



# Children's Liturgy of the Word

## Year of the Eucharist: December/January 2021

### Theme:

"I am the living bread come down from heaven."

### Preparations:

The Exodus passage lends itself to a dramatic reading that can include different members of your family. Beforehand, decide on a few body gestures that can be used during the reading. For example:

1. A gesture of murmuring: hands in the air, looking sad or angry, swaying to and from (use in v. 2)
2. A gesture of passing the night: eyes closed, hands to side of face like the typical sleeping gesture (use in v. 13)
3. A gesture of surprise and questioning. Have your family members say the words in the Scripture reading, either "What is it?" or "It is manna." (use in v. 15)

If you choose to do the dramatic reading, it would be good to practice the gestures with everyone and have a leader besides the reader who can lead the group to do the gestures at the appointed time in the reading.

Also, it may be a good idea to use a visual prop for the manna, which is described as small and round, e.g. cotton balls, white poker chips, or paper disks. Of course, we do not know what the daily bread or manna actually looked like. When your child(ren) has his or her eyes closed in v. 13, spread the "manna" where your child(ren) can see. Also have a basket handy so you can "collect" the manna as you begin your reflections.

### Introduction:

For our December/January CLOW, we are going to hear two Bible stories in which God feeds hungry people. In the first reading, the Israelites are wandering in the wilderness. They are worried they will not have enough to eat. God provides them with what they need. Each morning they find a small round substance which they can eat. They call it manna. Today, we do not know what manna looked like exactly or how it tasted. In the Gospel reading, Jesus tells us he is the living bread come down from heaven. Like the manna in the desert which kept the people alive, Jesus is the Bread of Life.

Now we turn to the first reading. (Have your family members practice the gestures if you are doing the dramatic reading). Close your eyes for a minute and imagine you are together in a desert. (Give them a moment of silence). Open your eyes and listen to the story from the Book of Exodus.

## Readings:

**First Reading:** Exodus 16: 2-4, 12-15

**Gospel Reading:** John 6: 51-54, 55-57

## Reflection:

Explore with your child(ren): How do you think the people felt being in the desert? How do you think they felt when they found manna on the ground in the morning?

The people were hungry. They came from a place where they had enough to eat but they were slaves. Now, in their journey to freedom, they were worried. They wondered if they made the wrong choice to leave and go on the trip. God helped them out. God provided them the bread called manna so that they could eat every day. They no longer went hungry. In their decision to journey to freedom, they began to trust God.

The manna was a great and an important gift from God. In the Gospel reading we learn that Jesus is a great and very important gift from God the Father. Through Jesus, God takes care of us in many ways. Jesus shows us the way to share in the relationship that God offers us. We call Jesus the living bread come down from heaven. Through Jesus we learn the way to God the Father.

## Conclusion:

Conclude by praying the Creed and Intercessions together.

(Found on the following pages.)



## **Creed:**

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.  
For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.  
I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.  
I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.



## **Intercessions:**

For all of those nourished in this life by the Eucharist, that they may be raised up on the last day. We pray to the Lord.

For the Church, that those who eat and drink the Body and Blood of Christ, will strive to overcome divisions, and live in greater unity. We pray to the Lord.

For members of our parish community, gathered by God each Sunday, that in our lives, we may hunger for Christ, the living bread from heaven. We pray to the Lord.