

PRAYING *With* CHILDREN

SUNDAY LITURGY



16th Sunday in Ordinary Time

21 July 2024 - Year B

“They were as sheep without a shepherd.”

Something to Think About

Our world is often a very noisy place! Can you think of some noisy, busy places in your life? Sometimes we need a break and we need to find somewhere quiet. Can you think of a place you like to go that is peaceful and quiet?

The Story

Wherever Jesus went, people crowded to see him, listen to him and ask for healing. Jesus needed time to rest and relax and renew his energy. He often went away to a quiet place to pray and rest.

The Scriptures

A reading from the holy gospel according to Mark

6:30-34

After the apostles returned to Jesus, they told him everything they had done and taught. But so many people were coming and going that Jesus and the apostles did not even have a chance to eat.

Then Jesus said, " Let's go to a place where we can be alone and get some rest." They left in a boat for a place where they could be alone. But many people saw them leave and figured out where they were going. So people from every town ran on ahead and got there first.

When Jesus got out of the boat, he saw the large crowd that was like sheep without a shepherd. He felt sorry for the people and started teaching them many things.

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

Video

Click to watch the video: [90 second relaxation](#)



Group Discussion

We all need time to rest and relax and renew our energy. It is not time wasted but time well spent. Our bodies, minds and spirits need to take a break regularly. It's like cars needing fuel. Every now and again we need to top up our tank as well.

Invite those gathered to share the things they like to do to relax and feel refreshed.

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 caring and understanding. Lord hear us.

All: Lord hear our prayer.

Reader 2: We pray for people who are sad and feel alone. Lord hear us.

All: Lord hear our prayer.

Reader 3: We pray for those who are always busy caring for others. Lord hear us.

All: Lord hear our prayer.

Reader 4: We pray that we will find rest and peace in our hearts. Lord hear us.

All: Lord hear our prayer.

Reader 5: We pray for trust in Jesus, the Good Shepherd. Lord hear us.

All: Lord hear our prayer.

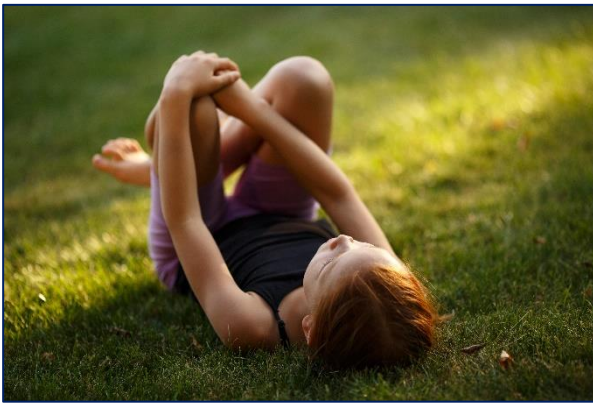
Invite the children to pray for their own special intentions.

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 showing us that it is important to be quiet and still.
Help us to make time in our busy days to rest and pray.
Amen.

Group Activity

MY FAVOURITE QUIET PLACE

You will need: an A3 sheet of white paper for each child, newspaper to cover the tables, paints, palettes or paint pots, a variety of paintbrushes, sponges, water, aprons.

An alternative would be simply to use coloured markers, coloured pencils or crayons for this artwork.

1. Invite the children to think about a quiet place where they like to rest and pray, and then create an artwork of that place.
2. Ask children to write the words "My Quiet Place" somewhere on their artwork. Adults or older children can assist as needed.



JESUS TOOK HIS DISCIPLES TO A QUIET PLACE TO REST

YOUR QUIET TIME

WHO DO YOU PRAY FOR?

WHAT DO YOU SAY TO JESUS?

