



FAMILY PRAYER SHEET

14th Sunday of the year

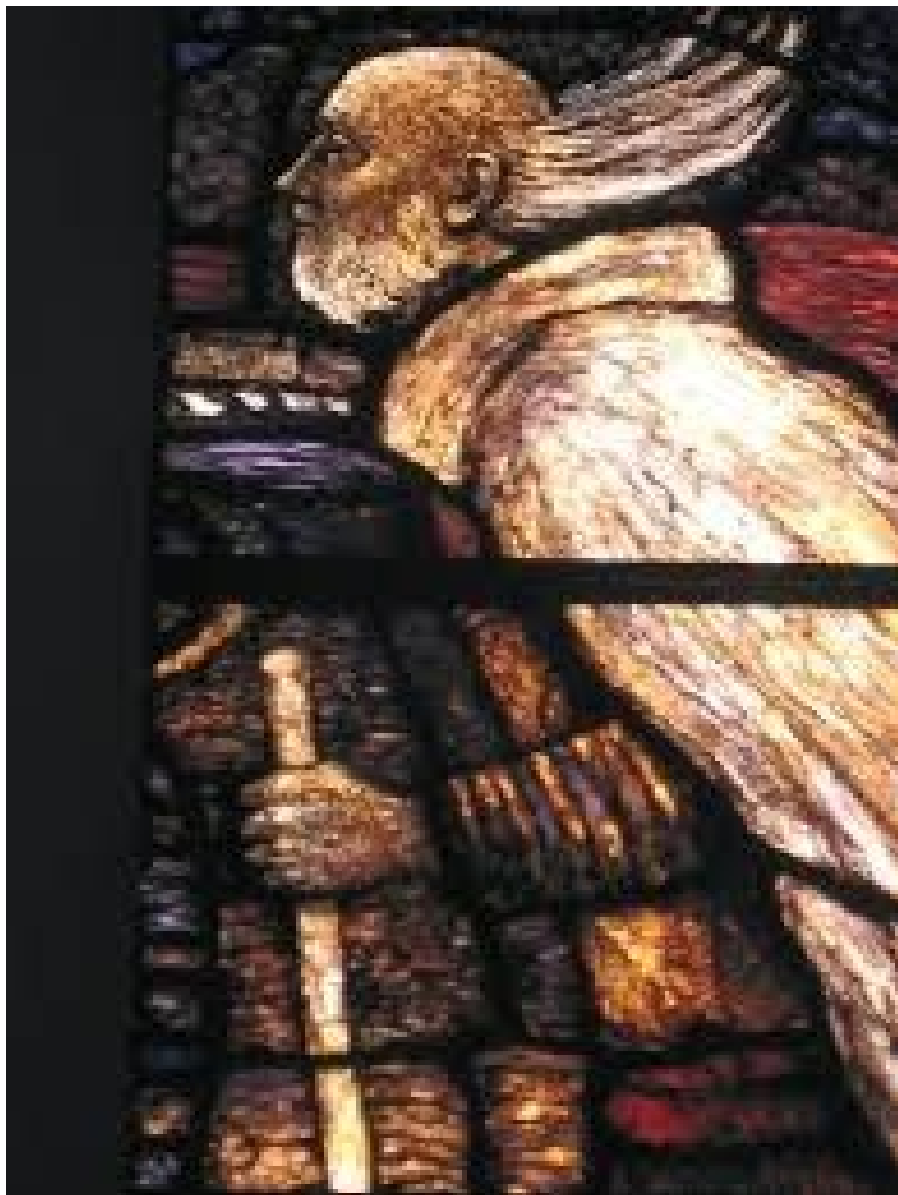


Dear NPCAT Families

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 11:25-30

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

Alternatives for Younger Children

A short retelling: https://www.youtube.com/watch?v=fpvnK0Q_07U

In song: Lullabies for babies, "Come to me"
<https://www.youtube.com/watch?v=c4LG934E8OI>

Reflection

First question to ask ourselves, are we childlike in our joy of faith? Are we open to what God wants to teach us. We see in this passage the closeness of the Father and Son. The Son does what the Father wants as the Father is entrusting the work to the Son.

This passage is also an invitation to come to God if we find things are weighing us down. The 'yoke' that is talked about is seen as a symbol for the Law of Moses which could seem burdensome with all the many commands for people to follow. Jesus is teaching us that the Law of Christ is not burdensome as it is an interior impulse of the Spirit. This cannot be a burden as it is the joy of following the way of life of Christ and the Spirit. The joy comes from the faith that we have and this can be seen in martyrs who suffer terrible deaths, they are still filled with the joy of faith.

Discussion Points

- This passage begins with Jesus giving praise to the Father. Why did Jesus praise the Father in public?
- Jesus says that God has hidden things from the wise and learned and revealed them to the little ones. What do you suppose this means?
- Why would those who knew the laws well have a difficult time accepting the teachings of Jesus?
- Who do you think were the little ones?
- What were some burdens of the people in Jesus' time?
- What are some burdens people carry today?
- Describe the type of person who has many burdens, worries, or anxieties.
- How can faith in God make those burdens less significant?
- Why would Jesus call his *yoke easy*, his *burden light*?

*Reflection based on "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

Rest in Jesus

You will need: Paper heart and pens

Cut out a heart shape. In the heart write or draw something that you would like to share with Jesus. This might be something that you're worried about or something that is on your mind at the moment for any reason. Say a prayer to ask Jesus to help you with the thing you shared.

Word search & colouring in

You will need: copies of the word search or colouring in from the end of the resource.

Print out the word search or the colouring in sheet and then complete them.

Activity taken from <https://sermons4kids.com/>

What can you do for others?

- Say thank you when people do things for you.
- Sort out some of your clothes/ belongings you no longer need to give to charity now the charity shops are reopening.

Prayers

Dear God,

Thank you for Jesus, who kept sharing your love and peace no matter what happened so that we could receive it and share it. Thank you and Amen

Taken from: https://rfour.org/childrensmesssage_a_33.html

Dear Lord, thank you for the gift of today - your Sunday. Please guide our family as we strive to grow closer to you and to one another. Open our hearts and teach us to be much more generous with our time. Open our eyes to discover opportunities to love others today. Amen

Taken from: "Reclaiming Sundays: Pray, Play, Serve, Rest, Refresh and Celebrate" Donna-Marie Copper O'Boyle

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>

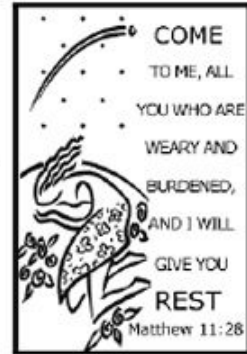
Blessed Nicholas Postgate, Pray For Us



Rest for the Weary

"For my yoke is easy and my burden is light." Matthew 11:30 (NIV)

Based on Matthew 11:28-30 (NIV)



F Q N E Y M Y V K K D X G X E
 Q Q K O Q R G H U M B L E M S
 W O Q F A V E I E D T E O R Z
 Y M O E V B N Y Q Q K C T B V
 F N W L S W T H V A D C M U W
 P H K G R O L E T R W T F R D
 E M G I B U E A G E W W R D A
 Z A A V G P S R R W C H V E Y
 M S S E Z J Z T F E C W L N T
 Q U Q Y V X T H G Q A R X J N
 R E S E M X E N U E L Y N R W
 X C C O I I Y X M J F I A A K
 E I Z A U S S L Y J K E G Y D
 Y I J O L L V N I X L E R H V
 W G T R L L S K E R E S T K T

HUMBLE	ALL	LEARN	LIGHT	YOKE
SOULS	WEARY	GENTLE	TAKE	HEART
COME	GIVE	EASY	BURDEN	REST



Thank you, God, for helping me.