

INVISIBLE

A LIFE TEEN ADVENT COMPANION

INTRODUCTION

BY MARK HART

An angel came to a young, teenage virgin from a small village with miraculous and unfathomable news. The time had finally come. The savior that God had promised Adam and Eve thousands and thousands of years before was on his way. The savior that the prophets spoke and wrote about was finally going to arrive. The God of Israel was sending a warrior king to save us from the enemy, just as he vowed so long ago to do.

Even when Mary conceived, though, this savior — to be born of a woman — was not yet seen. No, it would take nine months before we would put a face to the holy name. Throughout that season of Mary’s pregnancy, we did, though, see the “invisible God” slowly becoming visible within her. All those centuries of waiting were finally coming to fruition in Mary’s womb, the world’s first true tabernacle for Christ.

The people had *known* God through his creation: the sun, the moon, the stars, the sky, and the seas. The people had *felt* God through miracles and mighty works like the great flood, fire falling from heaven, a burning bush, water turned to blood, seas torn apart, bread from heaven, and angels around and among them. The people had *heard* God through his prophets and the words he told them to speak. But the people had not actually *seen* God. They witnessed the reality of God’s power and ongoing presence, but his face remained sort of “veiled” and, at times, almost

“hidden.” No one, other than Moses, had actually seen God until one cold and calm winter’s night in Bethlehem when the invisible one took flesh and became visible.

God had, indeed, sent a warrior king to defeat the enemy, a savior to redeem us all, and he did so in the form of a... baby?

This is not just history, it is mystery. This is not a reality we just “show up on Christmas for” without any thought or reflection or preparation. This is a deep reality that deserves our time and attention. Just as God took his time to fulfill his promise and “put a face to the name,” the Church invites us to take our time in this season we call Advent to reflect on what the invisible God did when he took flesh and became visible.

Through the daily Gospel readings, written and video reflections, and prayers in this book, we are going to journey through Advent to see not only what the Lord did 2,000 years ago (and promised thousands of years earlier) but what he is still doing today. Each day is an invitation to see how God is blessing you and guiding you and speaking to you in visible, tangible ways.

Set aside a few minutes each day to work through that day’s entry. Commit to it. Give God the gift of your time and allow him to speak into your life and heart. If you do,

regardless of any presents you do or do not get, this will be the greatest Christmas you’ve ever experienced. Give the Lord Jesus this gift of yourself and allow him to give you the gift of his grace and mercy in all new ways.

Now, say a Hail Mary before you turn this page and we begin walking through this season together.

*Hail Mary, full of grace, the Lord is with you.
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners
now and at the hour of our death.
Amen.*

HOW TO USE THIS COMPANION

Within this book you will find an entry for every day of the Advent and Christmas seasons. Beginning with the First Sunday of Advent and wrapping up with the Epiphany of the Lord on January 4th, every day is an invitation to go deeper in your relationship with God through his Sacred Word, written and video reflections, and a prayer.

Be sure you take the time to look up and read the Scripture passage each day. Every time you open God's Word and read it with your own eyes, God blesses you.

Next, read the short reflection pertaining to the verses you just prayed with. Ask yourself if that is what you noticed or "took from" the passage, or if God spoke to you in some other way through his Word.

After that, open the QR code to hear from a Life Teen staff member or missionary reflecting on this passage in their own life and what that might have to do with you in your daily faith walk.

Finally, pray through the included prayer slowly and intentionally. If it helps, you can even pray it two or three times. Let the words sink in and ask the Lord to bless your sacrifice of time as you enter more intentionally into Advent and Christmas.

FIRST WEEK OF ADVENT

FIRST SUNDAY OF ADVENT

NOVEMBER 30, 2025

GOSPEL

Matthew 24:37-44

REFLECTION

This Gospel reading for the First Sunday of Advent might sound a little “off” to you. It’s Advent! Shouldn’t we be hearing about Mary being pregnant or something? So why are we hearing about Noah’s ark and the flood? Why the mention of how people will be taken and left, and the need to stay awake?

Well, during Advent we don’t just celebrate the coming of the Lord as a baby in the manger (in a few weeks), but also the coming of the Lord at the end of time when he will judge the living and the dead. As we are reminded, we do not know which day our Lord will come, which means we need to be prepared and “stay awake” and live the right way each day so that when the Lord does come, we are in good shape spiritually. **(Matthew 24:42)**

As you start this Advent season, ask yourself, “Am I where I need to be with God?” If so, keep it up. If not, what needs to change in your life to get right with God before Christmas Day? Remember, Advent is a time to *prepare*.

WORDS MADE VISIBLE



PRAYER

Lord Jesus, you came to us at the first Christmas, and I believe you will come again one day. May I look forward to that day with hope, not indifference. With faith, not fear. If I am feeling lazy in my spiritual life this week, fill me with energy to seek you in prayer and do good for others, keeping the goal of heaven in mind. I ask these things in your most holy name, all to better prepare for your coming, Lord Jesus. Amen.

MONDAY OF THE FIRST WEEK OF ADVENT

DECEMBER 1, 2025

GOSPEL

Matthew 8:5-11

REFLECTION

You probably recognize this line spoken by the centurion from Mass: “Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed.”

(Matthew 8:8) What’s amazing is that the centurion is a Roman soldier and not even a disciple of Jesus. Nevertheless, Jesus praises this soldier’s faith, saying it’s greater than anyone else’s in Israel. That’s huge.

You’re reading and praying through this companion for Advent. That’s also huge. Any time you open your mind and put your heart out there before the Lord, he sees it and blesses it.

What do you — like the servant — need the Lord to heal today? Is it a relationship? Is it some anxiety or fear? Is it

a physical illness? Ask the Lord to “say the word” and trust that, in time, healing will come. Remember, Advent is about the Lord coming (but on his timetable, not yours).

WORDS MADE VISIBLE



PRAYER

Heavenly Father, you want what is best for me (and others) even more than I want it for myself (and them). Thank you for waiting for me to ask for good things from you — and for still taking care of me even when I don’t. You are so patient; you are so generous. Increase my faith in your plans and my trust in your timing to be more like the centurion’s today. Amen.

TUESDAY OF THE FIRST WEEK OF ADVENT

DECEMBER 2, 2025

GOSPEL

Luke 10:21-24

REFLECTION

In today's Gospel reading, Jesus tells his closest followers how blessed they are to see what they see and hear what they hear. **(Luke 10:24)** Basically, you — as his follower and as his son or daughter — are blessed because you know the Lord.

Now, that doesn't mean you can't get to know him better through prayer, but it does mean that there are people in your life, in your school and community, and possibly even in your family who don't really "know" the Lord or "see" Jesus as more than a historical figure.

What can you do today to share the Jesus you know with someone through your words and actions? And what is something tangible you can do today in your own life to

get to know God better? The season of Advent is a chance to share the ways you see and hear God working in your own life so that others might get to know him on a more personal level, too.

WORDS MADE VISIBLE



PRAYER

Lord Jesus, help me to know you more closely. Increase my desire to pray every day and throughout the day. And show me how to share my faith in bold but simple ways with the people in my life who need my example the most. Amen.

MEMORIAL OF ST. FRANCIS XAVIER, PRIEST

DECEMBER 3, 2025

GOSPEL

Matthew 15:29-37

REFLECTION

Today's Gospel teaches us so many things in just nine verses. We see Jesus ascend the mountain, heal people, and then miraculously feed them. Miracles are happening before the crowds' very eyes. But what does this mean for you, today, in the 21st century? How does this relate to this season of Advent?

Well, first, note that Jesus walked up the mountainside and people had to climb up to where he was... while also helping their blind and lame and deformed friends. That took effort and time and wasn't easy. And God rewarded them.

They were also hungry from the journey and the effort, and God cared so much about his people that he made sure

everyone got what they needed. The Lord spoils them with so much food that there are leftovers.

God still notices our effort. God still fulfills our needs. When you pray, you "ascend to him" and allow him to love you in a way only he can.

WORDS MADE VISIBLE



PRAYER

Holy God, your works and miracles are astounding. But you are even more amazing. Place a greater desire in my heart to climb up to where you are, to spend time with you there, to listen and get to know you better. For all the times you have fed me, physically or spiritually, and for all the times your heart is moved to provide for my needs, thank you. Amen.

THURSDAY OF THE FIRST WEEK OF ADVENT

DECEMBER 4, 2025

GOSPEL

Matthew 7:21, 24-27

REFLECTION

Today is one of those “ouch” truth bombs that Jesus would drop from time to time. He makes it pretty clear that not everyone is getting into heaven. So who gets in? Well, to quote him, “only the one who does the will of my Father.” **(Matthew 7:21)**

Happy Advent. How’s that for a nice little Christmas gift from Jesus?

Actually, though, it is a gift. The Lord cares so much about our salvation that he makes it super clear. Those who listen to his words *and act on them* are in good shape. **(Matthew 7:24)** They will have a house built on rock and not be overtaken by anything. Don’t pull back when you hear tough readings; lean in. Don’t tune out when

Jesus speaks; offer him your undivided attention. You have a God who cares more about your salvation than even you do.

WORDS MADE VISIBLE



PRAYER

Lord Jesus, thank you for inviting me to be with you in heaven and for dedicating your life to showing me how to get there. I pray I can take your words to heart. Reveal to me all sorts of little ways I can act on them, so that I can build an even stronger foundation for our relationship. Amen.