

Preparing for Christ

Introduction

Watch Rocko's "[Christmas Special](#)" (it's actually quite long).

Activity 1

St. John Chrysostom said:

"Let the hands fast by being free of avarice.

Let the feet fast by ceasing to run after sin.

Let the eyes fast by disciplining them not to glare at that which is sinful.

Let the ear fast by not listening to evil talk and gossip.

Let the mouth fast from foul words and unjust criticism."

Get up and shake out your bodies after that long Rocko movie episode. Stretch and shake each body part John Chrysostom just mentioned.

Activity 2

Write down forty kind things you can do, such as:

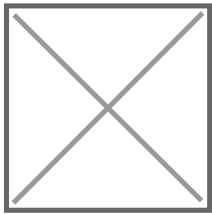
- donate a Christmas present to a charity
- donate books to charity
- donate clothes you don't use any more to someone who needs them
- feed wild animals, such as birds or deer
- give someone a compliment
- give someone a hug
- let someone in front of you in a queue
- make someone smile, such as by telling a joke
- offer to help someone
- smile and thank someone who serves you
- spend 10 minutes giving someone your full attention
- tell someone you love them
- write a happy note and hide it for someone to find
- write a thank-you note to someone

Lunch Snack

Review which foods are fasting foods and which are non-fasting foods, and choose fasting foods for your meal.

Activity 3

Use forty paper plates to make a Christmas tree on the wall. Stick-tape a paper with an act of kindness to each one, ready to pull off an act on over the coming forty days.



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