



## CANA Advent "Family life is worth it!"

*"Sing, Daughter Zion; shout aloud, Israel! Be glad and rejoice with all your heart, Daughter Jerusalem!"*

(Book of Zephaniah chapter 3 verse 14)

Welcome to Advent Sunday #3. Our journey towards Christmas continues. After preparing our hearts for Jesus' coming by reconciling, let's take time today to rejoice.

For this Sunday #3, "**Rejoicing**", we're offering a family time with a testimonial video and a challenge, followed by a couple's time together after a short teaching.



## A family experience

### Video testimonial

### Family challenge: "Celebrating as a family".

Week #3 -  
SE REJOUIR/Rejoicing



**LE TEMOIGNAGE**  
TESTIMONY

[Click to start the video](#)

Today or in the coming week, organize a **festive family meal to celebrate together**: each member of the family takes part in the cooking, table decoration and entertainment...

To bring joy to the meal, let's look for 3 qualities in each family member.

Let's not forget to simply welcome to our table a person who is alone or in difficulty, for the joy of giving...

In the afternoons, let's take the time to be together, living good moments adapted to each age group and giving priority to everyone's expectations and talents: a family walk, a call to grandparents or godparents, a game or a crafting activity. Let's talk about what's important to us...

**Prayer:** Let's gather around the crib and light the third candle of the Advent wreath.  
"Our Father, give us joy in welcoming Emmanuel, God with us - may our family times radiate the joy that comes from you."



# a couple experience

To make the most of this time as a couple, we suggest you unplug your phone, make yourself comfortable and make sure you're not disturbed.

You can take some notes.

## Video Teaching :



## Sharing as a couple

This Sunday, we invite you to take some time alone in silence to give thanks for the joy of having your partner in your life.

Then you can write him a letter or record a short video to thank him for the things he does to bring you joy (gestures, words, attitudes...).

Come together afterwards to share the fruits of this moment alone.

**Celebrate** the joy of married life together! Be creative!

If you wish, you can pray to the Lord together, thanking Him for the gift of your spouse in your life, and asking Him to spread His joy in your hearts.