

Family Liturgy – The Body and Blood of Christ (Year A)

Sunday 14 June 2020

Preparing the prayer space

Place a white cloth on the table or floor (the colour for this Feast)
Place a cross, bible and candle on it. Some holy water if you have some or a bowl with water as a reminder of our baptism; add the symbols of bread and grapes. Light the candle or use a battery-operated candle for safety. Add any other symbols relevant to your family.



<https://publicdomainvectors.org/en/free-clipart/Bread-and-wine/73028.html>

Prepare materials

You tube 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: Today, we come together to celebrate the feast of the Body and Blood of Christ. It is here together as a community of faith in which we receive the body and blood of Jesus through the celebration of the Eucharist – the Mass. At this time, we are unable to receive Jesus by coming together at the table of the Lord. We come together to receive Jesus in our hearts and know that he is always with us.

Opening prayer: God of love, we thank you today for the gift of Jesus – the bread of life – which we receive through Holy Communion. We ask you that through our belief of Jesus as the bread of life, he will continue to feed and nourish our hearts and help us to bring his love to our family and to all those we have contact. Be with us as we listen to the words of Jesus and help to join our hearts with his heart. We make our prayer through Christ our Lord. Amen.

Gospel: A reading from the holy gospel according to John (6:51-58)

All: Glory to you O, Lord.

Jesus said to the crowd:

“I am the 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.’

They started arguing with each other and asked, ‘How can he give us his flesh to eat?’

Jesus answered:

‘I tell you for certain that you won’t live unless you eat the flesh and drink the blood of the Son of Man. But if you do eat my flesh and drink my blood, you will have eternal life, and I will raise you to life on the last day. My flesh is the true food and my blood is the true drink. If you eat my flesh and drink my blood, you are with me and I am with you.’

‘The living Father sent me and I have life because of him.
Now everyone who eats my flesh will live because of me.
The bread that comes down from heaven is not like what your ancestors ate.
They died, but whoever eats this bread will live forever.’

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 <https://www.youtube.com/watch?v=5umSmru3RCg> (3 mins)

Scripture reflection and time of sharing:

I wonder what the crowd thought when they heard Jesus say that he was the *bread from heaven*?

I wonder what effect these words had on the followers of Jesus?

I wonder if the people thought that this was a gift from God to them?

I wonder how Jesus comes to us?

I wonder how I can prepare to receive Jesus in my heart?

I wonder how we feel when we receive Jesus in Holy Communion?

I wonder how we can thank Jesus for coming to us and nourishing our community?

I wonder where you have heard these words before: *give us this day our daily bread*?

I wonder what the message of this story is for me and my family?

I wonder what the message of this story is for our Church and world?

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 'Jesus, you share your life with us, hear our prayer'*)

1 We pray for Pope Francis, Archbishop Pat and all Church and world leaders: that the gift of Jesus as the bread of life will help them to lead all people in loving and caring ways. Lord, hear us.
All: Jesus, you share your life with us, hear our prayer

2 We pray for all people in our parishes who are not able to meet together at this special time: that they will receive the gift of love and feel the nourishment of Jesus at this time in our hearts and through the kindness we give to and receive from each other.
Lord hear us.. **All:** Jesus, you share your life with us, hear our prayer

3 We pray for people in our world who are suffering in any way at this time: that they may feel that they are being nourished and comforted by Jesus in his presence with them.
Lord, hear us. **All:** Jesus, you share your life with us, hear our prayer

4 We pray for all people who have died recently and especially for people we know and love: that they will now share in the gift of new life with Jesus who is always with them.
Lord, hear us. **All:** Jesus, you share your life with us, hear our prayer.

Closing prayer: God who feeds us, we *believe in your love - you are the Creator of the world. We believe in your love – you sent Jesus to be the bread of life for us. We believe in your love – because of the Holy Spirit who breathes life through us. Amen.*

Closing song: *You are the Bread of Life* from Brother Francis Series – Let's Sing!

<https://www.youtube.com/watch?v=Xy865IxVrkQ> (4 mins)

or *Eucharist* by Mary Zitnik <https://www.youtube.com/watch?v=8pn4tYfLUo4> (3 mins)

Follow up activity suggestions after the time of prayer has come to a close.

- Write a prayer in your prayer journal (special note book).
Ask the children to write a prayer thanking God for the gift Jesus who is the bread of life..
Add to this prayer journal each day.
<https://sundayschoolzone.com/activity/bread-of-life-coloring-page/view/>
- The word Eucharist means thanksgiving. Draw a picture or write a prayer thanking God for all the good things we have received. Let us add to this each day this week.
- <https://ministry-to-children.com/wp-content/uploads/2011/08/Lords-prayer-2.pdf>
- Listen to: *Is the Eucharist the body and blood of Jesus?*
<https://www.youtube.com/watch?v=zMmwVfdaA9o> (2 mins)
- Read and discuss <https://teachingcatholickids.com/our-daily-bread-finding-nourishment-in-our-faith/>
- Learn the Lord's Prayer (the Our Father) <https://www.catholic.org.au/prayers/the-our-father>