

Sixteenth Sunday (Year B)

18th July 2021

Preparing the prayer space

Place a green cloth on the table or floor (green – the colour for Ordinary Time)

Place a cross, bible and candle on it. Light the candle or use a battery-operated candle for safety. Add any other symbols relevant to your family.



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Prepare materials

- YouTube as listed on sheet: Scripture story and song
- Suggested activities: your choice or other related activity on sheet
- Print out sheet if required

Gather around the prayer space as a family

Parent/Caregiver: In today's gospel, Jesus and his disciples would like to find a place to rest but a crowd of people start to gather to see him. Jesus' heart is moved seeing the crowd of people and compares them to being a flock of sheep without a shepherd.

Opening prayer:

Lord God, your love and care for us is like a shepherd who cares for their sheep. Let us listen to your Word and let it touch our hearts. Amen.

Gospel: A reading from the holy gospel according to Mark (6:30-34)

All: Glory to you O, Lord.

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. All: Praise to you, Lord Jesus Christ.

(Gospel text © Lectionary for Masses with Children (1993) Catholic Book Publishing Co. New York)

Prayerfully watch the video together

The Gospel- Mark 6:30-34 <https://www.youtube.com/watch?v=0qYLtD51KSs> (1:00 min)

Scripture reflection and time of sharing:

I wonder where the apostles had been...

I wonder why so many people were coming and going...

I wonder why they left in a boat...

I wonder how the people figured out where they were going...

I wonder how the disciples were feeling...

I wonder why he compared the people to being sheep without a shepherd...

Let us sing together our beliefs as Christians:

I Believe - John Burland ft. Genevieve Bryant <https://www.youtube.com/watch?v=mvYbfojVkJQ> (4 mins)

Intercessions: Let us now spend some time in prayer asking God to listen to our needs.
(*We respond to the prayers by saying the words 'Lord, hear our prayer'*)

1 We pray for Pope Francis, Archbishop Patrick O'Regan, all Church and world leaders: that they will be good leaders who listen to and meet the needs of their people.

Lord, hear us. **All:** Lord, hear our prayer

2 We pray for those who are preparing for, or have received their sacraments, that they will see Jesus as the shepherd who loves, cares, and feeds his sheep.

Lord, hear us. **All:** Lord, hear our prayer

3 We pray that members of our Church will continue to follow Jesus' teachings and lead others to follow Christ more closely.

Lord, hear us. **All:** Lord, hear our prayer

4 We pause for a moment and pray in our hearts or aloud for any intentions or people we would like to pray for at this time (*pause*)

Lord, hear us. **All:** Lord, hear our prayer

6 We pray for those who may feel that they are lost or alone, that they will find peace and joy through Jesus Christ.

Lord, hear us. **All:** Lord, hear our prayer

Closing prayer: We lift up our prayers and the prayers of our community. We make these prayers through Christ, our Lord. Amen.

Closing song: Come Follow Me- Brother Isaiah <https://www.youtube.com/watch?v=yDm3-OOi99w> (5:25mins)

Follow up activity suggestions after the time of prayer has end.

- **Prayer journal**

Write a prayer to Jesus in your prayer journal (special notebook).

- **Colouring in**

Colour and discuss the colouring in about which image is showing compassion, like Jesus showed to the crowd of people https://cafod.org.uk/content/download/25316/181917/version/5/file/Prayer_childrens_liturgy_16th-Sunday-Ordinary-Time-B-illustration.pdf

- **Acts of compassion**

Your parents do many things for you at home and beyond. Do something at home to help your parents so they can have time to rest. You may like to make them breakfast or help with putting the dishes away.

- **Family Connection**

Spend some time reflecting on your family activities. In particular, ask if your family has an appropriate amount of time for rest and relaxation. If not, discuss <https://www.loyolapress.com/catholic-resources/liturgical-year/sunday-connection/16th-sunday-of-ordinary-time-b-sunday-connection/>