

The First Sunday in Advent



The word "[Advent](#)" comes from the Latin word *adventus*, which means "coming." Advent in the 4th and 5th century was a time of preparation for the [baptism](#) of new Christians. Christians would spend 40 days in prayer and fasting to prepare for the celebration that accompanied the baptism of new believers.

This candle of HOPE symbolizes promises delivered through the prophets from God as well as the hope we have in Christ. God crafted a great rescue plan that he lays out in Scripture. This plan foretells years in advance the arrival of Christ. The Bible also gives us a glimpse of the future, and promises that God will come down to create a new heaven and Earth.

This first Sunday of Advent we read, pray, and reflect on the hope God's plan gives us (foretold by the prophets and fulfilled by the life and death of Christ), and we meditate on the promise of Christ's coming glory-filled return.

A Prayer for the First Sunday of Advent

Father, let your hope arise in our hearts! Lift our eyes up to see that you alone are where our hope comes from. Help us to shake off the anxiety, discouragements, and distractions that have filled this year.

May we pause to remember that we have hope in you. Amen