

INVISIBLE

A LIFE TEEN ADVENT COMPANION

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Invisible: A Life Teen Advent Companion

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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 seen 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

QR CODE

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.