

Fifth Sunday of Lent Year B –21st March 2021

Preparation

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

Introduction

Today is the fifth 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 Jesus tells a parable about a grain of wheat and how in order for a single grain of wheat to produce a harvest it must first die. He is telling this story to help us understand His death and resurrection.

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 12:20-23)

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 about today's Gospel reading?(Jesus told a parable about how a grain of wheat needs to be planted in the ground and die in order to produce a harvest).

Explain to the children that Jesus used this story to help people understand that He had to die on the cross so that He could open the gates of Heaven for us all when He rose from the dead at the Resurrection on the first Easter Sunday.

Ask the children if they know what season it is just now? (Spring, summer, autumn or winter? It's spring!)

What do we notice all around us, in the gardens or fields in spring? (There are lots of new shoots, little seedlings, young plants and flowers appearing).

Ask if anyone has ever planted a seed and watched it grow over weeks and months into a large flowering plant like a sunflower? (Maybe you would like to plant a sunflower seed and wait for it to grow into a tall sunflower with hundreds of sunflower seeds in the middle of the flower?)

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.

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.