An Advent Sojourn
with *How to Advent* and *Adventus*

Enter Advent with intention using this pathway built around How to Advent and Adventus: A Spiritual Pilgrimage. Prepare your heart in the weeks before the season begins, then move through Advent with Scripture, reflection prompts, and journaling invite participants into a spiritual pilgrimage toward Bethlehem.

Crafted with beauty and utility in mind, the *Sojoujrn* journal is designed to offer an oasis in the midst of a hectic time of year and to draw you into a habit of prayer and journaling.

AT GLANCE

Sessions	5
Content Runtime	1hr 28min
Liturgical Season	Advent
Content	How to Advent Adventus
Content Language Offerings	English Spanish

WHAT PARTICIPANTS WILL LEARN

- An understanding of Advent as a season of active preparation for Christ's coming, at Christmas and at the end of time
- Personal Advent resolutions and a rhythm of prayer, Scripture, and journaling to carry them through the season

WAYS TO RUN THIS PATHWAY

One Day Retreat	Run a one-day Advent retreat for your parish
Weekly Sessions	5 1-hour sessions

PATHWAYS RESOURCES

Video Content

- How to Advent Episodes 1-4
- Adventus: A Spiritual Pilgrimage

Pathway Resources

See all pathway information and materials on the Formed Resource Center

- Videos
- Discussion Materials
- Additional Support

ADDITIONAL RESOURCES

- The Birth of the Messiah: Mary and the Mystery of Christmas with Brant Pitre
- What Catholics Believe About Advent: Preparing Your Heart for Christ
- Christmas | Sacred Art

Video Content

Episode 1. Counting Down to Christmas – Celebrating ADVENT as a Catholic **14 minutes**

What is Advent, anyway? A countdown to Christmas? Mini-Lent? Sweater season? An acceptable excuse to eat 24 tiny chocolates out of 24 tiny compartments?

In this episode of How to Advent, we learn about why Advent is a season of longing as well as hope – and how Advent calendars have anything to do with celebrating this season as a Catholic! As we await the birth of the Messiah, how can we better live in this spirit of hope and anticipation?

Episode 2. Catholic Guide to the Advent Wreath – Finding Purpose in the Waiting **12 minutes**

The Advent wreath is an invitation to enter into the waiting and preparation for the birth of our Savior! As we explore the meaning of the Advent wreath – its light, colors, and components – we can better grasp how we should be preparing our hearts. As the light from the candles grows brighter and brighter throughout the four weeks of Advent, so too grows our longing for the coming Light of Christ.

Episode 3. The Jesse Tree EXPLAINED – The (Not) Christmas Tree You've Never Heard of **13 minutes**

Everyone knows what a Christmas tree is. But have you heard of a Jesse tree?
The often-forgotten Jesse tree reminds us of God's faithful fulfillment of all his promises (of which there are so many throughout all of salvation history!). In Christ, he keeps every promise he has made, from Adam and Eve to John the Baptist. His promises of peace and salvation apply not just to ancient Israel, but to all of us today. Join us in learning about this hidden gem of an Advent tradition and how it can help you and your family walk through Advent in the light of Sacred Scripture.

Video Content (Continued)

Episode 4. There's More to Your Nativity Scene than You Thought **17 minutes**

When you really think about the nativity scene – it's kind of a shocking story. But if our Lord didn't hesitate to be born among donkeys and hay, why would he hesitate to involve himself in the mess of our daily lives? In Bethlehem, Jesus entered fully into our messy, cold, dark world. He wasn't embarrassed to enter into our poverty. In this episode, we explore the incarnational meaning of the nativity set, traditions to follow within your own family, and how we're not only preparing for the birth of Christ that happened 2000 years ago – but the present reality that Christ will one day come again for us. Are you ready?

Adventus: A Spiritual Pilgrimage **33 minutes**

Take a stunningly beautiful, virtual Pilgrimage to the Holy Land to see the places associated with Christ's birth.

Additional Resources

The Birth of the Messiah: Mary and the Mystery of Christmas w/ Brant Pitre **36 minutes**

Join Dr. Brant Pitre as he turns to Sacred Scripture to contemplate the mystery of Christ's birth through the Virgin Mary.

What Catholics Believe About Advent: Preparing Your Heart for Christ **9 minutes**

In this episode of What Catholics Believe, Fr. Chris Martin explains what Advent is, why the Church celebrates it, and how Catholics can enter more deeply into this season of preparation. Discover the meaning behind the colors of Advent, the difference between Advent and Christmas, and how Scripture — from Mary and Joseph to John the Baptist — teaches us to be a people awake and ready for the Lord's coming.

Christmas | Sacred Art **22 minutes**

Join Dr. Ben Akers and Taylor Kemp as they look at the painting Adoration of the Shepherds by Gerard van Honthorst to celebrate the Nativity of our Lord. This famous painting reveals the Christ Child as the light that has come into the world and also depicts the Blessed Mother, St. Joseph, and the shepherds to be models of adoration to our humble Lord who came as a helpless baby.

Use Cases

1 Day Retreat | *See full guide in journal workbook*

9:00 AM	Welcome and gathering
9:15 AM	Opening prayer and orientation
9:25 AM	Watch Adventus together
10:00 AM	Short talk connecting the Adventus theme to daily life, prayer, and preparation for Christ's coming.
10:20 AM	Personal reflection and prayer
10:40 AM	Small group discussion
11:10 AM	Communiy time
11:35 AM	Closing reflection and commitment
11:55 AM	Final prayer and sending forth