candle of Love (purple).

**Read:** Isaiah 7:14, John 3: 16

**Pray:** (leader) *God is our light and salvation, and in his name we light these candles. May they remind us of the beauty of his truth and the radiance of his love. May our hearts be open to the light of Christ now and at all times.* ***(All) Lord, in your mercy, let there be light. Amen***

**Do:**

1. God has considered and prepared all things in his holy plan of giving the world his Son Jesus. In **Isaiah 7:14,** God chose and prepared a young woman to be mother of Jesus. Mary said “yes” to God’s plan and rejoiced. How do you think Mary and Joseph prepared for the arrival of Jesus? How did your family prepare for you before you were born or came into the family?

1. **John 3: 16** Jesus gave all of himself for the world. He died on the cross for our sins and resurrected to life to defeat death and sin. He won for us eternal life with God. Discuss what sacrificial love is? (ex. expecting nothing in return, not to be earned).
2. Jesus teaches us to love God and love our neighbours as ourselves. Jesus was always taking care of those hurting or in need. Discuss ways you can give of yourselves for the sake of others? How can you show those who are lonely, discouraged, overwhelmed or without shelter or warmth love?

* + Becoming a parent for the first time (think of Mary) or having another baby is often overwhelming. **Write a note** of encouragement to a new mother, new father or their family.
	+ Living alone is hard right now. Make a call (zoom or phone) to someone living alone. Talk about your last week of school or some of the books you’ve read, show your art. Then ask them about what they have read or done. **Just listen**.
	+ Many people in Toronto live in the cold. Contact your local YMCA and **donate warm clothes**, camping equipment, first aid kits to those in local encampments (people living in tents)

**Pray:** Choose someone or a family or a community to pray for this week, that is struggling with loneliness, overwhelmed with a busy life, or searching for warmth and shelter this winter. Ask God to bring his light and love into their life. Ask God how your family can love them and be bringers of light and hope to them.

**Read: The Announcement to the Shepherds Luke 2:8-20**

**Pray**: Dear God, help us to recognize the gift of your Son Jesus, welcome him into our hearts with great joy as the Shepherds did that holy night. Amen

**Do:**

* Jesus comes like the morning star (the sun) from the east shining like a new day. As a family go outside or sit near a window before the dawn and **watch the sun rise.**
* God had prepared all things for his Son Jesus to come into the world that holy night. Together with your family, go outside at dark and **look to the night sky**. Marvel at the heavens, imagine the Angels appearing to the Shepherds, sing or hum the song O Come O Come Emmanual or O Holy Night. Try it Christmas Eve!