



# FAMILY PRAYER SHEET

*Ss Peter and Paul*

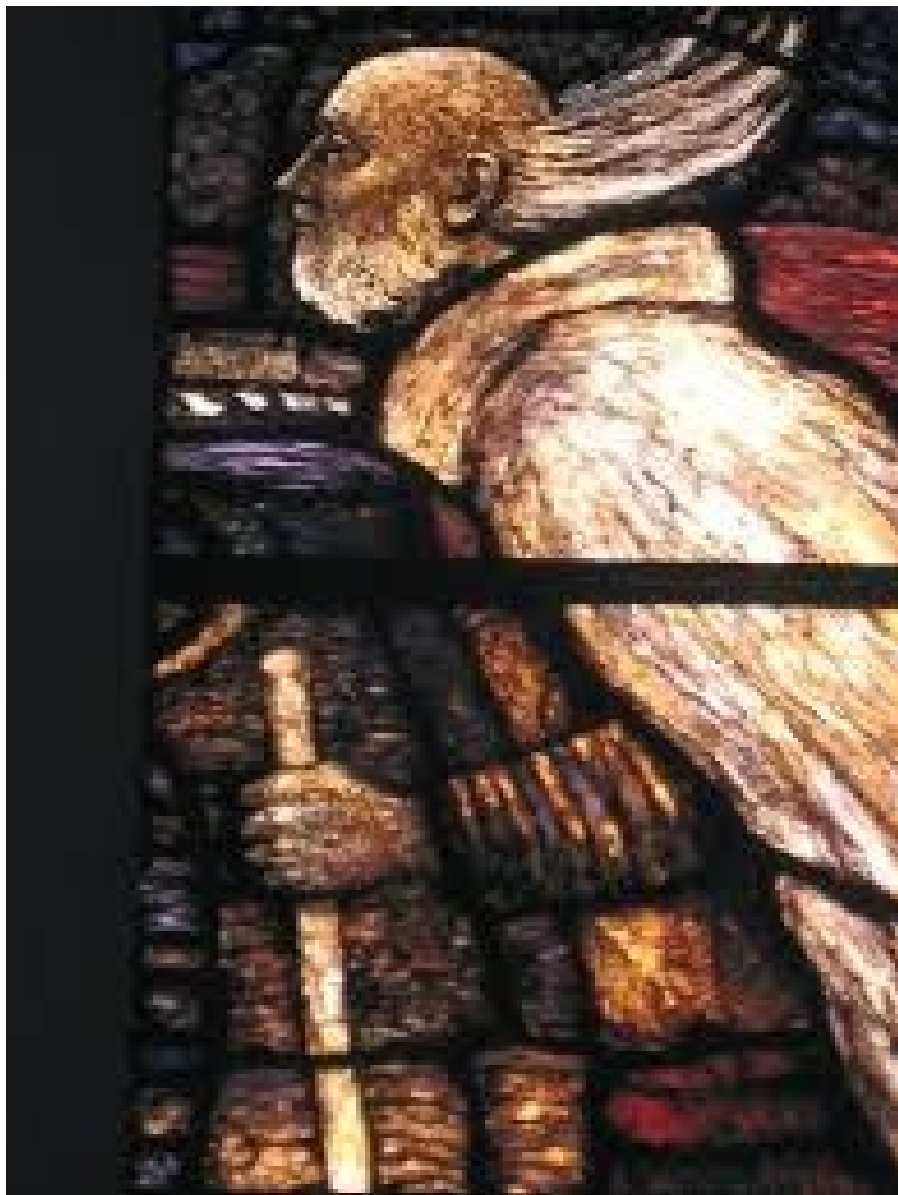


Dear NPCAT Families

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 Matthew 16:13-19**

When Jesus came to the region of Caesarea Philippi he put this question to his disciples, 'Who do people say the Son of Man is?' And they said, 'Some say he is John the Baptist, some Elijah, and others Jeremiah or one of the prophets.' 'But you,' he said 'who do you say I am?' Then Simon Peter spoke up, 'You are the Christ,' he said 'the Son of the living God.' Jesus replied, 'Simon son of Jonah, you are a happy man! Because it was not flesh and blood that revealed this to you but my Father in heaven. So I now say to you: You are Peter and on this rock I will build my Church. And the gates of the underworld can never hold out against it. I will give you the keys of the kingdom of heaven: whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.'

#### **Alternatives for Younger Children**

A short retelling using lego: <https://www.youtube.com/watch?v=qf8RKf3HgFc>

In song: Let's praise the Lord <https://www.youtube.com/watch?v=-udkH0s8I7s>

## Reflection

Sometimes we don't see the true value of someone that we know really well. The disciples had taken up Jesus' call to leave everything and follow him. Now that they had they were puzzled by him and didn't really know what to make of him or his teaching. Here we see Simon have a flash of understanding and he recognises Jesus for who he is, just as we sometimes have those moments when we realise something about another. Simon recognises that Jesus is God acting among them. Jesus replies to this with a generosity of his own, he gives him a new name 'Peter'. This means 'Rock' Jesus is promising to make Peter the rock on which the church is founded. He has the authority over the church as do his successors the Popes.

### Discussion Points

- Why do you suppose people thought Jesus was a prophet or John the Baptist?
- How do you think Peter was able to identify Jesus as the Christ?
- How does studying the Scriptures and praying help us recognise God's presence in our lives?
- How do you suppose Peter felt when Jesus gave him this special blessing?
- What type of responsibilities would be involved with being named *the rock* and told *upon this rock I will build my church*?
- What does it mean to build a church?
- Do you think people today are also responsible for building the church?
- What are some responsibilities of the church today?
- What can individuals do to build the church?

*Reflection taken and adapted from "The Sunday Word: a commentary on the Sunday readings" by Henry Wansbrough OSB Questions taken from "Exploring the Sunday Lectionary: a Teenagers guide to the readings cycle A" by Sandy Rigsby and Steve Mason.*

## Activities

### Make your own St Peter and St Paul doll

You will need: Wooden peg doll, or cut out of a person.

Paint your doll to be either St Peter or St Paul.  
Somewhere on it try to include the key for St Peter and a book and a sword for St Paul. This will help identify which saint is which.



*Activity taken from <https://equippingcatholicfamilies.com>*

### The boat of the Church

You will need: a sheet of paper & pens if you want to decorate it



The Church is often described as a boat, or St Peter's barge. The teachings of St Paul helped shape the church we have today. So why not make a paper boat to represent the church built on the teachings of these great saints!

- Start off with a sheet of paper and fold it in half downwards.
- Fold in half again but you only need to mark the crease near the centre of the paper.
- Bring the corners to the center so that you have a triangle shape with a rectangle under it.
- Fold the rectangle part under the triangle upwards - flip your origami and do the same on the other side.
- Grab the centre of the triangle shape and pull both sides out.
- Flatten.
- Fold the front layer up, flip the origami boat to the other side and do the same with the back layer. You'll get a triangle shape.
- Pull the sides outwards and you'll again get the square shape
- Slowly pull the top parts outwards and you have your paper boat!

Easy huh? If like me you need pictures and a video to follow to get it right go to the webpage below and it will all hopefully become clear!

*Activity taken from <https://www.easypeasyandfun.com/how-to-make-a-paper-boat/>*

## What can you do for others?

- Take a picture of something cute or draw a picture and photograph it to share it with your family and friends.
- Pick up litter.

## Prayers

Lord, give us the faith and courage of Peter and Paul, and help us in our own way to carry the word of God to others.

*Taken from: "The Complete Children's Liturgy book" by Katie Thompson*

Living God, help us to live with love, faith, generosity, fairness and hope, so that our hearts may be open to you and to all people in need. We ask this through Christ, our Lord, Amen.

*Taken from: <https://cafod.org.uk/Education/Children-s-liturgy>*

## 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

