

Year C - First Sunday of Lent

Luke 4:1-13

God is always there to help me



Both the psalm (Psalm 90 (91):1-2, 10-15) and the second reading (Romans 10:8-13) for this week talk about how God always comes to help us when we call for him. This prayer builds on this idea and gives the children an opportunity to invite God to be with them in all circumstances.

In this prayer, the children will take turns to read from a sign that identifies a time they might need God's help and, in response all the children pray 'be with me Lord'.

Set up:

- Prepare this prayer by printing and cutting out the signs on the following page. There are some to get you started, but there are others that are blank.
- Show the pre-prepared signs to the children and discuss them. Then invite them to share other times in life when we want God to be with us and fill in the other blank signs accordingly.
- Choose children who will read the signs (see 'readers' below). Then show the children the response sign and get them to practice reading it together: 'BE WITH ME LORD' (place this where everyone can see it - you could even project this if you have access to a data projector). Have a little practice so that the children are familiar with listening for the reader and then praying the response together. Then get ready to pray.

Prayer:

Sign of the Cross

Leader: Today we heard a story about how Jesus was strong even when it was hard. Jesus teaches us that we can always call on God's help no matter what. So, let's pray for God's help today:

Reader: When I am sad... (All respond: Be with me Lord)

Reader: When I am lonely... (All respond: Be with me Lord)

Continue until all the prayers have been read.

Leader: Dear God, thank you for loving us. Please help us to be strong and full of courage like Jesus, knowing that you will always help us when we call. Amen.

Sign of the Cross

Be
with
me
Lord



When I am sad...

When I am lonely...

When I am scared...

When I am excited...

When I am happy...

When I am calm...

When I am

When I am

When I am

When I am

When I am

When I am