

Joy to the World

*An Advent Journey
with the Angelus*

Advent is a joyful season of anticipation and preparation for our Lord's birth. On the first Sunday of Advent in 1986, St. John Paul II invited the faithful to join him in praying the *Angelus*, the prayer that takes its name from the angel's message to Mary: "Rejoice ... the Lord is with you."*

Joy to the World: An Advent Journey with the Angelus invites you to do the same. Using this prayer journal, you will develop a habit of praying the *Angelus* daily—drawing you closer to Jesus through Mary, deepening your prayer life, and leading you into Scripture, all while preparing your heart for the coming of Christ at Christmas.

The *Angelus* is a prayer that focuses on the Incarnation of Christ, and every line draws you into a different part of this pivotal moment in salvation history. Each week of Advent focuses on a different line of the prayer, opening with a *visio divina* meditation on sacred art and a reflection, and closing with daily Scripture-based meditations, journaling prompts, and small group discussion questions. Each Sunday, you'll have free access to Fr. Mike Schmitz's Sunday Advent homilies for individual reflection or small group discussion.

By journeying through Advent with *Joy to the World*, you will strengthen your understanding of God's love for you and learn what it means to live each moment of your life with joy.

*John Paul II, *Angelus* message (November 30, 1986), vatican.va.

FOR MORE INFORMATION