



CANA Advent "Family life is worth it!"

"Prepare the way for the Lord, make straight paths for him."

(Gospel according to Saint Luke chapter 3 verse 4)

Welcome to the Sunday #2 Advent proposal! If you haven't experienced it yet, the Sunday #1 proposal "Loving" is still available.

For this **Sunday #2 "Preparing"**, we propose a family time with a video testimony and a challenge, as well as a time of sharing as a couple with a short teaching.



A family experience

Video testimonial



Click to start the video

Family challenge: "Reconciling as a family".

After watching the testimonial video with your family, we suggest you light a candle, play some soft music and take a moment of silence.

Each member of the family asks forgiveness of another member in an exchange of words, in a letter or through a gesture (e.g. hugging, washing feet...). You can end these steps of reconciliation by blessing one another.

Let's also prepare our hearts for Christmas by sharing: as a family, let's find something nice to do for each other, a gift to make (toys, making and distributing cakes...).

Prayer: let's gather around the crib and light the second candle of the Advent wreath. "Our Father, who is the source of peace - through your son Jesus, help us to experience forgiveness within our family, may your Spirit of unity come."



a couple experience

To make the most of this time, we recommend the same tips as those presented on Sunday #1.

Video Topo :



Click to start the video

Sharing as a couple

First, take some time alone (about 10 minutes) to review the past week and reflect on the following points:

Last week in our daily life:

-I share with you the moment when I didn't listen to you, when I didn't open my eyes to your needs, when I didn't look at you with love...

-I open my heart to share with you a difficult moment between us.

Each person in turn shares what came to their mind during the time alone.

The other listens without interrupting or discussing, then shares in turn in the same way.

We then invite you to take some time together to discuss and choose a gesture of reconciliation towards each other. It could be a word, a gesture of tenderness, a moment of silence or a blessing...

If you wish, you can pray to the Lord together, asking him to come and give his spirit of forgiveness and reconciliation to each of you.

Conclude in a way that suits you, for example by saying the Lord's Prayer together.