



## Advent Exercise

Use this time of Advent to help your family prepare your gifts for the newborn King. Like the Magi, work on presenting our Lord with 3 gifts one of Gold (choose a spiritual or corporal work of mercy to be done during Advent), one of myrrh (some sacrifice that makes room for Jesus coming into your soul) and Incense (What prayers will you and your family offer our Lord this Advent).

GIFT of MAGI	SYMBOLIC MEANING	VIRTUE	MY GIFT
Gold	For the King	Golden rule = charity	
Myrrh	For His burial	Myrrh for mortification	
Incense	For His divinity	Incense of prayer	

### 1. GOLD:

<p><b>The corporal works of mercy:</b>            To feed the hungry;            To give drink to the thirsty;            To clothe the naked;            To harbor the harborless;            To visit the sick;            To ransom the captive;            To bury the dead.</p>	<p><b>The spiritual works of mercy:</b>            To instruct the ignorant;            To counsel the doubtful;            To admonish sinners;            To bear wrongs patiently;            To forgive offences willingly;            To comfort the afflicted;            To pray for the living and the dead.</p>
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## **2. MYRRH:**

- Work on practicing a virtue that you are in need of.
- Give up some selfish pleasure that keeps you from prayer and quality time with your spouse and family.

## **3. INCENSE:**

### **1. Pray the Joyful Mysteries of the Rosary as a couple (daily or weekly)**

### **2. Prayer for the Family**

God, Our Father, loving and merciful, bring together and keep all families in perfect unity of love and mutual support.

Instill in each member the spirit of understanding and affection for each other.

Keep quarrels and bitterness far from them, and for their occasional failures instill forgiveness and peace.

May the mutual love and affection of parents set a good example.

Instill in children self-respect that they may respect others and grow in mature independence.

May the mutual affection and respect of families be a sign of Christian life here and hereafter, through Jesus Christ, our Lord and Savior.

Amen.

### **3. Advent Prayer:**

My hidden Lord Jesus, I love You and thank You with profound gratitude for uniting Yourself with fallen humanity. When You first entered into this world, You remained hidden for nine months in the immaculate womb of Your Blessed Mother. She carried You, body and blood, soul and divinity, within the sanctuary of her body. She also carried You within her heart as a result of her perfect love for You and her perfect obedience to the will of the Father.



Precious Lord, as I embrace this Advent Season, please open my eyes to see the great value and blessing of Your Incarnation. Help me to discover Your hidden presence in this world and within my own soul. I desire to see, understand and experience the profound effects that Your Incarnation has on my life and I desire to receive those effects more fully this Advent. May I become a sanctuary in which You dwell so that I, like Your dear Mother, may bring Your presence into the world.

My loving Jesus, I choose You, this Advent, as my King and my God. I abandon myself to You and seek to put all my trust in Your tender care. Draw me close to You and free me from my sin so that I may love You with a pure and holy heart.

Mother Mary, as You carried your dear Son in your immaculate womb, you also carried Him in your heart. Pray for me, this Advent, that I may surrender myself to the will of the Father in imitation of you. You said “Yes” to all that God asked of you and never hesitated to fully embrace His divine will. Pray that I may imitate your perfect example so as to share a deeper union with you and your divine Son.

Come, Lord Jesus,

Come, Lord Jesus,

Come, Lord Jesus!

Amen.