



Forming lives ready to face the future

# FAMILY PRAYER SHEET

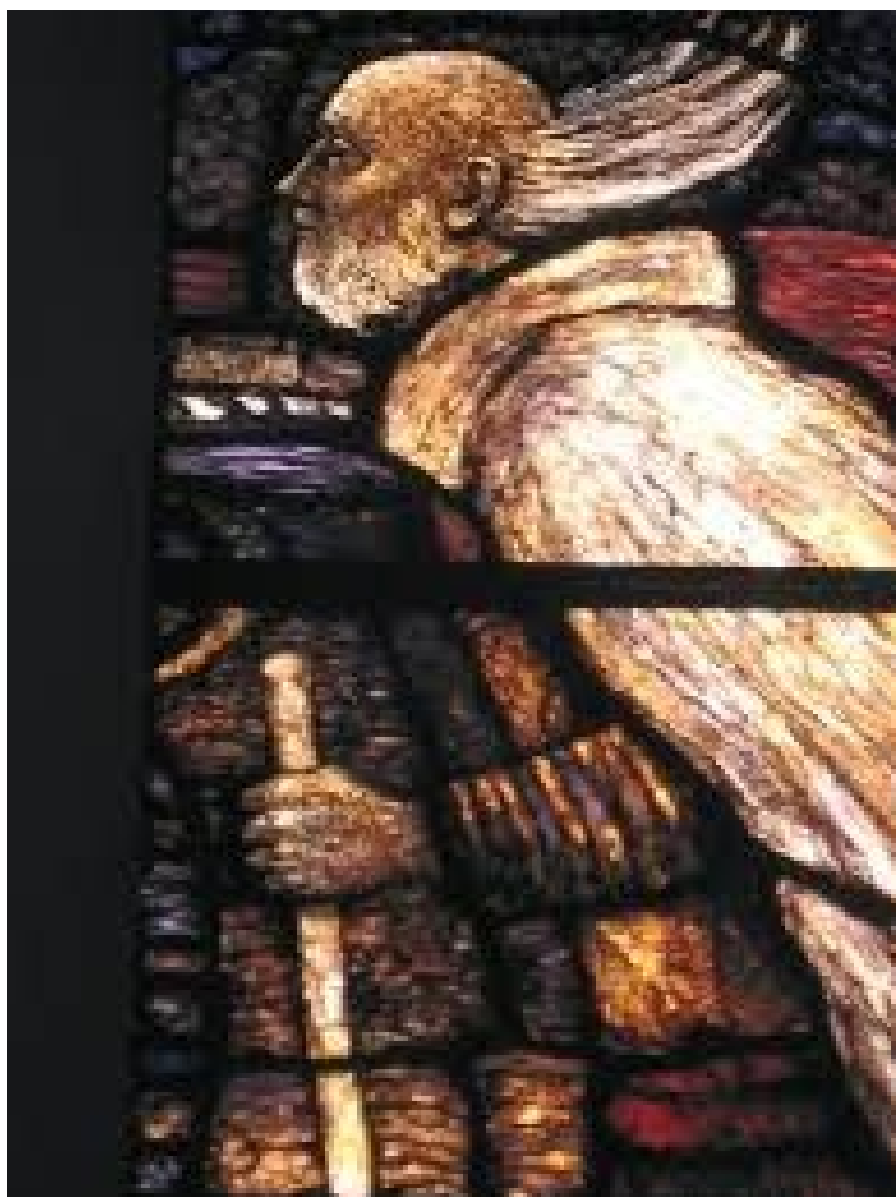
*Fifth Week of Easter*

Dear NPCAT Families

This prayer sheet aims to help families pray together now that we cannot go to Mass, particularly over this celebration of Easter. 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 14:1-12**

Jesus said to his disciples:

'Do not let your hearts be troubled.  
Trust in God still, and trust in me.  
There are many rooms in my Father's house;  
if there were not, I should have told you.  
I am going now to prepare a place for you,  
and after I have gone and prepared you a place,  
I shall return to take you with me;  
so that where I am  
you may be too.  
You know the way to the place where I am going.'

Thomas said, 'Lord, we do not know where you are going, so how can we know the way?'  
Jesus said:

'I am the Way, the Truth and the Life.  
No one can come to the Father except through me.  
If you know me, you know my Father too.  
From this moment you know him and have seen him.'

Philip said, 'Lord, let us see the Father and then we shall be satisfied.' 'Have I been with you all this time, Philip,' said Jesus to him 'and you still do not know me?

'To have seen me is to have seen the Father,  
so how can you say, "Let us see the Father"?'  
Do you not believe  
that I am in the Father and the Father is in me?  
The words I say to you I do not speak as from myself:  
it is the Father, living in me, who is doing this work.  
You must believe me when I say  
that I am in the Father and the Father is in me;  
believe it on the evidence of this work, if for no other reason.  
I tell you most solemnly,  
whoever believes in me  
will perform the same works as I do myself,  
he will perform even greater works,  
because I am going to the Father.'

Some ways to tell the story to younger children:

A short cartoon retelling: <https://www.youtube.com/watch?v=wZPWf2jWTmw&t=28s>

In song: One way by Hillsong Kids: <https://www.youtube.com/watch?v=MNe4HCO4SuQ>

## Reflection

This reading tells us to put our trust and our faith in God and in Jesus. Jesus is stressing here the oneness he shares with the Father. God the Father is the source and power that works through him to do the works he has performed. He promises us that if we have faith and believe in him, then we too can do great works for God. This passage is also getting the disciples ready for the ascension and Jesus' leaving them to go back to God.

### Discussion Points

- What did Jesus tell the disciples about where he was going and what he was going to do there?
- What do you suppose Jesus meant by saying, *I am the way and the truth and the life*?
- Jesus said, if you know me, you know my Father, How can someone today know Jesus?
- Why do you think Philip asked Jesus to show them the Father?
- What do you suppose Jesus meant by saying, *I am in the Father and the Father is in me*?
- Did Jesus claim credit for all that he had done or was there another source that worked through him? Explain.
- How can someone today allow God's Spirit to work through him or her?
- Jesus assured the disciples that those who believe will do even greater works than he performed. How is this possible?
- What actions and attitudes might you expect to find in someone who allows God's Spirit to work through him or her?

Questions taken from "Exploring the Sunday Lectionary: a Teenagers guide to the readings cycle A" by Sandy Rigsby and Steve Mason.

## Activities

### Illuminated manuscript

**You will need: Copies of the picture**

Colour in the page with the scripture quote from John 14:1-12 on



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

### I am the way map

**You will need: Either old maps you don't need or a large piece of paper**

Either draw a map to show that Jesus is the way or cut up old maps to make a collage and over the top write "I am the way"



### Make God's traffic lights

**You will need: Paper and paint**

Design a set of traffic lights to show: Red - Stop and listen to God

Amber - Slow make time for God

Green - Go God's way everyday

At the top use the quote "I am the way the truth and the life"



## What can you do for others?

- Have an appreciation day to celebrate someone in your family... change the person each week.
- Give people compliments throughout the week.

## Prayers

Dear Jesus, you are our Lord. You alone know everything. Jesus, you are our Lord. You are most powerful. Jesus, you are our Lord. You are love, and you give us life. Jesus, you are our Lord. Amen

*Taken from: <http://storage.cloversites.com>*

Lord Jesus, Thank you for calling us to follow You. We believe that You are The Way, The Truth and The Life. Today we choose to put our trust in You, Help us to walk closely with You each day. Thank You for making it possible for us to have eternal life. Amen.

*Taken from: <http://www.allageworshipresources.org/>*

## 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*





