

## Children's liturgy – Twelfth Sunday in Ordinary Time (Year B)

### Preparing for worship

**Colour:** green

**Song suggestions:** Walk with me, O my Lord (966, Laudate)  
Do not be afraid (972, Laudate)

**Welcome:** Today we hear about how in the middle of a great storm Jesus calmed the wind and the sea. He tells the disciples to have courage and to have faith. Let's think a bit more about this now.

**Opening prayer:** God of the sea and the sky, be with us when we are afraid. Give us courage to do what is right and strengthen our faith, so we may give comfort to others who are frightened. Amen.

**First reading (optional):** Job 38:1, 8-11

**Psalm:** Psalm 106: 23-26. 28-31 r.1

**Gospel acclamation:** *everyone stands and sings the acclamation together.*

**Gospel:** Mark 4:35-41

On the evening of that same day Jesus said to his disciples, "Let us go across to the other side of the lake." So they left the crowd; the disciples got into the boat in which Jesus was already sitting, and they took him with them. Other boats were there too. Suddenly a strong wind blew up, and the waves began to spill over into the boat, so that it was about to fill with water. Jesus was in the back of the boat, sleeping with his head on a pillow. The disciples woke him up and said, "Teacher, don't you care that we are about to die?"

Jesus stood up and commanded the wind, "Be quiet!" and he said to the waves, "Be still!" The wind died down and there was a great calm. Then Jesus said to his disciples, "Why are you frightened? Have you still no faith?"

But they were terribly afraid and said to one another, "Who is this man? Even the wind and the waves obey him!"

*(Gospel passage taken from Good News Translation® and used with permission. \*)*

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

Jesus was in a boat with his disciples when the wind started to blow really strongly. And the waves started crashing against the boat. They were so high that the boat almost sank.

Have you ever been on a boat when the weather was bad? What was it like? How do you think you would have felt if you were on this boat?

What was Jesus doing while all this was happening? Was he afraid?

What did Jesus do when the disciples woke him up?

Jesus told the wind and the sea to be quiet and still.  
The wind stopped blowing and the waves stopped crashing against the boat.

Jesus asked the disciples why they were frightened and why they didn't have faith that everything would be ok.

If you had been one of the disciples on that boat, with the wind blowing and the waves crashing, do you think you would have trusted Jesus that everything would be ok?

Sometimes when everything around us is scary and going wrong, it can be hard to keep our faith in God. We can feel like God is no longer with us and it is hard to see how things will get better.

But in this reading Jesus tells the disciples not to be afraid. God is always with them, especially in the difficult times.

God works through us and through others who are there to help and support us in the difficult times.

Aaron is seven and lives in Liberia with his grandparents, aunt, sister and brother. His grandfather is a fisherman. He sails out to sea all year round to catch fish. It is dangerous work. The weather can change quickly, storms can appear and make it hard for the fishermen to find their way home.

Working with CAFOD's local experts, the fishermen have fitted fish finders to the boats. This technology shows them where the fish are and helps them to bring the catch safely home. They have also learnt more about how to keep themselves safe at sea. The project has made a real difference to the community.

The next time that we are sad, or afraid, let us remember that we are never alone. God is always with us.

Let's try to see God in those who make us laugh and be happy, or who help us when we are frightened – our friends, our family, our teachers...

And let's also try to be there for other people when they are facing difficult times, so that they know that God is still with them too.

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

We pray together to God who is with us always:

We pray for the Church throughout the world: that it may bring comfort and support to all who are in need. Lord, in your mercy...

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For more children's liturgy resources and illustrations see [cafod.org.uk/childrensliturgy](http://cafod.org.uk/childrensliturgy)

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We pray for all people who are out at sea, for work, for fun, or as refugees seeking a new place of safety: that God may watch over them and keep them safe from storms. Lord, in your mercy...

We pray for all people whose loved ones have died, who are sad or who are afraid: that they may find the support and comfort that they need from others. Lord, in your mercy...

We pray for our parish, family and friends: that we may be there for those who need our help, sharing God's love and comfort with each other. Lord, in your mercy...

**Closing prayer:** God of courage, help us to be brave when things are difficult, and to be there for others who are facing hard times, so they may know that they are not alone. Amen.

### **Activity suggestions**

Invite the children to draw or write the names of the people who help and comfort them when they are afraid. Also help them to think about how they can be there for others who are afraid.

Encourage the children to write a prayer to God, who is always with us, even when things are difficult, asking for courage in the hard times and the strength to support others who are also facing difficult times. Or you could share this prayer with your group:

Loving God,  
your Son, Jesus,  
calmed the storm  
that frightened the disciples.

Show us how to follow you,  
and help us  
to be there for one another.  
Teach us to share whatever we have fairly  
so that we, and our whole global family,  
may look to the future with hope.  
Amen.

Invite the children to go home and tell their family all that they have heard and thought about today. If they have written a prayer perhaps they can say it together as a family during the week.

\*Gospel passage taken from:  
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