

PRAYING *With* CHILDREN

SUNDAY LITURGY



14th Sunday in Ordinary Time

9 July 2023 - Year A

"I am gentle and humble of heart."

Something to Think About

Have you ever been worried about something? Worrying can make us feel tired! Jesus promises us that if we go to him when we feel busy and tired, we will find rest and peace.

The Story

Jesus has a wonderful message for his listeners today. It is not something that we have to be very wise or clever to understand – it is a message for ordinary people and little children. It is the wonderful news that whenever we feel tired, or fed up, or weighed down with troubles, we can go to Jesus and find rest. Jesus is gentle and humble and will help us to feel calm and peaceful again.

The Scriptures

A reading from the holy gospel according to Matthew

11:25-30

On one occasion Jesus said:

"My Father, Lord of heaven and earth,

I am glad that you hid all this from wise and educated people and showed it to ordinary people. Yes, Father, that is what pleased you.

"My Father has given me everything, and he is the only one who knows the Son.

The only one who truly knows the Father is the Son.

But the Son wants to tell others about the Father, so that they can know him too.

"If you are tired from carrying heavy burdens, come to me and I will give you rest.

Take the yoke I give you.

Put it on your shoulders and learn from me.

I am gentle and humble,

and you will find rest.

This yoke is easy to bear,

and this burden is light."

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Video

Watch the video:

[Give all your worries to God.](#)



Group Discussion

(Have a brick or something else heavy.) Ask children: “Could you easily pick up this brick?” Yes, of course. “Could you hold it up with your arm straight out to the side... like this?” “Do you think you could hold it there all day?” Some might like to give it a try. The longer you hold it, the heavier it feels.

This happens with worries and burdens that we carry around with us. Ask the children what some of these worries/burdens might be. (e.g. sickness, trouble with school work, feeling guilty about something, being teased). The good news is that we don't have to carry this load alone. Jesus is there to help us!

Praying For Others

Leader: Let us pray now for the leaders of our Church, our world, for those in our community and for our own needs.

Reader 1: We pray that our leaders will be wise. Lord, hear us.

All: Lord, hear our prayer.

Reader 2: We pray for those who are worried or carrying heavy burdens. Lord, hear us.

All: Lord, hear our prayer.

Reader 3: We pray for those who need a friend today. Lord, hear us.

All: Lord, hear our prayer.

Reader 4: We pray for those who cannot see a way out of their troubles. Lord, hear us.

All: Lord, hear our prayer.

Reader 5: We pray for trust and faith in Jesus. Lord, hear us.

All: Lord, hear our prayer.

Invite the children to pray for their own special intentions.

All: Lord hear our prayer.

Leader: Loving God, listen to the prayers we make in the name of Jesus.

All: Amen.

Prayer



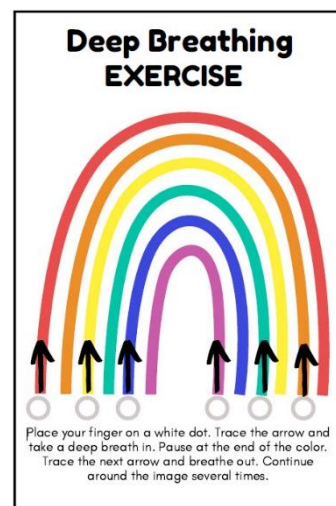
Dear Jesus,
Thank you for your gift of peace and
for helping us whenever we are
worried or afraid.
Teach us to trust in you.
Amen.

Group Activity

Rainbow Breathing Exercise

You will need: One template printed in colour, preferably on cardboard, for each child.

1. Explain to the children that there is a powerful tool they can use when they are feeling worried or angry to help them feel calm again. It is something they carry inside them always. Their breath!
2. Give each child a rainbow template and demonstrate the process of breathing in, starting with the arrow on the left and tracing the red line around. Then children exhale as they follow the orange path back. Inhaling on the yellow, exhaling on the green and so on.



Deep Breathing EXERCISE



Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the color. Trace the next arrow and breathe out. Continue around the image several times.

**WRITE OR DRAW
THE WORK YOUR
MUM DOES...**



**WRITE OR DRAW
THE WORK YOUR
DAD DOES...**



**WRITE OR DRAW
THE WORK YOU
DO...**



**WE ALL GET TIRED SOMETIMES. JESUS SAID:
IF YOU ARE TIRED FROM THE WORK YOU DO,
COME TO ME AND I WILL GIVE YOU REST.**