

Tenth Sunday of the Year

Do not be sad

INTRODUCTION

We are God's children, and he wants each one of us to be happy. Jesus could not bear to see us sad and unhappy, and always tried to change tragedy into celebration.

SIGN OF THE CROSS

LIGHT THE CANDLES

Light the candles and read (*cf Revelation 22:5*):
There will be no more night, and we will not need lamps or sunlight, because the Lord God will be our light!

SORRY

Ask one of the children to choose a sorry colour and to read the corresponding prayer aloud to the group.

GLORIA

GOSPEL ACCLAMATION

To welcome today's Gospel sing Acclamation 6:
Jesus here we are.

GOSPEL (*cf Luke 7:11-17*)

A large crowd had followed Jesus and his disciples to a town called Nain, where they met a funeral procession outside the gates of the town. A widow's only son had died, and she walked behind the procession crying sadly. Seeing this, Jesus was filled with great pity and said to the woman, 'Do not cry.'

Then he stopped the procession and said loudly, 'Young man, get up!' At once the young man sat up and began to talk, and Jesus brought him to his mother. The woman and the crowd were filled with wonder and began to praise God, and soon everyone had heard about the marvellous thing which Jesus had done.

DISCUSSION

Why did Jesus take pity on the woman? – The woman was a widow, and so her husband had already died. The young man had been her only child, and now that he was dead too she was completely alone. Jesus saw her suffering and sadness and wanted to make her happy again.

What did Jesus do? – Jesus commanded the young man to get up, which is exactly what he did.

Imagine if you were in the crowd of mourners and saw this happening, what would you think?

(Encourage the children to share their thoughts.)

Friends of the young man and his mother had joined the procession of sad people, or mourners, who were taking the dead man to be buried. They must have been surprised when this stranger stopped the procession, and filled with disbelief when he brought the dead man back to life!

Can you remember any of the other times when Jesus changed the sadness of death into the joy of new life?

- when he brought Lazarus out of the tomb.
- when he brought a little girl back to life.
- when he rose from the dead on Easter Sunday, the joyous event we remember at every Mass.

ACTIVITY

Photocopy the activity sheet and cut out and fold the happy/sad faces. Staple them together at the top. Show the children how to place a pencil at the bottom of the paper and roll the top piece around it tightly. Move the pencil up and down to make the face change.

CREED

CLOSING PRAYER

Let us pray for all those who have died, and their families and friends who are feeling sad.

Lord hear us.

All: Lord graciously hear us.

Let us pray for anyone who is unhappy or alone: may Jesus touch their lives with his joy and love.

Lord hear us.

All: Lord graciously hear us.

(Ask the children if there is anyone they know who needs a special mention or prayer.)