

Children's Liturgy of the Word – 14th Sunday in Ordinary Time (Year A)

Theme: Come to Me and I Will Give You Rest

Gospel: Matthew 11:25 – 30

Main Message:

Jesus loves us and invites us to come to Him when we are tired, worried, or struggling. He wants to help us and give us peace.

1. Welcome & Gathering

(Gather the children calmly.)

Leader:

Good morning everyone.

Today we hear some beautiful words from Jesus.

He says:

"Come to me, all you who labour and are overburdened, and I will give you rest."

Sometimes life can feel difficult.

Sometimes we feel tired.

Sometimes we worry.

Sometimes things seem hard.

Jesus wants us to know that we never have to carry our worries alone.

Today we will learn how Jesus helps us and gives us peace.

Let us begin with the Sign of the Cross.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Leader:

Lord Jesus,

Thank You for loving us.

Thank You for caring for us.

Help us to listen to Your word today.

Help us to trust You.

Help us to bring our worries to You.

Amen.

2. Opening Conversation

Ask:

- Have you ever felt tired?
- Have you ever had a busy day?
- Have you ever worried about something?
- What helps you feel better when you are upset?

Allow answers.

Then say:

Today Jesus tells us that when life feels difficult, we can come to Him.

He wants to help us.

3. Gospel (Simplified)

Leader reads slowly and clearly:

Jesus said:

"I thank You, Father, because You have shown Your truth to little children.

Come to me, all you who are tired and carrying heavy burdens, and I will give you rest.

Take my yoke upon you and learn from me.

For I am gentle and humble in heart.

And you will find rest for your souls."

The Gospel of the Lord.

Children:

Praise to You, Lord Jesus Christ.

4. Reflection

Today Jesus gives us an invitation.

He says:

"Come to me."

Not:

"Stay away."

Not:

"Sort everything out by yourself."

Not:

"Only come when you are perfect."

Jesus simply says:

"Come to me."

That means we can come to Him when we are happy.

And we can come to Him when we are sad.

We can come to Him when life is easy.

And we can come to Him when life is difficult.

Jesus always welcomes us.

Built-In Activity 1: Who Helps You?

Ask:

When you are upset, who do you talk to?

- Mum?
- Dad?
- Grandparents?
- A teacher?
- A friend?

Allow answers.

Then say:

Jesus wants to be someone we can always turn to as well.

What Is A Burden?

Jesus talks about people carrying burdens.

A burden is something heavy.

Sometimes people carry heavy bags.

Sometimes people carry worries.

Sometimes people carry sadness.

Sometimes people carry fear.

Jesus wants to help us carry those burdens.

Built-In Activity 2: Heavy Backpack

Ask:

Have you ever carried a very heavy school bag?

Was it easy?

(No.)

What happened when someone helped carry it?

(It became easier.)

Then explain:

Jesus helps us carry the heavy things in our lives.

Jesus Is Gentle

One of the most beautiful things Jesus says today is:

"I am gentle and humble in heart."

Jesus is not harsh.

He is not cruel.

He is not impatient.

He is kind.

He listens.

He understands.

He cares.

That is why we can trust Him.

Built-In Activity 3: Gentle or Rough?

Ask:

Which do you prefer?

Someone who is gentle?

Or someone who is rough and unkind?

Why?

Then explain:

Jesus is gentle because He loves us.

Little Children

Jesus says that God's truth has been shown to little children.

Why?

Because children are often trusting.

They know they need help.

They know they do not know everything.

Jesus wants us all to have hearts like that.

Built-In Activity 4: Learning

Ask:

Do children know everything?

(No!)

Do adults know everything?

(No!)

Do we all need to learn?

(Yes!)

Then explain:

The first step in learning about God is being willing to listen.

Built-In Activity 5: Jesus Helps Me

Leader:

Let's say together:

Jesus loves me.

(Repeat)

Jesus helps me.

(Repeat)

Jesus is with me.

(Repeat)

I can trust Jesus.

(Repeat)

Quiet Prayer Moment

Leader:

Let us be quiet for a moment.

Jesus, thank You for loving me.

Pause.

Jesus, thank You for helping me.

Pause.

Jesus, help me when I am worried.

Pause.

Jesus, help me trust You.

Pause.

Amen.

Living the Gospel This Week

Leader:

This week, when you feel worried or upset, remember Jesus' words:

"Come to me."

You can:

- say a prayer
 - talk to Jesus
 - ask Him for help
 - trust Him
 - remember that He is always with you
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Built-In Activity 6: What Can I Do?

Ask:

When I feel worried, I can...

Allow answers.

Examples:

- Pray
 - Talk to Jesus
 - Speak to a trusted adult
 - Remember God's love
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Children's Intercessions

Leader:

Jesus invites us to come to Him with all our worries and needs.

Let us pray together.

For the Church, that she may help people come closer to Jesus.

Lord, hear us.

For Pope Leo, Bishop Patrick, priests and deacons, that God may bless and strengthen them.

Lord, hear us.

For children everywhere, that they may know that Jesus loves them.

Lord, hear us.

For people who are worried, lonely, or afraid, that they may find peace in Christ.

Lord, hear us.

For the sick, that Jesus may comfort and heal them.

Lord, hear us.

For our families, that we may trust God and help one another.

Lord, hear us.

(Optional Hail Mary.)

Closing Prayer

Leader:

Lord Jesus,

Thank You for loving us.

Thank You for caring for us.

Help us to come to You when life is difficult.

Help us to trust You every day.

And help us to remember that You are always close to us.

Amen.

Sending Back

Leader:

Today we heard Jesus say:

"Come to me."

Jesus loves me.

Jesus helps me.

Jesus is with me.

And I can trust Him.

Let us return quietly to Mass.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Additional Optional Activities

7. What Makes You Tired?

Best place: Opening Conversation

Ask:

What can make us tired?

- Running?
- Sports?
- School work?
- Worrying?

Then explain:

Jesus cares about all the things that make life difficult.

8. Heavy Lifting

Best place: Reflection

Ask a child to hold several books.

Then remove some.

Ask:

Which is easier?

Then explain:

Jesus helps us carry our burdens.

9. Gentle Hands

Best place: Reflection

Ask:

How do gentle hands help people?

- Helping
- Caring
- Comforting

Then explain:

Jesus is gentle and kind.

10. Trusting Jesus

Best place: Reflection

Ask:

Have you ever trusted someone to help you?

What happened?

Then explain:

We can trust Jesus because He always loves us.

11. Worry Box

Best place: Quiet Prayer

Leader:

Imagine putting your worries into a box.

Now imagine giving the box to Jesus.

Would He know what to do with it?

(Yes.)

Then pray quietly.

12. The Good Shepherd

Best place: Reflection

Ask:

What does a shepherd do?

- Protects sheep
- Guides sheep
- Finds lost sheep

Then explain:

Jesus cares for us even more than a shepherd cares for sheep.

13. Rest Time

Best place: Reflection

Ask:

Why do we need sleep?

Why do we need rest?

Then explain:

Our bodies need rest, and our hearts need rest too.

Jesus gives peace to our hearts.

14. Come To Me Echo Prayer

Best place: Before Intercessions

Leader:

Jesus says—

Children: Come to me!

Leader:

When I am worried—

Children: Come to me!

Leader:

When I am sad—

Children: Come to me!

Leader:

When I need help—

Children: Come to me!

15. Saints Who Trusted Jesus

Best place: Near Ending

Leader:

Many saints had worries and difficulties.

St Peter.

St Paul.

St Bernadette.

St Thérèse.

But they trusted Jesus and followed Him.

16. Peace Challenge

Best place: Living the Gospel

This week I will:

- Say a prayer when worried
- Help someone who is sad
- Trust Jesus more
- Be kind to others

Thank God each day

Children choose one.

17. Final Memory Line

Best place: Sending Back

Repeat together three times:

"Jesus loves me. Jesus helps me. Jesus gives me peace."

A simple message children can remember long after the liturgy has ended.