

Family Fresh Expressions
Advent 1
Sunday 29th November 2020
Adapted from © ROOTS for Churches Ltd

Introductory Activity

Sit together or alone in the dark and start a timer on your watch/phone. See if anyone can guess when a minute has passed. If they are wrong by more than five seconds, begin again. Do this until someone gets it right, or until you can make the point that time seems to stretch on and on when we are waiting. Talk together about examples of some difficult times people have to wait through, you can also talk about the current situation.

Read the following story



'Keep watching,' said Jesus. 'Nobody knows when the Son of Man will come back to earth. Not even the angels, or the Son. The Father knows, though, and he will send clues.'

'Keep watching. There will be days of suffering; after that the sun will be darkened; the moon will stop shining; stars will fall and the powers in heaven will be shaken. Then the Son of Man will come in the clouds. He'll gather his chosen people from everywhere on earth.'

'Keep watching,' Jesus said. 'I'm telling you all this so you'll be ready. When you see new shoots growing on the trees, you know summer is coming. When you see the things I've described, you'll know that the Son of Man is coming. Heaven and earth will come to an end, but my words will last for ever.'

'Keep watching. Be ready. Imagine a man going on a trip and leaving his servants in charge of his house. They don't know when he's coming back, but they know when he gets home he'll want something to eat and expect the house to be in order. The doorkeeper will have to stay awake because the man may return in the evening, or at midnight, or when the cock crows in the morning. If the servants doze off, he'll come home and find them asleep.'

'That's why I say keep watching,' Jesus repeated. 'Keep awake.'

Watch! Listen! Be ready!
Jesus told us that he is coming back, but we don't know when that is going to happen. Jesus wants us to watch for the signs that he is coming, to listen, and to get ourselves ready for his return. **Watch! Listen! Be ready!**

If you are reading this with young children you might turn it into an action story as follows.

Sit in a circle and practise actions for: 'watch' (*make glasses with fingers round eyes*), 'listen' (*cup hands round ears*) and 'ready' (*stand to attention*).

Play Together

Draw some pictures of the signs of God's coming from the story above from Mark's Gospel, e.g. a sun and moon crossed out, the stars falling..... How many signs can you find?

Create

Over the next few weeks consider how you might retell the story of Christmas for displaying on your window. If you haven't already found it head to the Scottish Bible Society website, locate resources and Christmas window. To find the Christmas Story in 10 parts along with art materials and suggestions for your window display.

Praise

Light a candle to remind you it is the first Sunday in Advent as you sing (to the tune of 'Twinkle, twinkle, little star'): Light the Advent candle one, shining brightly as the sun. We are watching for the Lord. We believe and trust His word. Light the Advent candle one, shining brightly as the sun.

Pray

Make the room dark and gather together around a candle. Spend some time in quiet, watching the flame of the candle.

Christmas reflection

Scene 1: Rules and reflection

Luke 2.1-5

In those days, a decree went out from Emperor Augustus that all the world should be registered. This was the first registration and was taken while Quirinius was governor of Syria. All went to their own towns to be registered. Joseph also went from the town of Nazareth in Galilee to Judea, to the city of David called Bethlehem, because he was descended from the house and family of David. He went to be registered with Mary, to whom he was engaged and who was expecting a child.

By order of the Roman Emperor

Everyone must go to their hometown to register the people in their home.

Now - and then

How might our response to living with frequent directives and legislation from central authorities through a pandemic reflect the reaction of those living in the Middle East at the time of the nativity?

How much grumbling really was there, or were people happy to acquiesce to Roman rule? There may be more resonance between ourselves and the Holy Family at this time than we imagine.

Can we draw closer to Mary and Joseph's experience because of our current circumstances?

Conversation and reflection

- How might you relate to Joseph or Mary's position on hearing about the requirements of the census?
- How have your response and feelings to the guidelines and restrictions evolved over the course of the pandemic?
- What might a Christian response to the current restrictions look like?

Bake Off: Microwave mug cake

<https://www.bbcgoodfood.com/recipes/microwave-mug-cake>

- Prep: 5 mins
- Cook: 2 mins
- Easy
- Serves 1

Ingredients

4 tbsp self-raising flour
4 tbsp caster sugar
2 tbsp cocoa powder
1 medium egg
3 tbsp milk
3 tbsp vegetable oil or sunflower oil
a few drops of vanilla essence or other essence (orange or peppermint work well)
2 tbsp chocolate chips, nuts, or raisins etc (optional)

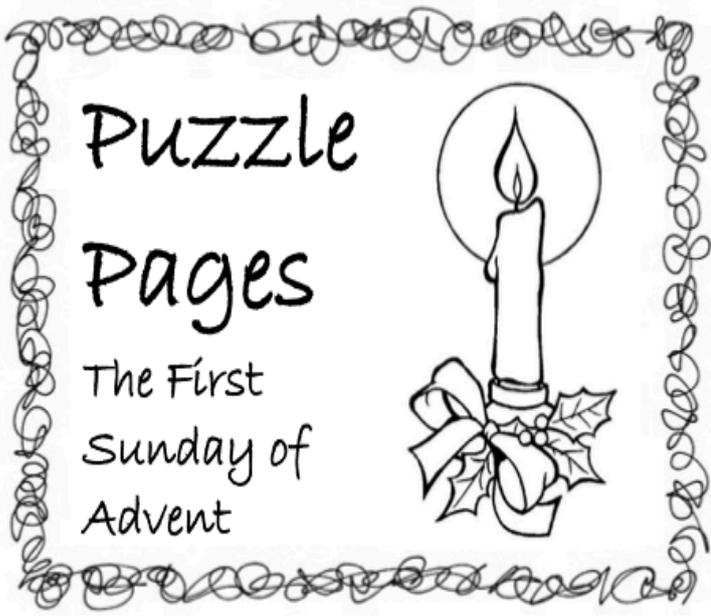
Method

- **STEP 1** Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.
- **STEP 2** Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.
- **STEP 3** Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.
- **STEP 4** Centre your mug in the middle of the microwave oven and cook on High for 1½ - 2 mins, or until it has stopped rising and is firm to the touch.

Take Away Ideas - Questions to discuss

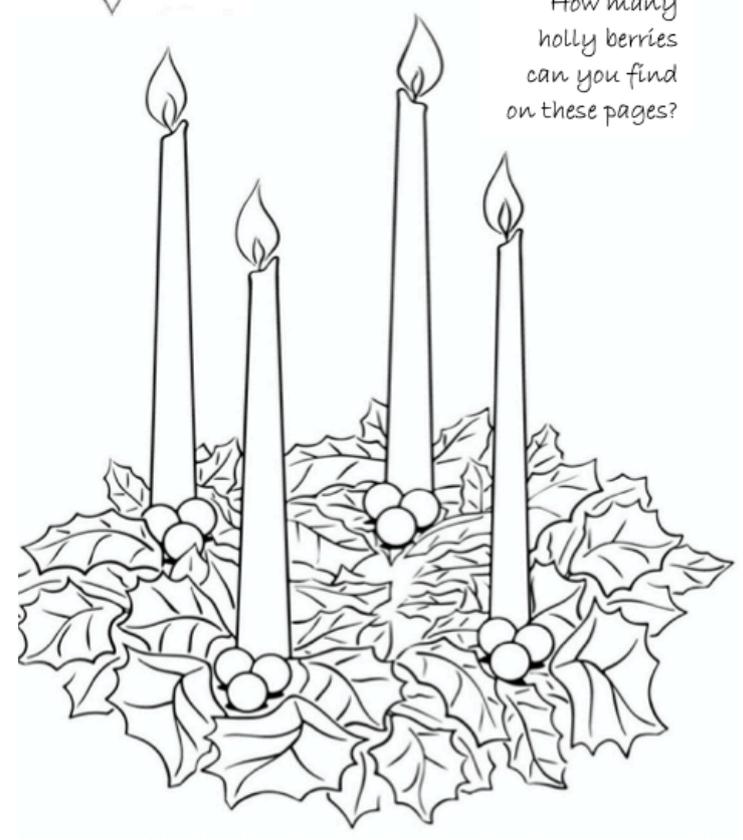
- What's the longest you have ever had to wait for something?
- Do you think this passage is more about hope or hopelessness?
- What does it mean for you to be ready for Jesus?

Light in our darkness, hope in our despair, be with us in this week ahead.
Amen.



This is an Advent wreath. We light one candle each week. Colour the picture but colour only one flame.

How many holly berries can you find on these pages?



The 1st candle of Advent is for Hope. It is the "Prophet's Candle", reminding us that Jesus is coming.

Some of the letters below have got mixed up. Can you sort them out to find out what the prophet Isaiah said about Jesus?

The Lrod hismefl will vige you a gnsi. kLoo, the ngyou wonam is with idlch and hasll reba a nos, and hasll naem him Emmaluen.

(Isaiah 7:14)

<https://reflectionaryb.files.wordpress.com/2016/11/advent-1.pdf>

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
13				17				18						24				2	10	22					

T E O S A S " E T E E
 10 15 17 7 24 4 26 2 13 11 2 20 17 10 15 7 17 15 17 3
 E AT A OU A E O E O
 17 8 15 4 13 10 15 13 15 11 24 22 13 4 17 24 6 17 24 1
 T E S A E S T T O S I U A
 10 15 17 2 3 13 7 7 17 2 10 10 24 5 6 2 18 6 21 22 26 13 15
 U T O U T O O U I I I
 20 22 10 24 22 10 24 1 11 24 22 18 5 18 7 7 20 4 18 6 9
 A U E O I S A E O S E
 13 4 22 7 17 4 1 24 4 18 2 4 13 17 7 5 15 24 2 17
 A I I E O E S A T O
 1 13 3 18 7 11 7 18 6 17 9 24 17 2 20 13 19 25 10 24
 A I E T T I E S I A 5:2
 13 6 19 18 17 6 10 10 18 3 17 2 3 18 19 13 15



J I S A I A H U E C
 M E H E L H T E B H
 Y Q R J O S E P H E
 S U S E J O R N U M
 J K G G M I A Y I Q
 I N C Z Y I Z C X L
 E M M A N U A L T N
 V A E S O H N H F E
 F R E X Z O C R P D
 H Y G A B R I E L L

Which four names in this wordsearch are prophets who foretold Jesus' birth?

- BETHLEHEM
- HOSEA
- JESUS
- MICAH
- EMMANUAL
- ISAIAH
- JOSEPH
- NAZARETH
- GABRIEL
- JEREMIAH
- MARY

