

WEEK ONE

Vigilant Waiting

OPENING PRAYER

Grant your faithful, we pray, almighty God, the resolve to run forth to meet your Christ with righteous deeds at his coming, so that, gathered at his right hand, they may be worthy to possess the heavenly Kingdom. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

VIDEO REFLECTION

After watching the video, use the questions below for personal reflection and group discussion.

What are some distractions in your life that you can minimize or eliminate to help you grow closer to God?

Can you think of a time when you recognized God acting in your life? Perhaps you first thought it was a coincidence?

What are some practical ways you can better watch for God's movement in your life?

How can you grow personally in the art of patience?

What is one thing you can do this Advent to focus on this beautiful season and avoid falling into the trap of "instant Christmas"?

**How often do you take time to just sit in silence and listen for the voice of the Lord?
What keeps you from doing this?**



SPIRITUAL PRACTICE

NIGHTLY EXAMEN

Each night, before falling asleep, take a few minutes to prayerfully review your day.

Thank and praise God for the good things that happened in the day.

Notice how He was present in your life.

Identify times when you struggled, failed, or sinned. How can you do better in these areas tomorrow?

Spend some time in prayer and silence, both speaking to and listening for God.

CLOSING PRAYER

ROSARY

To conclude the session, pray the Joyful Mysteries of the Rosary. Use Bishop Hying's video found at [MadisonDiocese.org/Joyful](https://www.MadisonDiocese.org/Joyful)

If time does not permit a full Rosary, consider praying one decade.