

Children's liturgy – First Sunday of Lent (Year B)

Preparing the worship space

Colour: Purple

Song suggestions: *Be not afraid* (964, Laudate)

Welcome: Today we are going to hear about how Jesus spent 40 days in the desert. Deserts are dry lands where it is hard to grow food, there is not much water and people may get hungry and thirsty. How do you feel when you are thirsty? Let's think a bit more about that today.

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

First reading (optional): Genesis 9:8-15

Psalm: Ps 24:4-9 r 10

Gospel acclamation: *everyone stands and sings together. For Lent we use an acclamation that doesn't use the word 'Alleluia'.*

Gospel: Mark 1:12-15

At once the Spirit made [Jesus] go into the desert, where he stayed forty days, being tempted by Satan. Wild animals were there also, but angels came and helped him.

After John had been put in prison, Jesus went to Galilee and preached the Good News from God. "The right time has come," he said, "and the Kingdom of God is near! Turn away from your sins and believe the Good News!"

(Gospel passage taken from Good News Translation® and used with permission, see details below)*

Gospel reflection: Today is the first Sunday of Lent. What is Lent?

Lent is a special time when we prepare for Easter. We take time in Lent to pray more, and to think about how we live our lives. This time can help us to change for the better and grow in our faith.

As we grow closer to God, we also realise that we are called to put our faith into action, and to live our lives as God wants us to, loving and caring for all people and for the earth.

What do you remember from today's reading?

Jesus goes out into the desert for 40 days. He had hardly any food to eat or water to drink. The UK is often very rainy. What do you think it would be like to live in a very dry land? How do you think Jesus felt while he was in the desert?

Water is one of the most precious and important things in the world. We know it is important because we use it so much. Can you think of some of the different ways we use water every day?

How do you get water when you need it? Do you or your grown ups just turn on the tap?

Imagine what it would be like if you turned on the tap and no water came out. What would you do?

Abdul lives in Ethiopia, in one of the hottest places in the world. There is no clean safe water near his house. Abdul's cousin, who is called Abdella, has to walk two five-hour journeys every day to fetch water for his family to wash with and to drink.

Share our Lent film with the children to find out more about Abdul and his cousin Abdella's walk for water. Available at cafod.org.uk/primary/lent

Lent lasts for 40 days, just like Jesus' time in the desert. This Lent, let's remember in our prayers all the people in the world like Abdul and Abdella who do not have clean water to drink.

And let's do what we can to reach out and help, as we grow in our faith this Lent and try to live as God calls us to.

Intercessions: *You may want to ask the children to offer their own prayers or you can use the suggestions below.*

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

We pray for world leaders: that they may work together to make sure all people have the things that they need – clean safe water, food and somewhere to live. Lord, in your mercy...

We pray for all those who must spend hours each day walking to fetch water, and who dream of a better future. Through God's grace, may our actions this Lent help to make those dreams a reality. Lord, in your mercy...

We pray for our parish, family and friends: that we may make changes to our lives this Lent that will change the lives of others around the world. Lord, in your mercy...

Closing prayer: Loving God, we hold in our hearts all those who are thirsty in dry lands. Help us to walk alongside them and to share generously as one global family, so we can build a better world. Amen.

For more children's liturgy resources and illustrations see cafod.org.uk/childrensliturgy

CAFOD is the official aid agency of the Catholic Church in England and Wales and part of Caritas International. Charity no 1160384 and a company limited by guarantee no 09387398

Activity suggestions

Invite the children to colour in the illustration.

Encourage the children to join in with CAFOD's Water Droplet Trail this Lent by filling in a water droplet template and displaying it in their window. As they go on their daily walks or exercise, how many other water droplets can they spot? While they are walking the water droplet trail, they could think about those around the world who do not have enough water. Perhaps they could get sponsored for their walk and give the money to CAFOD? More details of how to get involved: cafod.org.uk/primary/lent

Encourage the children to share all that they have heard and thought about in today's liturgy with others at home. Each time they turn on the tap or have a drink of water, they could remember Abdul and Abdella and all those who do not have enough water.

*Gospel passage taken from:

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