



Forming lives ready to face the future

FAMILY PRAYER SHEET

5th Sunday of Lent

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 John (11:1-45)

There was a man named Lazarus who lived in the village of Bethany with the two sisters, Mary and Martha, and he was ill. It was the same Mary, the sister of the sick man Lazarus, who anointed the Lord with ointment and wiped his feet with her hair. The sisters sent this message to Jesus, 'Lord, the man you love is ill.' On receiving the message, Jesus said, 'This sickness will end not in death but in God's glory, and through it the Son of God will be glorified.'

Jesus loved Martha and her sister and Lazarus, yet when he heard that Lazarus was ill he stayed where he was for two more days before saying to the disciples, 'Let us go to Judaea.' The disciples said, 'Rabbi, it is not long since the Jews wanted to stone you; are you going back again?' Jesus replied:

'Are there not twelve hours in the day?
A man can walk in the daytime without stumbling
because he has the light of this world to see by;
but if he walks at night he stumbles,
because there is no light to guide him.'

He said that and then added, 'Our friend Lazarus is resting, I am going to wake him.' The disciples said to him, 'Lord, if he is able to rest he is sure to get better.' The phrase Jesus used referred to the death of Lazarus, but they thought that by 'rest' he meant 'sleep', so Jesus put it plainly, 'Lazarus is dead; and for your sake I am glad I was not there because now you will believe. But let us go to him.' Then Thomas – known as the Twin – said to the other disciples, 'Let us go too, and die with him.'

On arriving, Jesus found that Lazarus had been in the tomb for four days already. Bethany is only about two miles from Jerusalem, and many Jews had come to Martha and Mary to sympathise with them over their brother. When Martha heard that Jesus had come she went to meet him. Mary remained sitting in the house. Martha said to Jesus, 'If you had been here, my brother would not have died, but I know that, even now, whatever you ask of God, he will grant you.' 'Your brother' said Jesus to her 'will rise again.' Martha said, 'I know he will rise again at the resurrection on the last day.' Jesus said:

'I am the resurrection and the life.
If anyone believes in me, even though he dies he will live,
and whoever lives and believes in me will never die.
Do you believe this?'

'Yes, Lord,' she said 'I believe that you are the Christ, the Son of God, the one who was to come into this world.'

When she had said this, she went and called her sister Mary, saying in a low voice, 'The Master is here and wants to see you.' Hearing this, Mary got up quickly and went to him. Jesus had not yet come into the village; he was still at the place where Martha had met him. When the Jews who were in the house sympathising with Mary saw her get up so

quickly and go out, they followed her, thinking that she was going to the tomb to weep there.

Mary went to Jesus, and as soon as she saw him she threw herself at his feet, saying, 'Lord, if you had been here, my brother would not have died.' At the sight of her tears, and those of the Jews who followed her, Jesus said in great distress, with a sigh that came straight from the heart, 'Where have you put him?' They said, 'Lord, come and see.' Jesus wept; and the Jews said, 'See how much he loved him!' But there were some who remarked, 'He opened the eyes of the blind man, could he not have prevented this man's death?' Still sighing, Jesus reached the tomb: it was a cave with a stone to close the opening. Jesus said, 'Take the stone away.' Martha said to him, 'Lord, by now he will smell; this is the fourth day.' Jesus replied, 'Have I not told you that if you believe you will see the glory of God?' So they took away the stone. Then Jesus lifted up his eyes and said:

'Father, I thank you for hearing my prayer.
I knew indeed that you always hear me,
but I speak for the sake of all these who stand round me,
so that they may believe it was you who sent me.'

When he had said this, he cried in a loud voice, 'Lazarus, here! Come out!' The dead man came out, his feet and hands bound with bands of stuff and a cloth round his face. Jesus said to them, 'Unbind him, let him go free.'

Many of the Jews who had come to visit Mary and had seen what he did believed in him.

Reflection

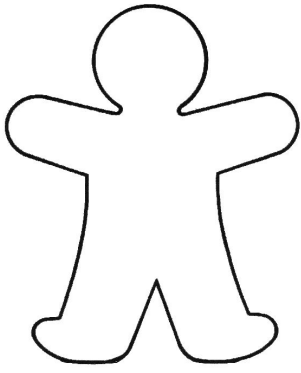
This is one of the longest passages in John's Gospel and here Jesus is shown as the life giver. He gives life to his friend Lazarus by bringing him back from the dead. This points to Jesus as God the Son having the power over life and death. It also shows Jesus the man who is upset that his friend has died. It hints at the power of the resurrection that is to come, although Lazarus is only raised but up to an ordinary life.

Discussion Points:

- How did Lazarus' death affect Martha, Mary and Jesus?
- Why do you think Jesus wept at the tomb of Lazarus?
- When people die we often cry and are sad, why do you think this is?
- How did Jesus reunite Lazarus with his family and friends?
- Today many of us are cut off from friends and family as we have to self-isolate, how can we stay connected with them?
- How might God's forgiveness and compassion help people today?

Ideas and questions taken from "The Sunday Word" by Henry Wansbrough OSB. and "Exploring the Sunday Lectionary: A teenager's guide to the readings cycle A" by Sandy Rigsby and Steve Mason

Activities



God Bless

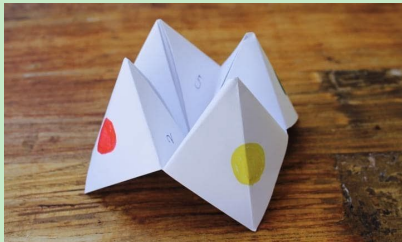
You will need: an outline of a person

Draw or cut out a paper person (use the template if it helps as a starting point). Choose who you want to pray for and either "draw" them on the figure or write their names. Then put them up somewhere in the house and as you do so say "God bless (and their name)". Each time you look at the figures you can pray for these people.

Freedom Bubbles

You will need: a tube of bubble mix

This can be used to get children to think about the times they might need to say sorry for things. Ask children to think about something they wished they hadn't done or something they are worried about and, in their heads or out loud, asked God to help them with it or to forgive them. They can then blow some bubbles and watch them float as a symbol of the freedom that Jesus was giving them.



Prayer Chatterbox

Make the chatterbox using the instructions (see last page for folding instructions). On each section follow the guide on the template as to what to write or put on that section. (see last page for image of the outline). Then get children or adults to use it to decide what or who they will pray for.

Unless otherwise stated activities have been taken or adapted from <http://flamecreativekids.blogspot.com/>

What can you do for others?

- Do a job around the house without being asked.
- Think of something you can do each day for someone in your family that will help keep them cheerful.

Prayers

O that today I would listen to your voice; Lord, give me the patience to find it, the knowledge to know it, the strength to hear it, the faith to believe it, the charity to share it, the hope to trust it, the wisdom to understand it and give me the courage to fulfil it. Amen.

Lord help me to slow down and appreciate everyone around me. Amen.

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. You, 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

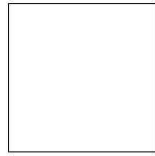
Taken from "When Mass cannot be celebrated publicly"

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

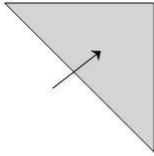
Blessed Nicholas Postgate, Pray For Us



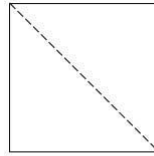
Instructions



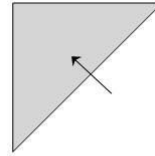
Take a square of paper.



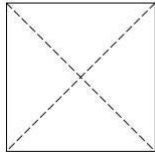
Fold it over like this.



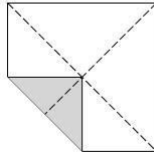
Unfold it.



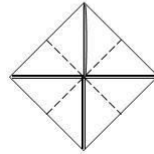
Now fold it the other way.



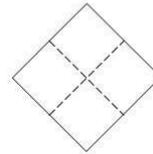
Unfold it and your paper should look like this.



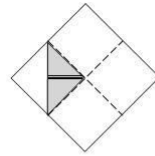
Fold all 4 corners to the center of the square so the points just touch it.



Your paper should look like this.



Flip your paper over so the folds you just made are turned down.



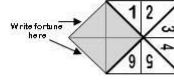
Fold the corners to the center again.



Your paper should look like this.



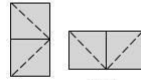
Write the numbers 1-8 as shown above. Two on each flap.



Add your 8 fortunes by lifting each flap and writing a fortune under each number.



Flip your paper over and add a color or a different object you can spell to each section.



Fold it sideways like Figure 1 then unfold it. Now fold it up like Figure 2.



Put your fingers under the 4 open corners.



Here is how it looks finished and open.

