

The Fourth Sunday in Ordinary time (Yr. B) 31st January 2021

Preparation

- If possible arrange candles, a Crucifix and a Gospel or Sunday Missal on a table.

Introduction

Today we hear how Jesus chose began teaching and performing miracles and brought the Word of God to the people.

As we gather at home today we thank God for our families, and for the time we spend together in prayer. We do this today, knowing that God is with us, helping us always especially when times are difficult.

Let's begin our prayers:

Make the Sign of the Cross – a sign of the love God has for us.

An adult lights the candles.

Penitential Act

Adults and children think about how you have behaved in the past week. Especially when your daily routines are different just now. Have you shown patience to those around you? Have you been kind and helpful even when you don't feel like it and it's difficult?

Lead the children in singing the "Sorry Song".

We are sorry, *(To the Tune of Frere Jacques)*
Truly sorry,
Heal us Lord,
In Your love,
Help us to do better,
Help us to be kinder.
Forgive us,
Forgive us.

Gloria (Sung)

Glory to God in the highest,
and peace to His people on earth.
Lord God, heavenly King,
Almighty God and Father,
we worship You, we give You thanks,
we praise You for Your glory.
Lord Jesus Christ,
only Son of the Father,
Lord God, Lamb of God,
You take away the sin of the world:
have mercy on us;
You are seated at the right hand of the Father:
receive our prayer.
For You alone are the Holy One,
You alone are the Lord,
You alone are the Most High,
Jesus Christ, with the Holy Spirit,
in the glory of the Father.

Amen

All stand to welcome the Gospel singing the **Gospel Acclamation:**

(Sing to the tune of 'If You're Happy and You Know It')

“Alleluia, alleluia, praise the Lord,
Alleluia, alleluia, praise the Lord,

As we listen to the story,
let us praise him for his glory.
Alleluia, alleluia, praise the Lord.”⁽¹⁾

Gospel (Mark 1:21-28)

A reading from the Holy Gospel according to St. Mark

Explain and demonstrate – make three crosses: one on your forehead, one on your lips and one on your heart. In this way we think God’s word, speak God’s word, and keep God’s word in our hearts as we say together:

“Glory to You, O Lord.”

Use this link to read the Gospel if you don't have a Sunday Missal
<https://cafod.org.uk>education.Children'sLiturgy>

Read the Gospel aloud to the children. At the end say:
“The Gospel of the Lord.”

All reply: **“Praise to You Lord Jesus Christ.”**

Lead a Discussion on the Gospel

In today’s Gospel we hear how Jesus was teaching in the Synagogue. This is the name of the place where Jewish people worship. The people heard Jesus talk about God, in a way they had never heard before. How did Jesus know so much about God?

Jesus is the Son of God! When we are close to Jesus, we are close to God.

As followers of Christ we are called Christians. Discuss with the children where we would normally gather to hear the Word of God.(We normally gather in the church to listen to God’s teachings. We can also learn about God in other places too – for example our Catholic schools and in our homes).

When we hear the readings at Holy Mass, at home, or as just now in the Children’s Liturgy, we should **listen** carefully and prayerfully so that we can **learn** more about God and become closer to Jesus.

On that day in the Synagogue, the people realised how special Jesus was when they saw Him use God’s power over the evil spirit.

When we listen to the readings, and when we say our prayers, we grow closer to God. Explain to the children that just like anybody else you have a relationship with – for example your Mum, Dad, brothers, sisters, or friends – you must spend time with them – to learn more about them.

Prayers of the Faithful

Dear Jesus,

You have called us to be Your disciples. You know us all by name. Help us to follow You each day by the way we lead our lives. **Lord, in Your mercy.**

All reply: **Hear our prayer.”**

Dear Jesus,

Help us to bring the light of Your love to others we meet, by being kind and helpful. **Lord, in Your mercy.**

All reply: **Hear our prayer.**”

Dear Jesus, Look after all of Your family here on earth, especially those who are poor, homeless, or hungry. **Lord, in Your mercy.**

All reply: **“Hear our prayer.”**

Dear Jesus, You are our God and our King. Keep us always close to You. Protect us from all harm and all evil and especially at this time, bring healing to those who are ill. **Lord, in Your mercy.**

All reply: **“Hear our prayer.**

We now pray together saying:

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 trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil. **Amen.**

We can also say the following prayer as a **Spiritual Communion.**

(Anyone can do this at any age. Even if you have not made your first Sacramental Holy Communion, or are unable to receive the Sacrament of Holy Communion you can still make a Spiritual Communion by saying this prayer)

Spiritual Communion (Prayer of St. Alphonsus Liguori)

My Jesus,
I believe that You are present in the Most Blessed Sacrament.
I love You above all things, and I desire to receive You into my soul.
Since I cannot now receive You sacramentally,
come at least spiritually into my soul.
I embrace You as if You were already come,
and I unite myself wholly to You.
Never permit me to be separated from You. **Amen.**

Closing Prayer

Dear Jesus help us to follow You every day and to listen when You call our name. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.

References

1. The Complete Children's Liturgy Book. Katie Thomson, published by Kevin Mayhew. P349