



# **FAMILY PRAYER SHEET**

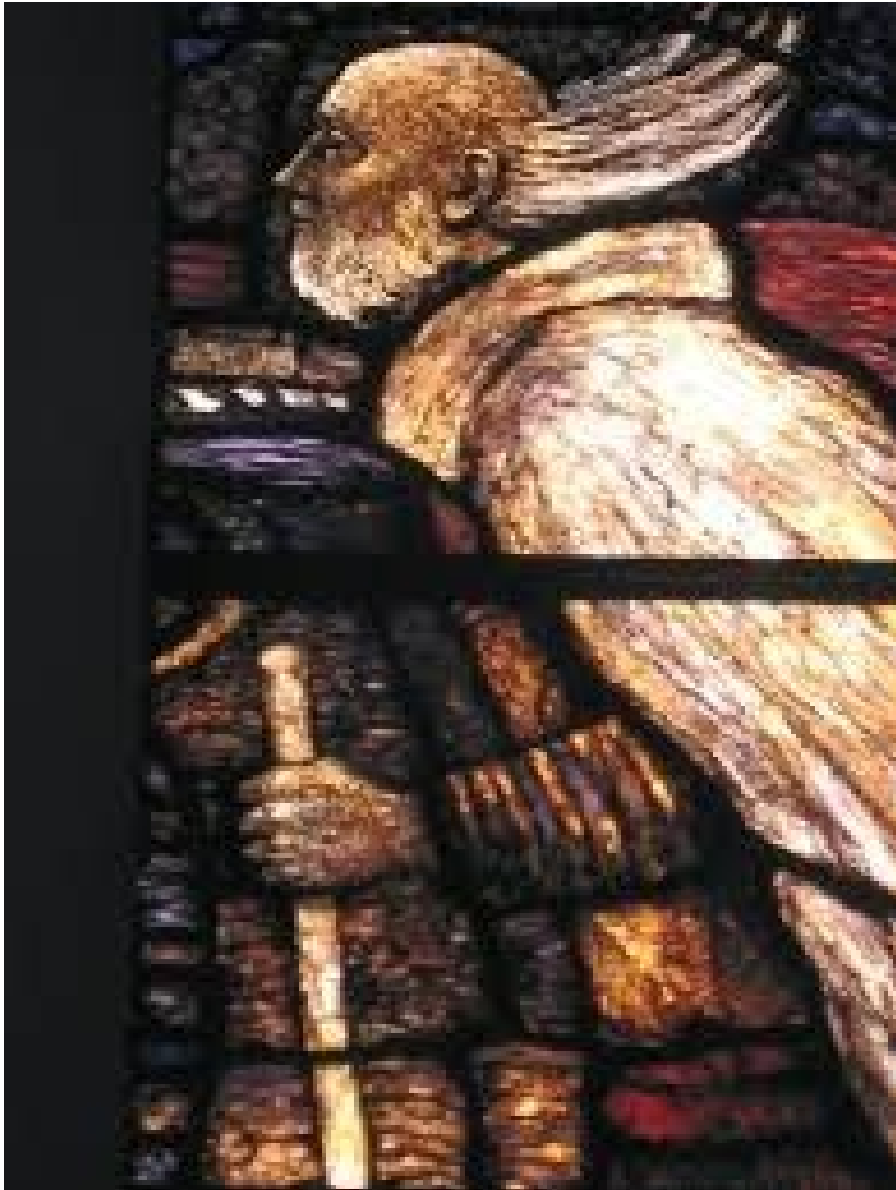
*Fifth Sunday in Ordinary Time*

Dear NPCAT Families

This prayer sheet aims to help families pray together now that we cannot go to Mass. We hope that you will be able to use the activities to help our children and adults grow in faith at this time. We have tried to include activities that use resources that you might already have at home. If you don't have access to all of these resources, we hope that the activities give you inspiration to do something to explore the gospel and themes.

God Bless.

Angela O'Brien, Lead Lay Chaplain



## Reading the Gospel from this Sunday's Mass

### **A reading from the Gospel according to Mark 1:29-39**

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up, and the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

### **Alternatives for Younger Children**

A short retelling: <https://youtu.be/nmlaZsdv6OY>

A song: "Jesus is the healer": <https://youtu.be/j4ms8Sw8wkQ>

## Reflection

Jesus is a healer, that is a key message in this passage. You get a glimpse here into the life of Jesus, as well as prayer in the synagogue, his teaching and preaching we can see that people seek him out for healing. To help him in his ministry he makes time to go off by himself or with just the disciples to pray. He makes time to spend quietly with God.

## Discussion Points

- What are some miraculous things Jesus did in this Gospel?
- Describe how you would feel if you were an eyewitness to these miracles.
- How do you suppose Jesus felt with an entire town waiting for him and watching his every move?
- What did Jesus have to do the next morning in order to find time to pray?
- Why do you think he went off by himself?
- What importance do you think prayer had in Jesus' life?
- Why is it important for people today to find time to pray?
- The Gospel says that people were looking for Jesus the next morning. Why do you suppose they wanted to find him?
- Although others needed Jesus, he did not let anything distract from his prayer time. What are some things that distract people from prayer time today?
- What distracts you from having time for prayer in your day?
- What could you do to make more time for prayer in your day?

*Reflection questions taken from "Exploring the Sunday Lectionary: a Teenagers guide to the readings cycle B" by Sandy Rigby and Steve Mason.*

## Activities

### Prayer plasters

**You will need: plasters, a pen**

1. Explain to the children that you are going to pray for people who need healing today.
2. On the plasters write the names of the people you want to pray for.
3. Bring these to your prayer space in the home and place them there. As you are there, ask God to heal these people. You could use this as the basis of your prayer: We pray today Lord for all those members of our family, or friends who are sick or in poor health. May your healing touch comfort them.

*Activity adapted from: <http://flamecreativekids.blogspot.com>*

### Jesus the healer playdough mat.

**You will need: copies of the mat printed from the last page of the booklet, playdough**

1. Print out the mat.
2. Fill in the hearts with playdough. As you fill in a heart think about someone who might need healing and pray for them.

*Activity taken from: <http://flamecreativekids.blogspot.com>*

## What can you do for others?

- Help with jobs around the house.
- Make some cupcakes and share them with others.

## Prayers

Lord Jesus, you are always ready to make time for others, especially those who come to you with worries or troubles. Thank you for your love and goodness, and help me remember to make time to spend alone with you. Amen

*Taken from: 'The complete children's liturgy book' by Katie Thompson*

I won't fret and I won't worry  
Instead, I'll hurry to pray.  
I'll turn my problems into petitions  
And lift my hands in praise.  
I'll say goodbye to all my fears,  
His presence sets me free  
Although I may not understand  
I feel God's peace in me.

*Taken from: <https://www.learnreligions.com/prayers-for-children-to-say-701346>*

## An Act of Spiritual Communion

### **Introduction**

You might find it helpful to have a space as a focus for their prayer. This might include a crucifix, icon or other holy image, and a lighted candle.

**Sign of the Cross:** In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen.

**Examen:** Before listening to the Word of God take a moment to reflect.

For what am I grateful to God for today?

Where did I stray from God: through words, actions or things I did not do.

How might I do better tomorrow?

What grace do I ask from God in order to live more closely in his love?

You may wish to conclude by saying: Lord Jesus, you have revealed yourself as the way to the Father: Lord, have mercy. Lord, have mercy. You have poured out on your people the Spirit of truth: Christ, have mercy. Christ, have mercy. You are the Good Shepherd, leading us to eternal life: Lord, have mercy. Lord, have mercy.

**The Word of God:** The readings for the Mass of the Day can be found in a People's Missal or online Universalis [<https://universalis.com/mass.htm>]. Either read all the texts or choose just to read the Gospel of the Day. Or use the gospel reading that is on this sheet.

**Silent reflection:** Pause for a moment of silent reflection.

### **Prayers & Intercessions:**

Pray for family and loved ones so that they may be held in God's compassionate care.

Pray for other countries who are struggling with the effects of the COVID 19 virus. If the following intentions are said in a family or other group you may wish to conclude each one with the response: Lord, in your mercy. Hear our prayer

For those in authority: may they offer advice with care and integrity, may they seek to protect the poor and vulnerable.

For all who work in healthcare: give strength to all who look after the sick so that they may bring comfort and relief to the suffering.

For the Church: may she offer prayers and consolation for all those affected.

For our local community and all for those in need: may those who are isolated know the support and service of their neighbours.

**Lord's Prayer:** Our Father...

### **Spiritual Communion: Prayer of St Alphonsus**

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

**Conclusion:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

### **Additional Prayers**

#### ***Pope Francis' prayer to the Virgin for protection***

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. Your, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas — we who are put to the test — and deliver us from every danger, O glorious and blessed Virgin.

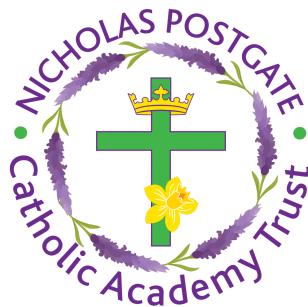
#### ***Prayer for the Household***

Hear us, Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house. Amen

*Taken from "When Mass cannot be celebrated publicly"*

<https://www.cbcew.org.uk/wp-content/uploads/sites/3/2020/03/No-Mass-A4.pdf>

*Blessed Nicholas Postgate, Pray For Us*



Jesus heals

Think of people who are ill.  
Ask God to heal them and give them hope.



Fill the hearts with play dough.