

Advent 2020



Since September, we have been on a journey to acclimate to a "spiritual basecamp." This spiritual basecamp consists of four commitments: (1) Praying 20 minutes daily with Scripture; (2) Monthly Confession; (3) Fasting on Fridays; (4) and daily giving time in service of others. While maintaining the "basecamp" commitments, we will embark on a special Advent journey. Below is our Advent calendar. Each day consists of a Scripture passage (to help guide daily prayer) and a unique Advent challenge. A digital copy of the calendar can be found on our website: <http://www.stgertrudeyouthministry.org/high-school>

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| First Sunday of Advent 29 Mark 13:33-37 Where are you spiritually? Take a few minutes to journal about your relationship with Jesus right now. | Feast of St. Andrew 30 Romans 10:9-18 Do the heroic minute today or tomorrow - when your alarm goes off, get out of bed and spend a few minutes in prayer. | 1 Psalm 72:1-17 Jesus is the light of the world. Turn to this light by refraining from unnecessary technology after 7pm. | 2 Isaiah 25:6-10 Ask a friend or family member - "What has been the most difficult part of today for you?" Be ready to listen and care for the person. | Memorial of St. Francis Xavier 3 Isaiah 26:1-6 St. Francis Xavier was a Jesuit. Before going to bed tonight, pray the Daily Examen (a common Jesuit prayer). Look it up on google. | 4 Psalm 27:1-14 Light a candle and turn out all the lights in the room so it is dark. Be still for 10 minutes and watch the candlelight. Remember to fast today | 5 Psalm 147:1-6 Today when you are waiting in line, take a deep breath and pray "Jesus I give this time to You." (And don't look at your phone.) |
| Second Sunday of Advent 6 Mark 1:1-8 Reflect on this past week. How was the Lord moving in your life? Where did you fall into sin? | Memorial of St. Ambrose 7 Psalm 85:9-14 Do the heroic minute. | Solemnity of the Immaculate Conception 8 Genesis 3:9-20 Jesus is the light of the world. Turn to this light by refraining from unnecessary technology after 7pm. | 9 Psalm 103:1-10 Pray at least five times today: "Jesus I trust You" | 10 Isaiah 41:13-20 Look up a Catholic prayer that you don't know and memorize it (Magnificat, Act of Hope, Litany of Trust, Memorare) | 11 Isaiah 48:17-19 Reflect on the hope of the Israelites. Where do you want to be more hopeful in your life? Remember to fast today | Feast of Our Lady of Guadalupe 12 Revelation 12:1-10 When was the last time you went to Confession? If it has been over a month, plan to go to Confession within the week. |
| Third Sunday of Advent 13 Isaiah 61:1-11 Reflect on this past week. How was the Lord moving in your life? Where did you fall into sin? | Memorial of St. John of the Cross 14 Psalm 25:1-9 Do the heroic minute. | 15 Psalm 34:2-11 Jesus is the light of the world. Turn to this light by refraining from unnecessary technology after 7pm. | 16 Isaiah 45:5-8 Create physical room for Jesus by organizing your room, getting rid of things you don't use, or clean a room in the house. | 17 Psalm 72: 1-17 Look up the "O Antiphons" and pray with them. | 18 Matthew 1:18-25 Pay attention to the Christmas lights outside. What would your life be like if the light of Christ didn't come? Remember to fast today | 19 Luke 1:5-25 Listen to all the lyrics of Silent Night by Hillsong Worship and reflect. |
| Fourth Sunday of Advent 20 Luke 1:26-38 Reflect on this past week. How was the Lord moving in your life? Where did you fall into sin? | 21 Luke 1:39-45 Do the heroic minute. | 22 Luke 1:46-56 Jesus is the light of the world. Turn to this light by refraining from unnecessary technology after 7pm. | 23 Luke 1:57-66 Do something unexpected for a family member. | 24 Luke 1:67-79 Christmas is a time where we give and receive gifts. What do you plan to offer to Jesus? What do you want Jesus to do in your life? | Nativity of our Lord 25 John 1:1-18 Spend an extra 10 minutes in prayer reflecting on the birth of Jesus. Rejoice! Jesus is born! | |