



Living the Church Year Lesson Plan:

1st Sunday of Advent

Ages 9-14

First Sunday of Advent (Hisnag)

Length: 30-40 Minutes

Theme: Preparing Our Hearts for Christ

Scripture

- James 5:8 | Luke 12:16-21 (The Rich Fool) | Luke 12:31

Objective

Students will:

- Understand the meaning of Advent (Hisnag).
- Learn why the Armenian Church observes a 50-day Advent.
- Discover what it means to "seek first the Kingdom of God."
- Identify ways to prepare their hearts for Christ.

Opening Prayer

Lord Jesus Christ, as we begin the holy season of Advent, help us prepare our hearts for You. Teach us to seek Your Kingdom first and to receive You with faith, love, and joy. Amen.

What is Advent?

Ask:

- What do people usually do to prepare for Christmas?
- Why do we exchange gifts?

Explain:

Advent means "**coming**." In the Armenian Church it is called **Hisnag**, meaning "**fifty days**." It is the 50-day period before Christmas and Theophany when we prepare for the coming of Christ. Many people focus on shopping, decorations, and gifts. While these can be good things, Advent reminds us that Christmas is first about God's greatest gift to the world: **Jesus Christ**. Advent is a time to make room for Christ in our hearts through prayer, worship, good deeds, and faith.

Gospel Lesson: The Rich Fool

Read or summarize Luke 12:16-21.

A wealthy farmer had a huge harvest and decided to build bigger barns to store all his possessions. He thought he had everything he needed and forgot about God.

Jesus teaches that the man's mistake was not having wealth. His mistake was trusting in earthly things instead of God.

Discussion

- What did the rich man forget?
- Why did Jesus call him foolish?
- What things can distract us from God today?

Key Lesson

A heart filled only with possessions leaves little room for God.

Seek First God's Kingdom

Read Luke 12:31:

"Seek His Kingdom, and these things shall be yours as well."

Jesus teaches us to put God first in our lives.

During Advent we can:

- Pray every day, even if for short durations.
- Read the Bible-as an app on our phone, podcasts, etc..
- Attend church.

- Help others & show kindness at home and school.

The Armenian Church traditionally fasted during Advent as a way of learning to place God before personal wants and comforts.

Activity: Preparing My Heart

Give each student a paper heart.

Inside the heart, write things that bring them closer to Jesus:

- Prayer | Family | Church | Kindness | Scripture

Outside the heart, write things that can distract them:

- Selfishness | Anger | Too much screen time | Always wanting more things

Discuss ways to make more room for Christ this Advent.

Review Questions

1. What does Advent mean?
 2. What is Advent called in Armenian?
 3. How long is Advent in the Armenian Church?
 4. What was the Rich Fool's mistake?
 5. What does it mean to seek God's Kingdom first?
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Take-Home Challenge

Choose one Advent promise for this week:

- Thank God each night and every morning.
 - Perform one act of kindness.
 - Read a Gospel story.
 - Give up something that is not a good use of time & attention
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