

Dining Room Prayer Time
Fourteenth Sunday in Ordinary Time (Year A)
"YOKE"

Child to lead by following purple instructions and reading the blue instructions.

Setup Sacred space

Before the prayer. Child to spend 20 minutes collecting 3 or 4 items to set up the sacred space. Such as a candle, cross, image and flower or some greenery. Set this up on the dining table in your house. Choose a time that everyone can come together. You will also need colouring-in-pencils for the prayer. Ask an adult to light the candle at the start.

1. Start

Let us put ourselves in God's presence by focusing on our breathing.

Breath in..... Breath out..... *(repeat this 4 times)*

As we light the candle we make the sign of the cross.

ALL – "In the name of the father and of the Son and of the Holy Spirit. Amen"

2. Gospel

Sunday July 9th
Matthew Chapter 11 verse 25 to 30

Child to read -

The 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."

3. Gospel Reflection

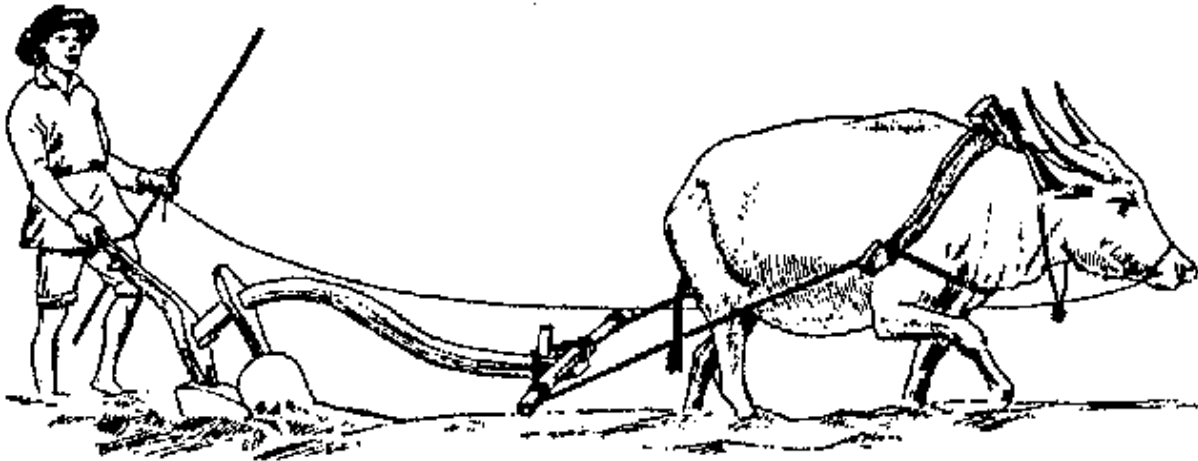
Spend a few minutes to draw or write what you think the Gospel means in the box below.

4. Share

Share with those around you what you have drawn or written.

5. Colour

Colour in the following picture



6. Questions

Spend a few minutes completing the following questions and the discuss.

1. Where is the yoke in this picture above?
2. What does the farmer, yoke, soil and cow symbolise in our lives?
3. How can God help us in our life? Does God make the yoke lighter? How?

7. Prayers of the Faithful

We ask that God receives the following prayers:

A. We pray for our family and communities. May God bless them. Lord hear us.

ALL : Lord hear our prayer.

B. We pray for anyone we know that might be burdened or struggling in life. Lord hear us.

ALL : Lord hear our prayer.

C. Does anyone else have a prayer they would like to share? PAUSE.....

ALL : Lord hear our prayer.

8. Final Prayer

Dear God we ask that you receive all our prayers as we pray the Our Father together.

ALL - 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 sins. As we forgive those who sin against us. And lead us not into temptation, but deliver us from evil. Amen.

As we below the candle out we ask that God remains with us.

We make the sign of the cross.

ALL – “In the name of the father and of the Son and of the Holy Spirit. Amen”