



To follow in Jesus' footsteps, caring for each other when we work, play and pray

As we are unable to gather together to celebrate Mass at the moment, please use the Gospel Reflection below to gather as a family and reflect on the message from this week's Gospel (the children are used to following this structure from their class acts of Collective Worship - please encourage them to lead your time of prayer).

Gospel Reflection for the Fourteenth Sunday in Ordinary Time (Year A)

Sunday 5th July

<p>Gather Bringing everyone into the Holy space</p>	<p>Preparation of the worship space: Green cloth Welcome: Today we hear how Jesus has a special care for all who are working too hard, who are tired, and who are struggling. Let's think a bit more about this today... Opening prayer: Caring God, you are there with us in the most difficult times. Help us when we find things hard. Help us to be there for others when they are struggling. We ask this through Christ our Lord, Amen.</p>
<p>Listen to the Word of God How will God's Word be proclaimed?</p>	<p><u>A reading from the Holy Gospel according to Matthew (Matthew 11:25-30)</u> At that time Jesus said, "Father, Lord of heaven and earth! I thank you because you have shown to the unlearned what you have hidden from the wise and learned. Yes, Father, this was how you wanted it to happen. "My Father has given me all things. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him. "Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. For the yoke I will give you is easy, and the load I will put on you is light."</p>
<p>Respond How will we respond? What sort of prayer, action or song will we use?</p>	<p>Gospel Reflection: Today we hear Jesus calling all people who are working hard, who are tired and struggling to come to him. Jesus knows that we all have times when we find life difficult. We all have times when even though we try hard, we can't do something. We all have times when we are tired, fed up and would like to give up. Can you think of a time when you have felt like this? Did anyone help you or comfort you during this time? Who helped you? What did they do? Jesus says his yoke is easy. He does not mean an egg yolk! This yoke is spelled differently. It is a sort of wooden bar that farmers around the world use to make it easier to pull heavy ploughs. So Jesus is saying that he will help us. Jesus says in today's reading that he is always there to comfort and support us. That when we are tired or finding things difficult, we can turn to him and find rest. What do you think that this means? If we take our worries and the things that we find difficult to Jesus, he will be there for us. How do you think we can share our worries, or the things we find hard, with Jesus? We can share our worries in prayer. And we can pray for help during the most difficult times. Just knowing that we are not alone can make a big difference when we are finding life hard. God is with us always, when we are alone, but also in the people who help and support us. So, this week, let's remember we can turn to God when things are hard. But also, let's look after others who are finding things difficult and do our best to help them. We can show them that they are not alone by the way we treat them. Intercessions: Jesus invites us to go to him when times are hard and so we pray together: We pray for the Church throughout the world: that it may do all that it can to reach out to people who are in need. Lord, in your mercy... We pray for all members of our global family who are poor, or who are finding life difficult: may they know that they are not alone and find the help that they need to carry on. Lord, in your mercy... We pray for our parish, family and friends: that we may do all we can to help those who are finding life difficult. Lord, in your mercy...</p>
<p>Go Forth What message can we give to people to think about and to act upon for the rest of the day?</p>	<p>Closing prayer: God of all, be with us when we find things difficult. Strengthen us as we help each other, so that all people may have hope for the future. Amen. Thinking about the message of today's Gospel reading, on the accompanying illustration colour in the picture and write or draw on the back how you will help someone in the coming week who is tired or finding life difficult. You could also write a prayer for the times when you are finding life hard, and for all those members of our global family who are struggling in some way. <p style="text-align: center;">Message to Remember: <i>My Father has given me all things</i> I wonder what will you do this week to help someone who is finding life difficult, who is tired or struggling?</p> </p>

Spiritual Communion Prayer

Lord Jesus,
I know that you are truly
present in the Blessed
Sacrament.
I am sad because I cannot
receive you at this moment in time,
yet I know that your love for me
knows no bounds.
Please come to my heart
and make your dwelling place in me.
Give me the joy of knowing that you are always
by my side,
and the courage of sharing your love with those
I am with today.
Amen.



Fourteenth Sunday in Ordinary Time
Gospel: Matthew 11:25-30

