

STEP BY STEP: HOW TO DO *Rejoice!* IN YOUR PARISH OR SMALL GROUP

Before Advent

- Order the [Rejoice! journals](#) in bulk for your group or parish. Here are the bulk discounts.

BULK DISCOUNTS		APPLIED AT CHECKOUT
QUANTITY	PRICE PER COPY	
1-9	\$13.95	
10-99	\$8.50	
100+	\$5.95	

- Spread the word! Use [these free resources](#) from Ascension, including flyers, bulletin announcements, and pulpit announcements.
- Bring everyone together to watch the [28-minute kickoff video](#) with Fr. Toups, Sr. Josephine Garrett, and Fr. Josh Johnson. Distribute the journals at this event, or make them available at the back of the church.

During Advent

- Each week, send the [10-minute weekly video](#) to your parish or participants via email. We have partnered with Flocknote to premake emails for you—find them [here!](#)
- Small groups meet once a week during Advent. You can structure a weekly meeting like this (1–1.5 hours):
 - » Opening prayer (5 minutes).
 - » Watch the video for the week (10 minutes).
 - » Invite each member to share a high and a low for the week (optional, 10–15 minutes).
 - » Go over the weekly reflection questions as a group (40–55 minutes). These questions are in the *Rejoice!* journal, so participants will already be thinking about them. They are also reprinted here, on the next page.
 - » Closing prayer (5 minutes).
- Each week, place a paper or [canvas print](#) of the week’s artwork from the journal in the vestibule of the church. The artwork highlights the weekly Mass readings and will help parishioners take delight in God’s Word.

Weekly Reflection Questions

First Week of Advent (December 3–9)

- How does your heart react to the verse “We are the clay, and you are our potter”? Is it comforting or troubling to recognize that God is in control? What are some ways you can surrender to his will?
- How do you best hear the voice of God? Can you recall a time you heard his voice speaking to your heart?
- Video Reflection: What is the experience of silence like for you? Do you ever encounter silence? If you do, how does it make you feel?
- **How has your prayer changed this week?**

Second Week of Advent (December 10–16)

- Do you trust God? Do you believe he will come through for you? How is God asking you to trust him *now*?
- Did you take on the challenge of silencing nonessential notifications on your phone? If not, why not? If you did, what did you notice?
- Video Reflection: What line of the “Litany of Letting Go in Prayer” convicted you the most? What emotions did it bring up in your heart?
- **How has your prayer changed this week?**

Third Week of Advent (December 17–23)

- Are you living in a balanced way? What is weighing you down or packing your schedule? How could living in a more balanced way help you hear God’s desires for you?
- What are some concrete ways you can reset the rhythm of your day to be in harmony with God’s Word? How can you rely more fully on him?
- Video Reflection: How do you feel when you enter into prayer? What are the sensations, thoughts, and emotions you feel as you encounter silence? How can these feelings reveal something about your prayer and your relationship with God?
- **How has your prayer changed this week?**

Fourth Week of Advent/Christmas Octave (December 24–January)

- What are you taking from this Advent into the rest of your life? What lessons did you learn, what fruit did your prayer bear, and how did you notice God speaking to you?
- How did sitting with Mary and Joseph this week prepare you to meet Jesus on Christmas Day?
- Video Reflection: Do you think it is impossible to have silence in your state in life? What are you putting ahead of prayer and silence? How can you make the space and take the time to sit with the Lord in stillness?
- **How has your prayer changed this Advent?**