

Fourth Sunday of Lent Year B –14th March 2021

Preparation

If possible arrange candles, a crucifix and a gospel or Sunday Missal on a table.

Introduction

Today is the fourth Sunday of Lent. (Ask the children if they can tell you what we mean by Lent?) Remind them that it is a time of forty days of preparation for Easter, beginning on Ash Wednesday.

In Lent, we do three things to bring us closer to God, so that we may truly celebrate the joy of Easter. During Lent we **PRAY** more, we **FAST** (give up something we like), and we show love or **CHARITY** to those around us by being generous and sharing and not being selfish. The most important of these three actions is prayer.

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.

In today's Gospel we hear of God's great love for us and for the whole world - how He gave us Jesus His only Son the "Light of the World" to bring us back to God.

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,
Truly sorry,
Heal us Lord,
In Your love,
Help us to do better, (sung to tune of Frere Jacques)
Forgive us,
Forgive us.

NO Gloria DURING LENT

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

"Share your word with us, Oh Lord, (to the tune of London Bridge
Us Oh Lord, is Falling Down)
Us Oh Lord,
Share Your Word with us, O Lord.
Help us listen."⁽¹⁾

Gospel (John 3:14-21)

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"**. Ask everyone to be seated.

Lead a Discussion on the Gospel

What do you remember from today's Gospel reading? (We hear how God loves us so much that He sent His only Son Jesus to help us to be good and to lead us safely home to Heaven).

Jesus is our 'light' the "light of the world" and He leads us away from what is evil and hidden in the darkness. (Discuss with the children what happens if you're in a dark room and you switch a light on? The darkness disappears and you can see everything clearly).

Ask if anyone is afraid of the dark? Discuss why : You can't see where you're going, there might be danger, you could trip or fall. The darkness hides things. Discuss with children that if someone does something naughty they often try to hide it as they don't want to get found out.

What did Jesus say about those that believe in God and do good things? Jesus says that they love to come in to the light. They have nothing bad to hide.

Jesus our 'light' will send the darkness and all that is bad away and He will lead us to all that is good in Heaven.

Discuss how this week in Lent has gone:

What extra prayers/devotions have you made this week?

What things have you given up?

Have you remembered to be kind each other?

Remember – if you're tempted to give up- ask Jesus, Mary, and St. Joseph, to help you to try your best.

Prayers of the Faithful

You may wish to prepare some of these yourselves or ask the children for their prayers. Here are some suggestions for today:

Lord Jesus, help us to try our best during Lent to **fast** by giving up something that we like.

Lord, in Your mercy.

All reply: "**Hear our prayer.**"

Lord Jesus,

Light of the World, help us to be good, kind and loving, so that we may be with You forever in Heaven.

Lord, in Your mercy.

All reply: "**Hear our prayer.**"

Lord Jesus, help us to show charity by not being selfish and being kind and generous to others especially those who are different to us.

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 names.

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.