

Prepare in Silence
December 4, 2022
2nd Sunday of Advent

ARCHDIOCESE OF SEATTLE

At Home with Faith

The gift of silence is increasingly hard to find these days. Take 15 minutes of silence with your family in silence to rest with the Lord.



Read

Take time to read and reflect on the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

The average American home has 11 devices connected to the internet. Many of those devices are always on and always working to capture our attention. Our digital age makes it harder to find silence.

That's why families should take advantage of this beautiful Advent season to create space for silence in their homes by taking 15 minutes each day of silence. At first, we might feel distressed without the noise to which we have become accustomed. But, with time, that gift of silence will open our hearts to the depth of God's love for us.

Isaiah 11:1-10

The lion shall lie down with the lamb.

Psalms 72

Justice shall flourish in his time.

Romans 15: 4-9

May God encourage you to think in harmony with one another.

Matthew 3:1-12

Prepare the way of the Lord, make straight his paths.

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Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

Take a moment to watch Fr. Justin Ryan's video reflection with your children. Ask them:

- Can you think of a time that you found silence to be a gift?
- How do you think we could create more space for silence in our home?

Find more Advent prayer resources at <https://archseattle.org/Advent/>



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Check out Fr. Justin Ryan's reflection on "Silence" and other resources on Archdiocese of Seattle's webpage, **Advent: the Ultimate Gift.**

Check out the Office of Marriage and Family Life's resources for **Managing Technology and Making Space for God in our homes.**

For more resources, visit us online at:

<https://www.athomewithfaith.org>