

FAMILY PRAYER

WEEK BY WEEK



12th Sunday in Ordinary Time

Year A

21 June 2020

"Don't be afraid of anyone!"

Something to Think About

What makes you feel scared? Jesus tells us that we don't need to be afraid because God is always watching over us. God cares for us through the people who love us the most and who help us to overcome our fears and anxieties.

You might like to take turns composing "Don't be afraid to..." statements.

The Story

In today's gospel from Matthew, Jesus continues to prepare his disciples to go and spread the Good News to those who have not heard it. Jesus tells them, "Do not be afraid of anyone!" This phrase (or similar words) occurs 366 times in the Bible. Clearly, it is a message Jesus wants us to hear and observe.

The Scriptures

A Reading from the Holy Gospel according to Matthew 10:26-27, 29-31

Jesus said to his disciples:

"Don't be afraid of anyone!

Everything that is hidden will be found out, and every secret will be known.

"Whatever I say to you in the dark, you must tell in the light.

And you must announce from the housetops

whatever I have whispered to you.

"Aren't two sparrows sold for only a penny?

But your Father knows when any one of them falls to the ground.

Even the hairs on your head are counted.

So don't be afraid! You are worth much more than many sparrows."

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Video

Click to watch the video.

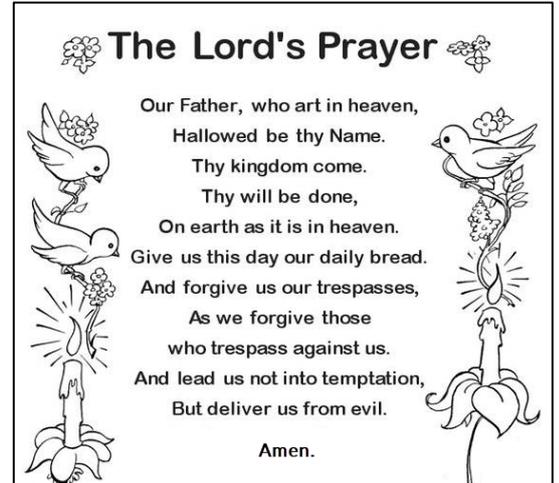
['Don't be afraid'](#). Sing along!



THINGS TO DO THIS WEEK

Bedtime Prayer

You might like to colour in the pictures and keep this prayer in your room.



Family Discussion

As a family, talk about something you know about each other that maybe no one else knows. Jesus tells us that God knows and loves us even more than anyone in our family. How does that make you feel? Chat about who you talk to if you are worried about doing something new. Remember that we can talk to God (pray) if we feel frightened or alone.

Family Activity

You will need pieces of paper for each person, pens, and a basket. Gather the family together - it could be around the table, in a circle on the floor or at a park. Each person writes or draws ways that they need God's help for themselves, or for the family, or for someone else. Collect the pieces of paper in the basket. Remembering that God knows and loves us, someone takes a slip of paper from the basket, reads it to the family, and then all pray together for that need, "Loving God who knows and loves us, hear our prayer."
You may choose to continue this as a meal or bedtime routine.



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GOD KNOWS WHEN A SPARROW FALLS TO THE GROUND.

GOD CARES FOR EVERY CREATURE.

GOD CARES FOR YOU.

VISIT A PARK. TAKE SOME BREADCRUMBS
TO FEED THE BIRDS OR DUCKS.

What birds did you find? How many?
Notice the colours of their feathers.
Write the story of your trip to the park.

