Advent is a time of preparation and prayer. To help in your preparation and prayer, the office of Faith and Family Formation has put together an Advent Challenge. This challenge is encouraged to be done with your household whether you are a house of one or a house of many. Each week there are various tasks you can complete and check off. For every item you check off each week and submit your final checklist to Benjamin Colwell, the director of Faith and Family Formation at the end of Advent, you will be entered into a raffle to receive a small decorative nativity set for your home for each checked task! Checklists can be emailed to bcolwell@cbna.org or mailed to 1316 Pegger Road Fairbanks, AK 99709.

God bless and happy prepping!

WEEK ONE (Nov 28-Dec 4)
- Pray before a meal
  “Bless us oh Lord, and these your gifts, which we are about to receive from your bounty through Christ our Lord, Amen.”
- Pray an Our Father once a day
- Pray a Hail Mary once a day
- Pray a Glory Be once a day
- Invite one person to pray with you
- Share with someone something you are thankful for, and ask them to share something they are thankful for at least two times this week
- Pray for someone at least two times this week
- Read the Gospel for the first Sunday (Luke Chapter 21 Verses 25-36) Ask yourself how your heart may be drowsy, and what you may do to prevent your hearts drowsiness
- Attend Mass or Eucharistic Service

WEEK TWO (Dec 5-11)
- Pray before three meals “Bless us oh Lord, and these your gifts, which we are about to receive from your bounty through Christ our Lord, Amen.”
- Pray after a meal “We give you thanks, for all the good that comes from this meal, oh Lord, who feeds us, Amen”
- Pray and Our Father once a day
- Pray a Hail Mary once a day
- Pray a Glory Be once a day
- Invite three people to pray with you this week
- Ask a family member why faith is important to them
- Pray the Rosary once this week (1 Our Father Followed by 10 Hail Mary and 1 Glory Be. Repeat 5 times)
- Read the Psalm for the Second Sunday of Advent (Psalm 126)
- Read the Gospel for the Second Sunday of Advent (Luke Chapter 3 Verses 1-6) Reflect on your family and the ancestry you come from and how that ancestry has shaped your faith.
- Attend Mass or Eucharistic Service
WEEK THREE (Dec 12-18)

☐ Pray before every meal “Bless us oh Lord, and these your gifts, which we are about to receive from your bounty through Christ our Lord, Amen.”

☐ Pray after three meals “We give you thanks, for all the good that comes from this meal, oh Lord, who feeds us, Amen.”

☐ Pray and Our Father once a day

☐ Pray A Hail Mary once a day

☐ Pray a Glory Be once a day

☐ Invite three people to pray with you this week

☐ Sit in silence twice this week for a half hour inviting God to just be with you

☐ Pray the Rosary three times this week (1 Our Father Followed by 10 Hail Mary and 1 Glory Be. Repeat 5 times)

☐ Pray before going to sleep every night this week.

☐ Ask three people how you can pray for them, and then pray for them

☐ Ask a friend why their faith is important to them

☐ Openly discuss faith at least once with your household (why do you pray, what do you like about prayer, how is God working in your life)

☐ Read the Psalm for the third Sunday of Advent (Isaiah Chapter 12, verses 2-6)

☐ Read the First Reading for the third Sunday of Advent (Zephaniah Chapter 3 Verses 14-18)

☐ Read the Gospel for the third Sunday of Advent (Luke Chapter 3 Verses 10-18) Reflect on how John the Baptist points his followers to Jesus and reflect upon how you are leading others to Jesus.

☐ Attend Mass or a Eucharistic Service

WEEK FOUR (Dec 19-25)

☐ Pray before every meal “Bless us oh Lord, and these your gifts, which we are about to receive from your bounty through Christ our Lord, Amen.”

☐ Pray after every meal “We give you thanks, for all the good that comes from this meal, oh Lord, who feeds us, Amen.”

☐ Pray the Rosary every day this week (1 Our Father Followed by 10 Hail Mary and 1 Glory Be. Repeat 5 times)

☐ Invite five people to pray with you this week

☐ Ask three people how you can pray for them and pray for them

☐ Openly discuss faith with your household at least two times this week

☐ Pray before going to sleep every day this week

☐ Pray when you wake up every day this week “Thank you, God for this day. Help me seek you always, and continue to use the gifts you have given me to serve You today”

☐ Pray for the deceased “May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.”

☐ Spend at least one hour talking with a member of your family three times this week

☐ Pray with a saint asking for them to take your prayers to God. (Saint Thérèse of Lisieux, Saint Kateri Tekakwitha, Saint John Paul II, Saint Francis, or any other saints)

☐ Read the First Reading for the fourth Sunday of Advent (Micah Chapter 5 Verses 1-4)

☐ Read the Psalm for the fourth Sunday of Advent (Psalm 80)

☐ Read the Second Reading for the fourth Sunday of Advent (Hebrews Chapter 10 Verses 5-10)

☐ Read the Gospel for the fourth Sunday of Advent (Luke Chapter 1 Verses 39-45) Reflect upon the role of Mary within your faith, do you turn to her to help you get closer to Jesus?

☐ Attend Mass or a Eucharistic Service