

LYNNFIELD CATHOLIC COLLABORATIVE

Children's Liturgy of the Word

14th Sunday of Ordinary Time



Family Guide:

This is a guide designed for families to use in addition to our Children's Liturgy of the Word video for the 14th Sunday of Ordinary Time! Included in this guide are the Opening and Closing prayers, the Gospel Reading, Reflection and Reflection Questions, and Directions for the craft activity. You will find a resource page with additional activities as well! Be safe, be healthy and know of our prayers!

Opening Hymn:

I heard the voice of Jesus say ([CLICK HERE](#))

Opening Prayer:

Loving and caring God. You are there for us when we are struggling. We ask that you help us to be there for others when they are struggling. We ask this through Christ our Lord. Amen.

1st Reading

Zechariah 9: 9-10

A reading from the book of Zechariah

Thus says the LORD: Rejoice heartily, O daughter Zion, shout for joy, O daughter Jerusalem! See, your king shall come to you; a just savior is he, meek, and riding on an ass, on a colt, the foal of an ass. He shall banish the chariot from Ephraim, and the horse from Jerusalem; the warrior's bow shall be banished, and he shall proclaim peace to the nations. His dominion shall be from sea to sea, and from the River to the ends of the earth.

The word of the Lord. *Thanks be to God.*

Psalm

I will praise your name for ever, my king and my God.

2nd Reading

Romans 8: 9, 11-13

A reading from the the first letter of Paul to the Romans:

Brothers and sisters: You are not in the flesh; on the contrary, you are in the spirit, if only the Spirit of God dwells in you. Whoever does not have the Spirit of Christ does not belong to him. If the Spirit of the one who raised Jesus from the dead dwells in you, the one who raised Christ from the dead will give life to your mortal bodies also, through his Spirit that dwells in you. Consequently, brothers and sisters, we are not debtors to the flesh, to live according to the flesh. For if you live according to the flesh, you will die, but if by the Spirit you put to death the deeds of the body, you will live.

The word of the Lord. *Thanks be to God.*

Gospel Acclamation:

Alleluia ([Click Here](#))

Gospel

Matthew 11: 25 - 30

A reading from the holy gospel according to Matthew

At that time Jesus exclaimed: "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father.

No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him.” “Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.”

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

Reflection and Reflection Questions:

In today’s Gospel, Jesus calls us to go to him whenever we are tired or struggling. Jesus knows so well what it means to be tired and to struggle and he knows that we too can become tired and find life difficult. Jesus wants us to go to him and find comfort from him.

Have you ever found life challenging? What do you do when life is hard or you are going through something difficult? Often when we find life challenging, or when we are faced with a difficult situation, we go to someone for help – whether that be a friend, a family member, or a teacher. In today’s reading, Jesus tells us that he will be there for us always and that we can turn to him when we are having a bad day. He will help us and will give us rest.

How do you think we can share our challenges or things that bother us with Jesus? One way that we can go to Jesus is through prayer. We can share with Jesus anything that we hold in our heart and our mind.

Knowing that Jesus is always there can help us to feel safe, and may even lessen the struggles we hold, because we know that we are not alone. Think about moments in your life when someone has helped you or has simply been there for you. Knowing that someone is there, supporting us, can make a difference.

This week, take some time to think with your family about the people in your life who are supportive to you. God can be present to us through those helpful and caring people. Let us thank God for people who show us care, compassion and love. And let us try to show others care, compassion and love!

Talk with your family about ways that you can support other people, and ask God to give you whatever it is that you need at this moment. Bring to God your worries, your challenges, your fears, your anxieties. Let those things go, and let God fill you with peace, comfort, stillness, and love.

Profession of Faith

Yes Lord, I Believe! ([Click Here](#))



Prayer of the Faithful

Response: *Lord, hear our prayer.*

Family Activity:

For our activity this week, take some time to think about ways that you can go to God in prayer.

1. Our first step is to gather all of the supplies that we will need, including a print out of the activity sheet below, crayons, fine-tip markers, and scissors.
2. With an adult's help, print out the activity sheet that is included in this PDF.
3. You will see that the image print-out is of praying hands. With a fine-tip marker, write down anything that you want to bring to God in prayer. Write those prayers down in the center of the praying hands. Maybe you might want to thank God for something in your life, or perhaps you have a worry that you want to let go of. You can turn to God with anything that is on your heart and mind.
4. Then, once you are done writing your prayers, color in and decorate the image.
5. You can leave the image as it is on the full page, or cut out around the image.
6. Hang your praying hands in your room or on the refrigerator – someplace you will notice it often. Every time you pass by the praying hands image, remember all of the things that you wrote down and remember that you do not have to face those things alone. We can trust that God hears our prayers and is with us. By bringing our prayers – whatever they are, we can find rest and comfort, knowing that God cares for us.

Closing Prayer:

Our Father,
who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen.

Closing Hymn:

Sing to the Mountains ([CLICK HERE](#))

Family Resources

- **[The Kid's Bulletin: July 5th](#)**
- **[Catholic Icing: The Liturgical Year and Ordinary Time](#)**

