

Eighteenth Sunday (Year B)

1st August 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.

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



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Gather around the prayer space as a family

Parent/Caregiver: In today's gospel, Jesus speaks about the food of eternal life.

Opening prayer:

Lord Jesus, you gave us the gift of your teachings and you give us food that will nourish us and give us strength. Help us to follow you in faith, each day of our lives. Amen

Gospel: A reading from the holy gospel according to John (6:24-29)

All: Glory to you O, Lord.

The people saw that Jesus and his disciples had left. Then they got into boats and went to Capernaum to look for Jesus. They found him on the west side of the lake and asked, "Rabbi, when did you get here?"

I tell you for certain that you are not looking for me because you saw the miracles, but because you ate all the food you wanted. Don't work for food that spoils. Work for food that gives eternal life. The Son of Man will give you this food, because God the Father has given him the right to do so."

"What exactly does God want us to do?" the people asked. Jesus answered, "God wants you to have faith in the one he sent."

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 John 6:24-35 (18th Sunday in Ordinary Time)

<https://www.youtube.com/watch?v=8frlWwd6YGI> (1:44min)

Scripture reflection and time of sharing:

I wonder which part of the reading stood out to you...

I wonder how the people were feeling...

I wonder what Jesus meant by, 'work for food that gives eternal life.'...

I wonder what that food is...

I wonder if the people listened to Jesus after...

I wonder where I am in today's gospel...

Let us sing together our beliefs as Christians:

I Believe - John Burland ft. Genevieve Bryant <https://www.youtube.com/watch?v=mvYbfojVkgGQ> (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 work hard to ensure that all people have enough to eat.
Lord, hear us. **All:** Lord, hear our prayer

2 We pray for all families to be strengthened in love, faith and unity.
Lord, hear us. **All:** Lord, hear our prayer

3 We pray that members of our Church will be inspired to live out the mission of sharing Jesus with others.
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 people and families who have been affected by COVID, may they find peace and strength in Jesus.
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: Give thanks with a grateful heart <https://www.youtube.com/watch?v=047xtru0ZRO> (3:50min)

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**
<http://www.supercoloring.com/pages/jesus-teaching-people>
- **Food of eternal life craft**
In the gospel, Jesus talked about food that gives eternal life, make a craft of this food
<https://www.jesus-without-language.net/bread-of-life-matthew-14-make-1/>
- **Family Connection**
Together as a family, name the wonderful gifts that God has given you and some of the remarkable deeds that God has accomplished in our world <https://www.loyolapress.com/catholic-resources/liturgical-year/sunday-connection/>