

YEAR A

14th SUNDAY IN ORDINARY TIME

COME TO ME

VISUAL AIDS

- > Pictures of people carrying loads, pictures of yoked animals.
- > Solemn sounding music.
- > Cheerful sounding music.
- > Yoke shape cut-outs.

WELCOME AND PROCLAIM THE GOSPEL

Say/sing together:

Alleluia, alleluia!
Bless you, Father,
for showing the truth to children.
Alleluia!

A reading from the Good News
given to us by Matthew.
Glory to you, Lord.

Jesus says:

'I praise and bless you, Father,
Lord of heaven and earth,
for hiding your secrets from the
wise and learned,
and sharing them with children.
You have trusted me with everything

DISCUSSION

With whom does God share his
secrets?

- with children.

To whom does Jesus make God
known?

- those whom Jesus chooses.

What does Jesus offer in exchange
for a heavy burden?

- rest and comfort.

What advice does Jesus give and
why?

- to carry his burden instead
- because it is easy and light.

What is Jesus' burden and his yoke?

- love
- his yoke binds us to him and each
other.

YEAR A

14th SUNDAY IN ORDINARY TIME

SHARING

Look at the pictures. Get the children to say what they do like carrying, and what they do not like carrying.

What does 'burden' mean?

-something too hard, too heavy.

What does 'yoke' mean?

-to link together,

-could be as slave, or as in love.

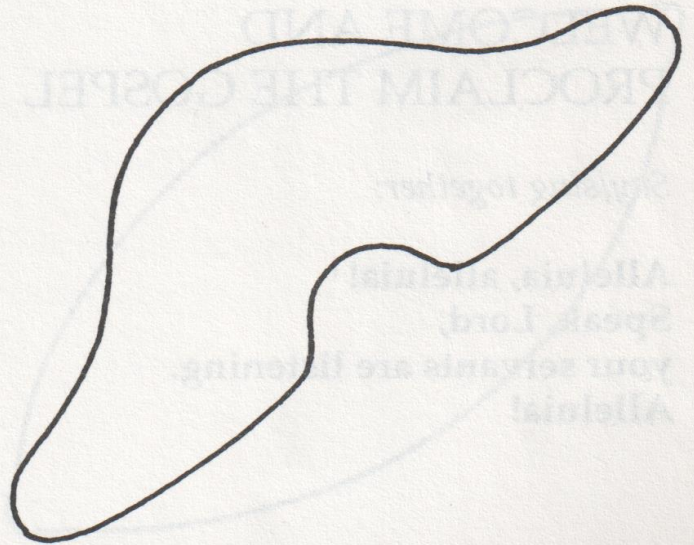
Play the solemn music and have the children mime pulling a heavy load. Play the cheerful music and have the children mime pulling a light load.

It is easy for strong people to carry heavy loads. Strong people train. We can be trained, but training is hard work. It is much easier to remain weak and let someone else carry the load for us, for example leaving others to wash up, make the beds.

Know my Father, and I will help those whom I choose to know him.

If your burden is heavy, come to me, and I will give you rest and comfort. Put my yoke on your shoulders. My yoke is easy and my burden is light.'

This is the Gospel of the Lord.
Praise to you, Lord Jesus Christ.



ACTIVITIES

> Give out the yoke shape cut-outs.

> Ask the children to write or draw on them how they can give someone rest and comfort in the week ahead.

> Recite the following prayer, the children repeating it line by line:

**Lord, you are faithful
in all that you say,
and loving in all that you do.**

**Support all who fall,
comfort the burdened,
and help all
who come to you for help.**