

Dining Room Prayer Time

Eighteen Sunday in Ordinary Time (Year A)

“CLIMBING A MOUNTAIN”

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

Setup Sacred space

Before the prayer. 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. Print this worksheet for each person in your house. 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

Matthew Chapter 17 verse 1 to 9

Child/teen to read -

Jesus took Peter, James, and his brother, John,
and led them up a high mountain by themselves.
And he was transfigured before them;
his face shone like the sun
and his clothes became white as light.

And behold, Moses and Elijah appeared to them,
conversing with him.

Then Peter said to Jesus in reply,
"Lord, it is good that we are here.

If you wish, I will make three tents here,
one for you, one for Moses, and one for Elijah."

While he was still speaking, behold,
a bright cloud cast a shadow over them,
then from the cloud came a voice that said,
"This is my beloved Son, with whom I am well
pleased;
listen to him."

When the disciples heard this, they fell prostrate
and were very much afraid.

But Jesus came and touched them, saying,
"Rise, and do not be afraid."

And when the disciples raised their eyes,
they saw no one else but Jesus alone.

As they were coming down from the mountain,
Jesus charged them,

"Do not tell the vision to anyone
until the Son of Man has been raised from the
dead."

3. Gospel Reflection

Child/teen to read -

Have you ever gone on a long journey? Maybe on a holiday or a long trip. What do you need to prepare? Who do you take with you? For Jesus, he went hiking up a high mountain. It sounds like they were camping over night with a need to build some tents. This moment is called the “transfiguration”. Here, Jesus’ identity is revealed on the top of a mountain, when all of the hard work climbing the mountain has been done. This journey is shaped like a bell curve with a top in the middle, this reflects our own life. Where must we work hard to achieve a massive goal? Maybe to do a project or assignment. Maybe to save all our money up to buy an important item. Maybe it is to prepare for a big event in our life. When we accomplish that, what do we feel? Like the disciples, we feel great. Like standing on cloud 9. Life has a way of presenting to us great challenges. Where are these hard moments in our life? Are we resilient? Do we turn to others like Jesus did to help us climb? And when we get there, do we listen to God’s voice that says to us “we are a beloved child”. How is our perspective changed by achieving a massive goal?

4. Second Reading

Child/teen to read the Gospel a second time

5. Colour

Colour in the following picture



6. Questions

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

1. What did Jesus and the disciples achieve?
2. How do you prepare for a long journey or trip?
3. Why didn't the disciples give up?
4. How did the disciples feel when they arrived? Why?
5. What did God tell them?
6. Where must we work hard to achieve a BIG goal?
7. (parents) - How is our perspective changed by achieving a BIG goal?

7. Prayers of the Faithful

We ask that God receives the following prayers:

A. We pray that God gives us the strength and residency to face our challenges. Lord hear us.

ALL : Lord hear our prayer.

B. We pray that we are open and seek help in our life especially with most challenge us. 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 blow 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”