Alert & Awake

1ST SUNDAY IN ADVENT · YEAR C



1. Gather & Share Food / Drink

25 MINS

2. Worship Music 10 MINS

3. Read the Sunday Gospel 5 MINS

LUKE 21:25-28, 34-36

Jesus said to his disciples: 'There will be signs in the sun and moon and stars: on earth nations in agony, bewildered by the clamour of the ocean and its waves; men dying of fear as they await what menaces the world, for the powers of heaven will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. When these things begin to take place, stand erect, hold your heads high, because your liberation is near at hand.'

'Watch yourselves, or your hearts will be coarsened with debauchery and drunkenness and the cares of life, and that day will be sprung on you suddenly, like a trap. For it will come down on every living man on the face of the earth. Stay awake, praying at all times for the strength to survive all

4. Personal Sharing based on the Gospel

5-10 MINS

In the weeks before meeting today, a member of the group was invited to prepare a short, 5-10 minute sharing on how this Gospel reading connects with their life and relationship with Jesus. They have considered the questions below in the process of preparing their sharing:

- a. Jesus calls us to "watch yourselves or your hearts will be coarsened". Have you experienced feeling dull, complacent or coarsened in your faith? How do you continue to live out your faith today when there are so many distractions?
- b. We need to stay awake, praying always for the strength to survive. What has this looked like in your life? Where do you most need God's strength in your life? Do you have an experience where you know God's strength helped you?

5. Smaller Group Discussion

20 MINS

Break into smaller sharing groups of 3-5 people and discuss the following questions.

- a. What really struck you from the personal sharing? Have you had a similar experience?
- b. Respond to the sharing prompts in section 4, to break open the Gospel.
- c. What has been one high point and one challenge in your faith Journey since we last met?

6. Prayer in **Small Groups**

15 MINS

Remain in your smaller discussion groups for a time of prayer.

- a. Conscious of what has just been shared, briefly name/describe your prayer needs.
- b. Intentionally call on the Holy Spirit to be present (e.g. "Come Holy Spirit, please be present as we pray")
- c. Move to prayers of thanks and praise to God
- d. Pray for each other's prayer needs. Where appropriate, you may like to encourage the group to place a hand on the shoulder of the individual that you are currently praying for.
- e. Conclude your prayer time with another prayer of praise, perhaps reciting the 'Glory Be' or similar prayer.

7. Closing Prayer 5 MINS

After you have had time to pray for one another in your smaller groups, a leader closes the evening with a final prayer in the large group.