

HEART OF THE CHURCH INSTITUTE

ADVENT 2021

A close-up photograph of a lit candle. The candle is white and cylindrical, with a bright, yellow-orange flame rising from the center. A wooden matchstick is positioned horizontally across the top of the candle, with its tip resting on the wax just to the left of the flame. The background is dark and out of focus, featuring several soft, glowing bokeh lights in shades of orange and yellow, suggesting other lit candles or warm ambient lighting.

WORDS OF LOVE

AN ADVENT CHALLENGE FOR FAMILIES

#HEARTOFTHECHURCHADVENT

Mother Theresa says, "the hunger for love is much more difficult to remove than the hunger for bread."

Spread words of love this Advent season! Use this Advent family activity as a tool for building up virtue in your home.

Materials you need:

Scissors

A Mason Jar

Printer with Paper or Pen and Paper

Directions:

Print or write out these words on a piece of paper. Cut each word out and fold each piece up. Place the words in a mason jar.

During dinner time, have one member of a family take a word out of the jar. Ask another member to unfold it and read it aloud. Give each family member a turn talking about someone who models the character trait or virtue listed on the paper.

Dependability

Loyalty

Servant leadership

Detachment

Honesty

Courage

Endurance

Perseverance

Faith

Prudence

Kindness

Generosity

Forgiveness

Patience

Gentleness

Hopefulness

Joyfulness

Bravery

Wisdom

Flexibility

Gratitude

Helpfulness

Humility

Purity

Self-Discipline

Wonder

Tenderheartedness

Hospitality

Empathy

Courtesy



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