



For many Christians, Advent wreaths are a favorite way to celebrate the month of December leading up to Christmas Day. Although Advent Wreaths are popular among Christians, many are not aware of the rich meaning and symbolism embedded in the tradition. If we learn this meaning, we can appreciate it all the more!

DARKNESS AND LIGHT

The Advent candles readily demonstrate the strong contrast between darkness and light. In the Bible, Christ is referred to as the “Light of the World” contrasted with the darkness of sin. Human history spanned long ages before our prophesied Savior would finally make his appearance, and God’s promise to make all things new through him.

As his Advent, or “coming,” draws nearer another candle is lit, with each candle dispelling the darkness a little more. Thus, the Advent wreath helps us to spiritually contemplate the great drama of salvation history that surrounds the birth of God Incarnate who comes to redeem the human race.

SHAPE: The circular shape of the wreath, without beginning or end, symbolizes God’s complete and unending love for us—a love that sent his Son into the world to redeem us from the curse of sin. It also represents eternal life which becomes ours through faith in Jesus Christ.

NUMBER: The Advent Wreath traditionally holds four candles which are lit, one at a time, on each of the four Sundays of the Advent season. Each candle represents 1,000 years. Added together, the four candles symbolize the 4,000 years that humanity waited for the world’s Savior—from Adam and Eve to Jesus, whose birth was foretold in the Old Testament.

Some Advent wreath traditions also include a fifth white “Christ” candle, symbolizing purity, that is lit on Christmas Eve or Christmas day. Many circular wreaths can incorporate a white candle by adding a pillar candle to the wreath center.

COLOR: Violet is a liturgical color that is used to signify a time of prayer, penance, and sacrifice and is used during Advent and Lent. Advent, also called “little Lent,” is the season where we spiritually wait in our “darkness” with hopeful expectation for our promised redemption, just as the whole world did before Christ’s birth, and just as the whole world does now as we eagerly await his promised return.

You can festively decorate your Advent Wreath with other natural materials that traditionally carry their own Christian symbolism. The use of **evergreens** reminds us of our eternal life with Christ; **pointy holly leaves and berries** represents the crown of thorns from the Passion of Jesus and his Precious Blood; and **pine cones** symbolize Christ’s Resurrection.

THE FOUR WEEKS OF ADVENT

During the first two weeks of Advent we light the first two purple candles. The Third Sunday of Advent is called Gaudete (Rejoice) Sunday. On this day we celebrate that our waiting for the birth of Jesus on Christmas day is almost over. Rose is a liturgical color that is used to signify joy, so we light the single pink candle on the third Sunday of Advent.

Then on the fourth Sunday of Advent, the final purple candle is lit to mark the final week of prayer and penance as we wait expectantly for the soon-coming birth of the King of Kings.