

Children's liturgy

First Sunday of Lent (Year C)
– Sunday 14 February 2016

Preparing the worship space

Colour: Purple

Props: Water in a variety of different containers: water bottles, a bucket of water, etc. Place some blue material around your prayer focus. You may like to display the CAFOD Lent Fast Day poster for primary schools: visit cafod.org.uk/primary

Welcome: Today we are going to hear about how Jesus spent 40 days in the desert. He had nothing with him, and had to survive with very little. What do you think it would be like to have to live without clean water, or a change of clothes? Let's think a bit more about that today.

Song suggestions: *O let all who thirst (Come to the water)*, Laudate 408

Opening prayer: God of life, your Son Jesus went out into the desert to spend time in prayer and be closer to you. Help us also to draw closer to you this Lent, in our prayers and in our actions. Through Christ our Lord, Amen.

First reading (optional): Deuteronomy 26:4-10

Psalms (optional): Ps 90:1-2, 10-15 r.15

Gospel acclamation: Everyone stands and sings the acclamation together. We suggest *Change your lives and believe in him* by Christopher Walker (OCP Publications).

Gospel: Luke 4:1-13

Gospel reflection: What do you remember about today's reading?

Jesus goes out into the desert for 40 days. What is a desert? What do you think it would be like to live out in the desert?

While Jesus was in the desert he had hardly any food to eat or water to drink. How do you think he must have felt being alone and not having enough to eat or drink?

There are many people around the world who struggle to get enough clean water to drink, or even to wash with and keep themselves clean.

This is how things were for a girl just a little older than you who lives in Uganda. Her name is Guti. Until recently, Guti's school didn't have any clean water.

What sorts of things do we need water for? (eg drinking, brushing our teeth, washing our clothes, cooking food).

When you need water, what do you do? Close your eyes and think about how many taps you have in your home.

Guti and her friends at school couldn't just turn on a tap. They had to walk far away to get the water. Then they had to walk back carrying a heavy bucket full to the top with water, trying not to splash the water on the way because it is so precious to them.

You may wish to get some of the children to try picking up the bucket full of water and to walk from one side of the room to the other to see how heavy it is carrying water.

Water is a precious gift from God, which is given to everyone. It's not fair that some people can't get enough water to drink or wash with.

But now, Guti and her friends are happy because they have clean water in their school. This is because the water pipe has been repaired, thanks to people here who support CAFOD's work and thanks to all the people we work with in Uganda.

This means Guti and her friends don't have to spend lots of time going to collect water to drink. It also means they can wash themselves and stay clean. They're able to spend more time with their friends, having fun and learning together. This makes Guti smile!

Guti says, "The best thing about school is that I have a brighter future because I am at school. When I grow

up I would like to become a nurse because I want to help people.”

Lent is a time when we try extra hard to help other people. Lent is a time when, like Jesus in the desert, we spend 40 days trying to come closer to God. We look at our lives and prepare ourselves for Easter. We try to pray more and share more, thinking less about ourselves and more about other people.

How do you think we can do this?

We can be closer to God by praying, asking for forgiveness for all the things that we have done wrong, and trying to live the kind of life that God wants for us. One thing that many people do during Lent is to give something up so that they can give more away to people who have less than they do. People like Gutu and her friends in Uganda who share one tap amongst everyone at the school. Are you giving something up this Lent? What are you giving up?

We can *Make a Splash!* this Lent. With the money that you save on sweets or fizzy drinks, or whatever you go without this Lent, you will be supporting people all around the world through CAFOD, so that they can have clean water.

And every time you turn on a tap during Lent, when getting a drink or brushing your teeth, remember to pray for Gutu and all those without water.

Intercessions: As we try to draw closer to God this Lent, we pray together:

We pray for world leaders: that the Holy Spirit will move them to take action, so that all the people they look after will have clean water to drink. Lord, in your mercy...

We pray for Gutu and all people who don't have clean water: that God will bring them hope, and we may help them to change their lives for the better. Lord, in your mercy...

We pray for our parish, family and friends: that God may help us to make a real difference to the lives of others around the world this Lent. Lord, in your mercy...

Closing prayer: God of life, refresh all those who thirst and guide us as we try to make sure that all our sisters and brothers around the world have enough clean, safe water to drink. Amen.

Activity suggestions

- Ask the children to colour in the accompanying illustration (available at cafod.org.uk/childrensliturgy). Think about all the children at Gutu's school, and how their lives have changed now they have clean water.



- Ask the children to sit quietly for a few moments and listen to God. Then ask the children to write a prayer. Ask them to think about why water is a precious gift, and for all those people who do not have safe, clean water.
- Encourage the children to find out more about the difference water is making in Gutu's school and show them pictures.
- Ask the children to draw all the different ways they use water every day. Invite them to think about what it would be like if they had to walk a long way carrying all the water that they use.
- Ask the children to tell their family what they have heard and thought about during the liturgy today. If they have written a prayer, ask them to say it together as a family during the coming week.

For more activities and resources for children to support CAFOD Lent Fast Day, visit cafod.org.uk/primary



Find more children's liturgy resources for every Sunday at cafod.org.uk/childrensliturgy

Sign up for email reflections on each Sunday's gospel, to help you reflect as you prepare for children's liturgy, at cafod.org.uk/pray