

# Waiting WELL

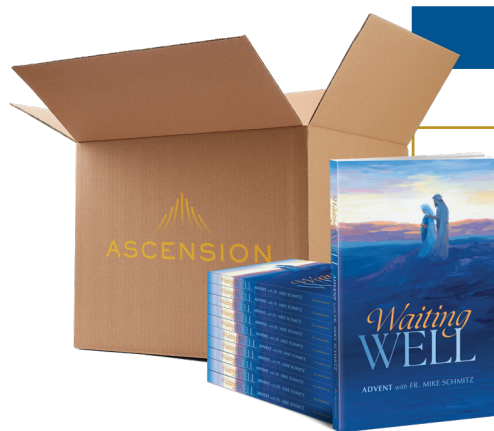
ADVENT with FR. MIKE SCHMITZ



## STEP BY STEP: How to Embrace *Waiting Well* in your Parish or Small Group

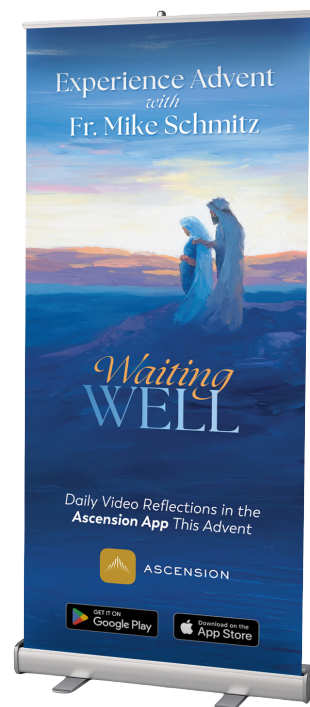
### Before Advent

- Order the *Waiting Well* journals in bulk for your group or parish. Here are the bulk discounts:



INDIVIDUAL COPIES	PRICE
1-9 copies	\$13. <sup>95</sup> per copy
10-19 copies	\$8. <sup>50</sup> per copy
BOXES OF 20	PRICE
1-4 boxes	\$5. <sup>95</sup> per copy (\$119/box)
5+ boxes	\$3. <sup>50</sup> per copy (\$70/box)

- When you order at least 5 boxes of 20 (100 journals) you will receive a FREE full-color pop up banner.
  - » Note: Ascension covers the cost of the banner and shipping. The banner ships separately from the journals, so normal shipping costs apply to the journals. Offer valid only in the U.S.



- Spread the word! Use these [free resources](#) from Ascension, including a flyer, a poster, a bulletin announcement, and a pulpit announcement.
- Distribute the journals after Mass, or make them available near the church entrance on a table near the *Waiting Well* banner.

## During Advent

- Arrange for your small groups to meet once a week during Advent. This could be on either a Saturday or Sunday to start the week off together in community. These meetings can be structured in 75 to 90 minute sessions:

Opening prayer	5 mins.
Watch the Sunday Homily video (available for free on YouTube)	30 mins.
Optional: Invite each member to share a high and a low for the week	5-10 mins.
Go over the weekly reflection questions as a group	30-40 mins.
Closing prayer	5 mins.

- Encourage participants with children to use the *Waiting Well* Family Resources, which are available in the journal at the beginning of each week.

## First Week of Advent

- Begin your weekly meeting in prayer. This could be either a prayer of your own that is centered around anticipating the season of Advent, or you can use the weekly prayer from the Family Reflections section of your Advent journal:
  - » O Lord, who bestowed on us your Son, keep our steps faithfully pointed toward you and our path right. This Advent, draw us closer to your glory, will, and way. Help us to illuminate the struggles that we may face during this time of anticipation so that we may better delight and rejoice in your coming. We ask this in your name, our Lord, Jesus Christ. Amen.
- After watching the Sunday Homily with Fr. Mike Schmitz for this week, take some time to discuss and reflect on the video.
  - » What insights did Fr. Mike give for us to consider this Advent? How is God calling us to serve him during this season?
  - » Consider the present moment from a new perspective. Are there matters you have been unconsciously dismissing as unimportant?
  - » What are some small signs of God at work in your life that you may have overlooked?

- Create a challenge for the week (whether it's a prayer challenge, a reflection challenge, or a moment of silence). Let this challenge be something that helps you intentionally work through the season of Advent so that you're focusing on Christ.

## Second Week of Advent

- Begin your weekly meeting in prayer. This could be either a prayer of your own that is centered around this time of waiting, or you can use the weekly prayer from the Family Reflections section of your Advent journal:
  - » Lord, guide our thoughts and words as the birth of your Son draws near. Help us to overcome our shortcomings and be more like Mary, our Mother. Guide us through this week so that we may appreciate every blessing and respond with Mary's joy. Amen.
- After watching the Sunday Homily with Fr. Mike Schmitz for this second week of Advent, take a few minutes to discuss how this past week went.
  - » Did you find ways to change your perspective on Advent and slow down?
  - » What was holding you back from finding peace?
  - » What are some of the greatest sources of your worry right now, and do they stem from a lack of trust in God's timing or goodness?
  - » Think about examples in your life of God's timing or goodness that disprove the need for this worry.
- Create a challenge for the week (whether it's a prayer challenge, a reflection challenge, or a moment of silence). Let this challenge be something that helps you intentionally work through the season of Advent so that you're focusing on Christ.

## Third Week of Advent

- Begin your weekly meeting in prayer. This could be either a prayer of your own that is centered around the excitement of Christ's birth, or you can use the weekly prayer from the Family Reflections section of your Advent journal:
  - » Recast, O Lord, my heart within your flame; rebuild me as a tower to brave the dark and let your light take up its home in me, a beacon to each lone and wayward bark. Grant that each lost, oppressed, and weary soul may find safe harbor in my own heart's port and find fit welcome after roaming far, their ships come safely home within your court. Amen.
- After watching the Sunday Homily with Fr. Mike Schmitz for the third Sunday of Advent, take some time to discuss how your week went.
  - » Were you able to find ways to listen to God's call? Did you find that this was difficult to do? What did you struggle with when trying to be a more intentional listener?
  - » Sometimes, seeing the potential in others, we get frustrated that they aren't making the spiritual progress we think they could. Who can you be more patient with, just as the farmer is patient with the seed?

- Create a challenge for the week (whether it's a prayer challenge, a reflection challenge, or a moment of silence). Let this become something that helps you intentionally work through the season of Advent so that you're focusing on Christ.

## Fourth Week of Advent

- Begin your weekly meeting in prayer. This could be either a prayer of your own that is centered around thanksgiving and praise for Christ's birth, or you can use the weekly prayer from the Family Reflections section of your Advent journal:
  - » My Jesus, hold me in your loving gaze as I yield all I am and all I've been unto your sight. I ask that you might raise my sight to meet your own, renew again my trust and my surrender to your ways, and grant me the courage which such openness demands. Grant then, O Lord, that I may all my days behold your face, be held within your hands. Amen.
- After watching the Sunday Homily with Fr. Mike Schmitz for last week of Advent, take some time to discuss how your week went. Since this will be the final meeting before Christmas, think of a few challenges delete you would like to try to overcome or work on to help you celebrate the season of Christmas.
  - » In what ways might you further direct yourself to Christ?
  - » How do you plan to celebrate Christ's birth?
  - » Habakkuk 3:17-18 (RSV-2CE) reads, "Though the fig tree does not blossom, ... yet I will rejoice in the LORD, I will joy in the God of my salvation." What was one of your dearest desires for this Advent, and does it threaten to shake your faith if not fulfilled?
  - » What would a joyful life look like with the fulfillment of this desire? How might you work to achieve this?
- Create a challenge for the week (whether it's a prayer challenge, a reflection challenge, or a moment of silence). Leading up to the final days before Christmas, take time to pray. Let these last few days be a moment of deeper reflection and appreciation for this Advent season. Consider how God has changed your heart throughout this time.

**More questions?** Please contact us, we'd love to hear from you!

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