



Forming lives ready to face the future

FAMILY PRAYER SHEET

Sixth Week of Easter

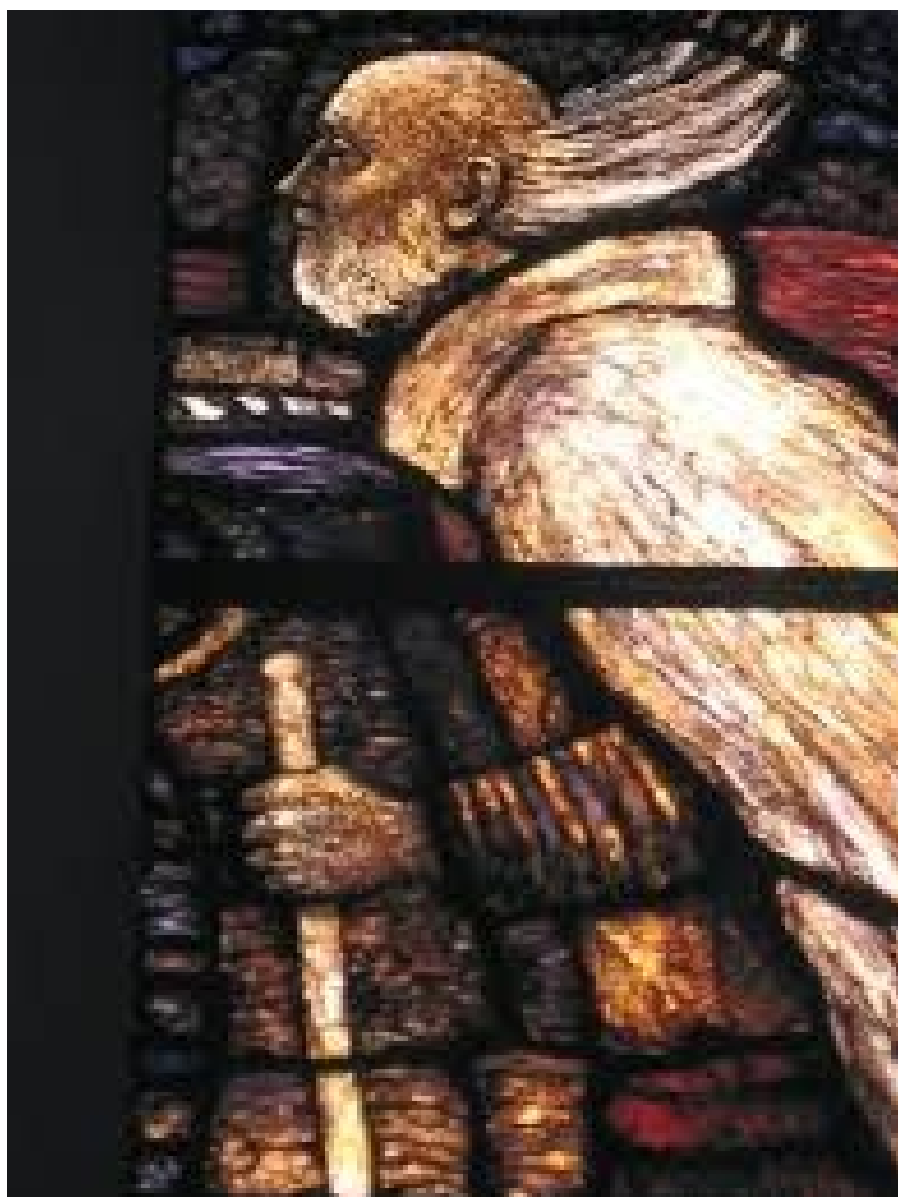


Dear NPCAT Families

This prayer sheet aims to help families pray together now that we cannot go to Mass, particularly over this celebration of Easter. We hope that you will be able to use the activities to help our children and adults grow in faith at this time. We have tried to include activities that use resources that you might already have at home. If you don't have access to all of these resources, we hope that the activities give you inspiration to do something to explore the gospel and themes.

God Bless.

Angela O'Brien, Lead Lay Chaplain



Reading the Gospel from this Sunday's Mass

A reading from the Gospel according to John 14:15-21

I shall ask the Father and he will give you another Advocate

Jesus said to his disciples:

'If you love me you will keep my commandments.

I shall ask the Father,

and he will give you another Advocate

to be with you forever,

that Spirit of truth

whom the world can never receive

since it neither sees nor knows him;

but you know him,

because he is with you, he is in you.

I will not leave you orphans;

I will come back to you.

In a short time the world will no longer see me;

but you will see me,

because I live and you will live.

On that day you will understand that I am in my Father

and you in me and I in you.

Anybody who receives my commandments and keeps them

will be one who loves me;

and anybody who loves me will be loved by my Father,

and I shall love him and show myself to him.'

Some ways to tell the story to younger children:

A short cartoon retelling: <https://www.youtube.com/watch?v=7HlJDQhohGI>

In song: Song to help remember a key message from this bible passage:

<https://www.youtube.com/watch?v=P63IG40wFA4>

Reflection

This reading gives us the key way to show that we love God, all we have to do is keep the commandments we have been given. This is both very simple but also at times really hard to do. It is often said it is easier to love humanity than it is the people who we meet in our day to day life. God doesn't leave us on our own in this though, Jesus is promising here that he will send the Holy Spirit to help and guide us. So do we let the Holy Spirit help and guide us?

Discussion Points

- Why would one want to keep the commandments if one truly loves Jesus?
- How can keeping commandments be a proof of love?
- What are Jesus' commandments?
- What is an advocate?
- What is Jesus talking about when he speaks of the Advocate?
- Why do you suppose it was important that Jesus told the disciples the Advocate would be given to them?
- How does the Holy Spirit guide us to the truth?
- How can the Holy Spirit strengthen you to keep Jesus' commandments?

Questions taken from "Exploring the Sunday Lectionary: a Teenagers guide to the readings cycle A" by Sandy Rigsby and Steve Mason.

Activities

Who are the helpers?

As a family, talk about who are the people who are the helpers at the moment. How do they help others? Say a thank you prayer for all the helpers who are working to keep us safe.



Feeling the Spirit

You will need: A kite or bubbles

Just as we can't see the wind we can see it's there by its effect on things such as a kite or bubbles as they float in the air. Have fun with these and talk about how you know the wind is there by watching the bubbles etc.



Walking Rainbow

You will need: 6 cups of water, red, blue and yellow food colouring, kitchen roll

The rainbow is a symbol of God's love for us. So today create your own rainbow with water and food colouring. Put water into 6 cups and then add the red, blue and yellow food colouring into 3 of the cups. Make sure that there is a cup of water without food colouring in between each of these and then put the kitchen roll so that it connects 2 cups. Once the kitchen roll is connecting each cup as shown in the pictures, just wait for a while and see your rainbow being created.



What can you do for others?

- Write a note to people telling them what you love about them.
- Make a drink for someone

Prayers

Dear God, thank you for all of the words of Jesus. Thank you for the comfort of your Spirit. Help us to remember what that means and to live always in your presence. Thank you for your love. We love you, God! In Jesus name, Amen!

Taken from: <https://ministry-to-children.com>

Giver of all gifts, we are grateful for your every blessing and for your presence through all of life— in our joys and fears, and in our hopes and dreams. We pray for those who do not know the consolation of your presence in their lives, asking that you reveal yourself to them through the gifts we have given and through the lives we live. Reveal yourself, O God, that all your children may find their true home in you. Amen.

Taken from: <https://www.ministrymatters.com/>

An Act of Spiritual Communion

Introduction

You might find it helpful to have a space as a focus for their prayer. This might include a crucifix, icon or other holy image, and a lighted candle.

Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

Examen: Before listening to the Word of God take a moment to reflect.

For what am I grateful to God for today?

Where did I stray from God: through words, actions or things I did not do.

How might I do better tomorrow?

What grace do I ask from God in order to live more closely in his love?

You may wish to conclude by saying: Lord Jesus, you have revealed yourself as the way to the Father: Lord, have mercy. Lord, have mercy. You have poured out on your people the Spirit of truth: Christ, have mercy. Christ, have mercy. You are the Good Shepherd, leading us to eternal life: Lord, have mercy. Lord, have mercy.

The Word of God: The readings for the Mass of the Day can be found in a People's Missal or online Universalis [<https://universalis.com/mass.htm>]. Either read all the texts or choose just to read the Gospel of the Day. Or use the gospel reading that is on this sheet.

Silent reflection: Pause for a moment of silent reflection.

Prayers & Intercessions:

Pray for family and loved ones so that they may be held in God's compassionate care.

Pray for other countries who are struggling with the effects of the COVID 19 virus. If the following intentions are said in a family or other group you may wish to conclude each one with the response: Lord, in your mercy. Hear our prayer

For those in authority: may they offer advice with care and integrity, may they seek to protect the poor and vulnerable.

For all who work in healthcare: give strength to all who look after the sick so that they may bring comfort and relief to the suffering.

For the Church: may she offer prayers and consolation for all those affected.

For our local community and all for those in need: may those who are isolated know the support and service of their neighbours.

Lord's Prayer: Our Father...

Spiritual Communion: Prayer of St Alphonsus

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

Conclusion: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Additional Prayers

Pope Francis' prayer to the Virgin for protection

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. Your, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas — we who are put to the test — and deliver us from every danger, O glorious and blessed Virgin.

Prayer for the Household

Hear us, Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house. Amen

Taken from "When Mass cannot be celebrated publicly"
<https://www.cbcew.org.uk/wp-content/uploads/sites/3/2020/03/No-Mass-A4.pdf>

Blessed Nicholas Postgate, Pray For Us

