

Year A - 14th Sunday in Ordinary Time

Matthew 11:25-30

Catch and pray



Background

This simple prayer experience invites the children to remember Jesus' message today - What are the things we want to ask Jesus to help us carry?

You will need

- Rocks or pebbles
- A cross (this could be a large wooden cross or one that is formed using fabric or cardboard).
- Set up a prayer space with the cross and the pebbles to the side.

Prayer

- Invite the children to make the Sign of the Cross.
- Encourage them to be still and think about some of the things that are their 'burdens' (you might give them some examples).
- When they have thought of those things, invite them to collect one rock or pebble for each of the 'burdens' they have thought of.
- Once the children have collected their pebbles, invite the children to hold their pebbles and think about Jesus.
- Leader Prays:

Dear Jesus,
Thank you that you love us so much!
Thank you that you are always ready to help us carry our burdens.
Please take the things that are hard and heavy for us and help us to stay close you. Amen.

- Invite the children to place their pebbles on the cross as a sign of giving their burdens to Jesus.
- When all the children have done this, invite them to make the Sign of the Cross.

