Advent 2026

preparing the way



A four-week study that invites participants to encounter Christ personally and prepare their hearts for His nativity.

BEFORE YOU BEGIN

USING *THE CHOSEN* IN A BIBLE STUDY SETTING

This Advent Bible study uses ***The Chosen*** TV series as an element to enhance and provide a visual experience with characters in the gospels.

The Chosen should be used in a Bible study setting with the understanding that the series is a dramatization based on the Gospels of Matthew, Mark, Luke and John. As such, it includes artistic liberties taken by its writers and producers. Viewers will find combined and/or condensed locations and timelines of scenes in the gospels, as well as additional backstories, characters and dialogue. According to its producer, the added content and artistic imagination is intended to support the truth an intention of the Scriptures, and the series is designed to encourage viewers to read the gospels.

Before leaders begin each session, it is important to remind participants that certain liberties have been taken in the production of the show and that it should not be used as a replacement for reading Scripture.

The Chosen series can be accessed for free by downloading “The Chosen” app or by subscription through Amazon Prime Video.

CATHOLIC FAITH FORMATION LEADER GUIDE

Preparing the Way with ***The Chosen***

An Advent Year B Small Group Bible Study • Roman Lectionary

Welcome to this four-week Advent study designed for Catholic parishes, small groups, and families. Year B focuses predominantly on the Gospel of Mark, emphasizing urgency, vigilance, and active discipleship. By pairing each Sunday's Gospel with dramatic scenes from ***The Chosen***, this study invites participants to encounter Christ personally and prepare their hearts for His Nativity.

SMALL GROUP FACILITATOR'S SESSION TEMPLATE

Time	Segment	Activity Description
10 Mins	Welcome & Prayer	Light Advent Wreath candle; pray Sunday Collect prayer.
15 Mins	Proclamation	Read Gospel text twice using *Lectio Divina* method.
Time Varies	Media Screening	Watch episode or predetermined scenes from *The Chosen*.
20 Mins	Group Discussion	Facilitate conversation using the study questions.
10 Mins	Wrap-Up & Action	Commit to weekly action step; conclude with Intercessory prayer

WEEK 1: FIRST SUNDAY OF ADVENT

THEMATIC FOCUS

Vigilance, Waiting, & Spiritual Readiness

FEATURED EPISODE

Season 1, Episode 1: "I Have Called You By Name"

Gospel: Mark 13:33–37

“Watch out, stay alert; for you do not know when the appointed time is. It is like a man away on a journey, who upon leaving his house and putting his slaves in charge, assigning to each one his task, also commanded the doorkeeper to stay alert.

Therefore, stay alert—for you do not know when the master of the house is coming, whether in the evening, at midnight, or when the rooster crows, or in the morning — so that he does not come suddenly and find you asleep. What I say to you I say to all: ‘Stay alert!’”

SCRIPTURE & SCENE CORRELATION

Advent begins not with soft lullabies, but with an urgent trumpet call to wake up. In Mark's Gospel, Jesus commands us to stay vigilant.

In ***The Chosen***, Mary Magdalene spends long years trapped in darkness, suffering, and spiritual despair — effectively asleep to hope.

When Jesus encounters her, He speaks Isaiah 43:1: "I have called you by name; you are mine." Her sudden transformation reveals what true vigilance produces: a heart instantly ready to respond when the Master arrives.

DISCUSSION QUESTIONS

- Jesus warns us not to let the Master find us sleeping. What daily anxieties or digital distractions cause you to become spiritually "asleep"?
- In ***The Chosen***, Mary Magdalene's life changes instantly when Jesus calls her name. How can you prepare your heart to recognize His subtle voice this Advent?
- How does waiting for Christ's return differ from passive waiting in everyday life?

WEEKLY SPIRITUAL ACTION STEP

Establish a daily 10-minute period of silent prayer or Eucharistic Adoration, eliminating all phone and media distractions to practice spiritual alertness.

WEEK 2: SECOND SUNDAY OF ADVENT

THEMATIC FOCUS

Repentance, Wilderness, & John the Baptist

FEATURED EPISODE

Season 2, Episode 5: "Spirit"
10:15-11:27 | 14:54-20:20 | 36:00-37:35

Gospel: Mark 1:1–8

The beginning of the gospel of Jesus Christ, the Son of God, just as it is written in Isaiah the prophet:

"BEHOLD, I AM SENDING MY MESSENGER BEFORE YOU
WHO WILL PREPARE YOUR WAY;
THE VOICE OF ONE CALLING OUT IN THE WILDERNESS,
'PREPARE THE WAY OF THE LORD,
MAKE HIS PATHS STRAIGHT!'"

John the Baptist appeared in the wilderness, preaching a baptism of repentance for the forgiveness of sins. And all the country of Judea was going out to him, and all the people of Jerusalem; and they were being baptized by him in the Jordan River, confessing their sins. John was clothed with camel's hair and wore a leather belt around his waist, and his diet was locusts and wild honey. And he was preaching, saying, "After me One is coming who is mightier than I, and I am not fit to bend down and untie the straps of His sandals. I baptized you with water; but He will baptize you with the Holy Spirit."

SCRIPTURE & SCENE CORRELATION

Mark opens his Gospel without an infancy narrative, plunging directly into the desert preaching of John the Baptist. John calls all of Judea to a baptism of repentance, preparing the soil of human hearts for the coming Messiah.

In ***The Chosen***, John the Baptist is depicted as intense, unpretentious, and completely unconcerned with worldly comfort — laser-focused solely on preparing the way for Jesus. When John meets with Andrew and Jesus in the wilderness, we witness his fierce conviction. He reminds the disciples that following the Lamb of God requires radical turnarounds, honest self-examination, and abandoning old, comfortable habits.

DISCUSSION QUESTIONS

- John preached in the harsh wilderness rather than the city. Why is entering a spiritual "wilderness" (silence, fasting, simplicity) helpful for true repentance?
- Looking at John the Baptist's portrayal in The Chosen, how does his bold commitment challenge the ways you compromise with modern culture?
- What "crooked paths" or unconfessed sins in your life currently need to be made straight for Christ?

WEEKLY SPIRITUAL ACTION STEP

Receive the Sacrament of Reconciliation (Confession) this week to prepare a clean, straight path in your soul for Christ's nativity.

CATECHISM CONNECTION (CCC 523)

"St. John the Baptist is the Lord's immediate precursor or forerunner, sent to prepare his way. 'Prophet of the Most High,' John surpasses all the prophets, of whom he is the last."

WEEK 3: THIRD SUNDAY OF ADVENT (GAUDETE)

THEMATIC FOCUS
Joyful Witness, Humility, & Mission

FEATURED EPISODE
Season 3, Episode 2: "Two by Two"
35:11-48:32

Gospel: John 1: 6–8, 19–28

A man named John was sent from God.
He came for testimony, to testify to the light, so that all might believe through him. He was not the light, but came to testify to the light. And this is the testimony of John.

When the Jews from Jerusalem sent priests and Levites to him to ask him, "Who are you?"
He admitted and did not deny it, but admitted, "I am not the Christ."
So they asked him, "What are you then? Are you Elijah?"
And he said, "I am not."
"Are you the Prophet?"
He answered, "No."
So they said to him, "Who are you, so we can give an answer to those who sent us? What do you have to say for yourself?"
He said: "I am the voice of one crying out in the desert, 'make straight the way of the Lord,' as Isaiah the prophet said."
Some Pharisees were also sent. They asked him,
"Why then do you baptize if you are not the Christ or Elijah or the Prophet?"
John answered them, "I baptize with water; but there is one among you whom you do not recognize, the one who is coming after me, whose sandal strap I am not worthy to untie."
This happened in Bethany across the Jordan, where John was baptizing.

SCRIPTURE & SCENE CORRELATION

On Gaudete (Joyful) Sunday, the church vestments turn rose as we rejoice that the Lord is near. When religious authorities interrogate John the Baptist regarding his identity, he humbly responds that he is merely a voice pointing to someone infinitely greater: "I am not worthy to untie the thong of his sandal."

True Christian joy springs from knowing our identity in Christ and witnessing to Him.

In The Chosen Season 3, Episode 2, Jesus sends the Apostles out in pairs. Though feeling unworthy and ill-equipped, their mission brings immense spiritual joy as they realize Christ works through their weakness.

DISCUSSION QUESTIONS

- John the Baptist knew precisely who he was—and who he was *not*. How does authentic humility free us from self-absorption and bring real joy?
- In The Chosen, the disciples feel inadequate for the mission. Where is God asking you to witness to Him despite your perceived weaknesses?
- How can we maintain spiritual joy during an often stressful secular holiday season?

WEEKLY SPIRITUAL ACTION STEP

Perform a concrete Act of Mercy this week (e.g., reaching out to someone isolated, forgiving a family debt, or donating generously) to share Christ's joy.

SAINTLY INSIGHT — ST. TERESA OF CALCUTTA

"Joy is a net of love by which you can catch souls. A joyful heart is the normal result of a heart burning with love."

WEEK 4: FOURTH SUNDAY OF ADVENT

THEMATIC FOCUS

The *Fiat*, Trust, & Radical Obedience

FEATURED EPISODE

Christmas Special: "The Messengers"
on The Chosen app. Run time: 38 minutes

Gospel: Luke 1:26–38 (The Annunciation)

The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary.
And coming to her, he said, "Hail, full of grace! The Lord is with you."
But she was greatly troubled at what was said and pondered what sort of greeting this might be.
Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God.

"Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end."
But Mary said to the angel, "How can this be, since I have no relations with a man?"
And the angel said to her in reply, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren;
for nothing will be impossible for God."
Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word."
Then the angel departed from her.

SCRIPTURE & SCENE CORRELATION

The final days of Advent center on Our Lady's *Fiat*. In *The Chosen* Christmas special, as Mary reflects on the Annunciation while speaking with the Evangelist Luke, we see her quiet strength, humility, and absolute surrender. Mary shows us how to trust God's promises even when His plan completely upends our personal expectations.

Like Mary, we are called to give space for God's grace to work through our smallness rather than relying purely on our own strength. If we shift our daily reflection from focusing on what is lacking to recognizing the "great things," this can change our perspective on what the Almighty has done for us.

DISCUSSION QUESTIONS

- Where in my life right now am I experiencing deep spiritual joy versus temporary happiness? How can I anchor my daily gratitude in who God is rather than in my changing circumstances?

- Mary's "Yes" required total trust. What area of your life is God asking you to surrender to Him this week? If I were to write my own personal "Magnificat" today, what are three specific "great things" the Lord has worked in my life that I often take for granted?

- Am I coming to prayer "hungry" for God's grace, or "full" of worldly attachments and distractions that leave no room for Him? How can I practice greater generosity toward those who are physically or spiritually poor?

- How does seeing Our Lady depicted in The Chosen deepen my gratitude for her maternal role in salvation history?

WEEKLY SPIRITUAL ACTION STEP

Pray the *Angelus* or *Magnificat* (Luke 1:46–55) daily this week, offering your daily tasks to God in union with Mary's "Yes."