



Advent

'CARRY'

CHALLENGE

ADVENT: THE SEASON BEFORE CHRISTMAS WHERE WE AWAIT THE BIRTH OF JESUS.

We recall the story of Advent, where the angel Gabriel, sent by God, visits Mary and asks her to be the mother of Jesus.

One recurring element of the story is the literal and figurative action of 'carrying'. There are many examples of this happening throughout the story.

THE CARRY CHALLENGE

For each day of Advent, your task will be to ask yourself - who or what will I carry as an act of service?

- This could be literally carrying something (your Mum's shopping for example) or carrying out a task or chore (taking the bins out).
- You could 'carry' someone emotionally (offer a smile or encouragement) or spiritually (pray for them and with them)

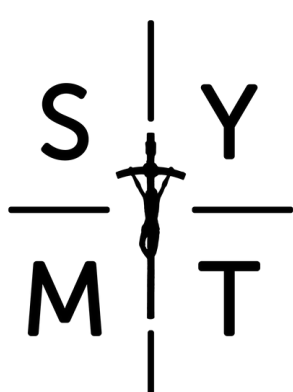
A template is provided so that you can keep track of your carrying each day.

A NOTE FOR FAITH IN ACTION AWARD PARTICIPANTS

Use the template for documenting each day-paste this in your journal/scrapbook.

The FIA leader will give a star each day the task is completed .

Once the challenge has been completed for the whole of Advent, then 2 points will be earned.



● **The Angel Gabriel carries God's message to Mary**

In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And he came to her and said, "Hail, full of grace, the Lord is with you!" Luke 1:26

● **A challenge for you:**

How about sending a message to a friend, something nice, to someone you haven't spoken to in a long time?

● **Mary carries Jesus**

'The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God.' Luke 1:35

● **A challenge for you:**

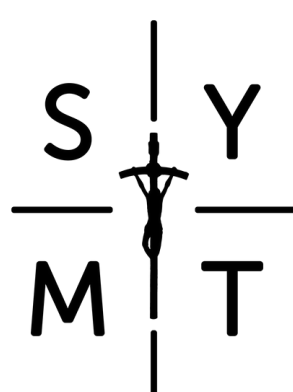
Mary had a precious load – how about taking more care of the things we have or the world around us this advent? Take more care recycling or donate some items to charity.

● **An Angel carries God's message to Joseph in a dream**

An angel of the Lord appeared to him in a dream and said, 'Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.' Matthew 1:20

● **A challenge for you:**

This Advent why not try to spread Gods message to the people around you? This could be done by sharing things on social media or just by talking to people?



- **Joseph carries his responsibility for Mary; he marries her and takes her to Bethlehem where she gives birth to Jesus.**

So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. Luke 2:4-5

- **A challenge for you:**

Why not take on more responsibility for something – helping out with a younger sibling or doing some extra chores.

- **An angel carries the message of the Saviour's birth to the shepherds**

Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid; for see—I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Saviour, who is the Messiah, the Lord. Luke 2:10-11

- **A challenge for you:**

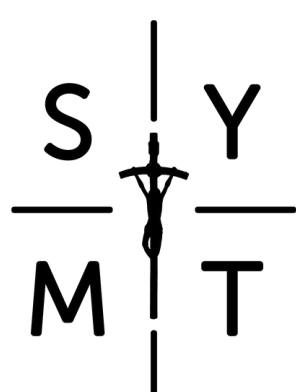
This advent why not try and listen, like the shepherds, to the messages that we are being given? Listen to the scriptures, to the people around us or the positive stories we hear.

- **The three Wise Men carry gifts to baby Jesus**

On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense, and myrrh. Matthew 2:11

- **A challenge for you:**

Why not take a small gift to someone you know? It doesn't need to be something big but something that lets someone know you are thinking about them.



THE ADVENT 'CARRY' CHALLENGE

WEEK 1

DATE WHO/WHAT DID I CARRY?

Mon 30th Nov

Tues 1st Dec

Wed 2nd Dec

Thur 3rd Dec

Fri 4th Dec

WEEK 2

DATE WHO/WHAT DID I CARRY?

Mon 7th Dec

Tues 8th Dec

Wed 9th Dec

Thur 10th Dec

Fri 11th Dec

S | Y |
M | T |

THE ADVENT 'CARRY' CHALLENGE

WEEK 3

DATE WHO/WHAT DID I CARRY?

Mon 14th Dec

Tues 15th Dec

Wed 16th Dec

Thur 17th Dec

Fri 18th Dec

WEEK 4

DATE WHO/WHAT DID I CARRY?

Mon 21st Dec

Tues 22nd Dec

Wed 23rd Dec

Thur 24th Dec

Fri 25th Dec

Merry Christmas!

S | Y |
M | T |