



Liturgy of the Word with Children

Te Ritenga o te Kupu hei ngā Tamariki

Prepared by the Liturgy Centre, Catholic Diocese of Auckland

Nineteenth Sunday in Ordinary Time, Year B

Green

'I am the living bread'

1 Kings 19:4-8 Psalm 34 Ephesians 4:31-5:2 John 6:48-51



Over the past two weeks we have heard how God feeds his people and takes care of their needs.

Today we listen to a story about the prophet Elijah, who lay weak with hunger, feeling totally hopeless until God saved him.

Jesus says

"I am the living bread come down from heaven."

Leader's Preparation

In preparation for leading this celebration, begin by reading and reflecting on the Scriptures for the Nineteenth Sunday in Ordinary Time, starting with the Gospel. (You may choose to use or focus on one reading only, but remember that the Gospel may not be omitted.) Then look through the preparatory material that follows and familiarise yourself with the Liturgy Outline.

GOSPEL

John 6:48-51

Jesus said to the crowd:

"I am the bread that gives life!

Your ancestors ate manna in the desert, and later they died.

But the bread from heaven has come down, so that no one who eats it will ever die.

I am that bread from heaven! Everyone who eats it will live forever.

My flesh is the life-giving bread that I give to the people of this world."

FIRST READING

1 Kings 19:4-8

Elijah walked through the desert for a whole day. Finally, he came to a large bush and sat in its shade. Then he prayed to die. "Lord," he said, "I have had all I can take. Let me die! I'm no better than my ancestors." After saying this, he lay in the shade of the bush and fell asleep. Suddenly an angel touched Elijah and said, "Get up and eat!" Elijah looked around, and by his head was a jar of water and some bread that had been baked over coals. After eating and drinking, he lay back down.

Soon the Lord's angel came back and touched Elijah again. This time the angel said, "Get up and eat, or else the trip will be too hard for you."

The food gave Elijah strength, and he travelled for forty more days until he reached Mount Sinai, the mountain of God.

PSALM

Psalm 34

Response: **Taste and see the goodness of the Lord**
 or Alleluia!

I will always praise the Lord. With all my heart

I will praise the Lord. Let all who are helpless listen and be glad. **R**

Honour the Lord with me! Celebrate his great name.

I asked the Lord for help, and he saved me from all my fears. **R**

If you honour the Lord, his angel will protect you.

Discover for yourself that the Lord is kind.

Come to him for protection, and you will be glad. **R**

SECOND READING

Ephesians 4:31-5:2

Brothers and sisters: Stop being bitter and angry and mad at others. Don't yell at one another or curse each other or ever be rude. Instead, be kind and merciful, and forgive others, just as God forgave you because of Christ.

Do as God does. After all, you are his dear children. Let love be your guide. Christ loved us and offered his life for us as a sacrifice that pleases God.

Scriptures from the Lectionary for Masses with Children (CEV)
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Background to the Readings for Leaders

Having defeated the prophets of Baal on Mount Carmel, Elijah earned the wrath of the pagan queen Jezebel, fleeing for his life into the Negeb desert he becomes disheartened. He breaks down and asks God to take his life, then lying down he goes to sleep. His plight mirrors that of Moses before him and Jeremiah who is to follow. Or even that of Jesus himself in Gethsemane. The forty days of Elijah's journey to Mt Horeb remind us of the forty years the Israelites spent wandering in the desert fed by manna, of the forty days spent by Moses on Mt Sinai and of Jesus' fast in the desert where angels ministered to him after forty days.

The people were having great difficulty accepting Jesus' true identity and understanding the new reality that God's gift surpasses the Law and offers so much more – his flesh for the life of the world.

John's Gospel contains several "I am" sayings, reflecting the revelation that God gave of himself to Moses when he called himself "I am who I am". Jesus' use of this term indicates his true identity as Son of God.

Images from the Readings

- *I am the bread that gives life*
- *Manna in the desert*
- *Bread from heaven*
- *I give to the people of this world*
- *Taste and see the goodness of God*

Reflection for Leaders

The bread of life sustains and gives life, and it is also the presence of God in our midst. Elijah is given the food first to sustain him on his journey where he will meet God. Elijah needs new hope to carry on with his life as a man of God. Jesus is the bread of life sent by God. We need and receive renewed hope when we take part in the sharing of the bread broken and given, that becomes a spiritual food to sustain us. Is there a time when you were strengthened or nourished by another person? Jesus offers us a powerful gift. How can you share this gift with others?

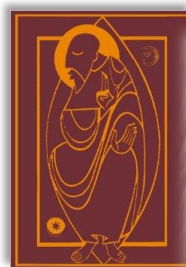
Reflecting on the Readings with the children

Before Sunday read over the suggested discussion points given in the Leader's Liturgy Outline. With the 8-12 year olds: First, listen to the children's own responses to the Reading/s and then, if needed, use some of the discussion starters suggested.

With the 5-7 year olds: Adapt some of the questions in the 8-12 material and then join with the older group for the 'Liturgical Action'.

Suggested Focus

Green cloth (Ordinary Time), Lectionary, candle, a plate with bread on it, and an image of Jesus



LEADER'S LITURGY OUTLINE

Nineteenth Sunday in Ordinary Time, Year B

At a suitable moment after the Opening Rites, but before the First Reading is proclaimed, the children are presented with the Children's Lectionary and a candle and sent, with their ministers, to the place where they will celebrate their own Liturgy of the Word, with words of dismissal such as the following:

INVITATION – Pōwhiri I invite the children to join in the procession for their celebration of the Liturgy of the Word.

To the Minister of the Word: Receive this Book of Readings and proclaim God's Word faithfully to the children entrusted to your care.

Receive this candle as the light of Christ who is present in his Word.

PROCESSION WITH THE BOOK OF READINGS – Te Kapa o te Pukapuka Tapu

WELCOME – Ko te whakatau

Leader: O God, you want us to be your children, to be loving and kind. As we listen to the readings today, help us to hear your quiet voice in our hearts.

R Amen.

First Reading: 1 Kings 19:4-8

(if used)

The Word of the Lord / Ko te Kupu a te Ariki
Thanks be to God / Whakamoemiti ki te Atua

Psalms 34

Response:

Taste and see the goodness of the Lord

or

Alleluia!

Second Reading: Ephesians 4:31-5:2

(if used)

The Word of the Lord / Ko te Kupu a te Ariki
Thanks be to God / Whakamoemiti ki te Atua

D G Bm A D G Asus⁴ A

General: Al - le - lu - ia. Al - le - lu - ia. Fill us O Lord with your word.

Bm G D A G A D

Al - le - lu - ia. Al - le - lu - ia. Your word is life for our souls.

Gospel: John 6:48-51

Minister of the Word: A reading from the Holy Gospel according to John
Children: **Glory to you, O Lord / Korōria ki ā koe, e te Ariki**

At the end of the Gospel: The Gospel of the Lord
Children: **Praise to you, Lord Jesus Christ / Kia whakanuia rā koe, e te Ariki, e Hēhu Karaiti.**

REFLECTING ON THE READINGS WITH THE CHILDREN – Whai Whakāaro

8-12 year olds:

Suggested Beginning: A good place to begin is with the question: What did you hear? Allow children the opportunity to respond in their own words to hearing the Word of God. When each has had an opportunity to speak you might begin general discussion by building on to their responses, perhaps using some prepared questions, like the following, to stimulate ideas:

God wants us to know him and that is why he sent Jesus to us. We know something of what God is like because we know what Jesus is like.

In the first reading, Elijah was feeling that he had failed to bring the Chosen people back to God. He was feeling down and lost – as if he wanted to stop trying and just give up.

- Do you ever feel like giving up if you keep losing? Maybe you have failed at something that you have tried, or your sports team loses its match.
- How does it feel?

God was very gentle with Elijah when he felt like that.

Jesus tells us that we know God through him and that he is always with us, especially in the Bread of Life that we receive in the Eucharist.

Ask the children to express their experiences of God’s love in their lives and their initiation into the Church. They will have some understanding of Eucharist and what it is to change and grow, of the effect food has on the body. Explain that when we receive Jesus in the Eucharist we are nourished and given the strength to follow him and live as he lives. It is our spiritual food that makes us grow towards a greater understanding of God and our relationship with him and other people.

5-7 year olds: Adapt some of the questions in the 8-12 material, keeping in mind that these younger children have not yet received the Eucharist. You may choose to use the ‘Liquid Pictures’ material on page 9 with this younger group. Then join with the older group for the ‘Liturgical Action’

LITURGICAL ACTION – Ko te Ritenga Karakia

Use the bread again as a focus for prayer.

Sing “Taste and See” or recite the Psalm together, and then offer each other a sign of peace.



PROFESSION OF FAITH – Panui o te Whakapono

We believe in God the Father,
who made the whole world.
We believe in Jesus Christ, the Son of God,
who was born in Bethlehem
and lived among us,
who died on the cross for us,
and rose from the dead.
We believe in the Holy Spirit
who brings life and love to us all.
We believe that the Church is one family,
and that one day
we will share everlasting life
with God in heaven.
Amen.

PRAYER OF THE FAITHFUL – *Te Īnoinga o te Hunga Whakapono*

(Here are some suggested intercessions; you are encouraged to compose your own according to the age and experience of the children)

Leader: Full of the hope in the Gospel, let us call upon God for our needs:

- For the Church, mother of the lonely and the homeless, that our arms will be open to welcome those searching for hope. Let us pray to the Lord
R Lord hear our prayer
or **E te Ariki whakarongo mai rā ki a mātou**
- For those who hunger for faith and hope. Let us pray to the Lord
R Lord hear our prayer
or **E te Ariki whakarongo mai rā ki a mātou**
- That we, the children of Aotearoa-New Zealand, will live lives that show love and respect for others. Let us pray to the Lord
R Lord hear our prayer
or **E te Ariki whakarongo mai rā ki a mātou**
- That we will help those who are unhappy, who feel left out or that they are not popular. Let us pray to the Lord.
R Lord hear our prayer
or **E te Ariki whakarongo mai rā ki a mātou**

Leader: Almighty God you give your children the riches of life, bless us and those for whom we pray through Jesus Christ, our Lord

All: Amen

The children re-join the assembly before the prayers over the gifts.

Nineteenth Sunday in Ordinary Time, Year B

Liquid Pictures

John 6:48-51

This is what God expects of us

Note to leaders: The following **liquid picture** is appropriate to use with children of any age but especially suitable for **younger children**.

How to do liquid pictures:

Liquid Pictures is a form of drama which allows a story to be presented in a flowing or liquid manner. The process follows this pattern:

- Divide the story or Scriptural passage into five or six main statements.
- Accompany each statement with a simple action that can be held in a freeze frame position.
- Choose one child to say each statement and do a simple action. These children form a straight line facing the audience.
- A leader introduces the story.
- The first child steps forward, repeats the statement two or three times (once is not enough for children to remember!) then freezes.
- The second child steps forward, repeats the statement and freezes.
- The process continues until the last child finishes.
- The leader concludes with a simple statement.

Leader: This is what God expects of us ...

Don't get angry!

Don't yell at one another!

Don't use bad language!

Be kind!

Be gentle!

Forgive one another!

Leader: This is what God expects of us! Let's do it!



From 'Just Imagine 4, Many Creative ways of presenting Scripture' written by Rina Wintour, Mountjoy Enterprises, www.mountjoyenterprises.com.au. Available from the Liturgy Centre.