



Children's liturgy – 16th Sunday in Ordinary Time

Welcome: Today we hear that Jesus visits Martha and Mary. Jesus wants us to make him our number one priority. Let's find out how we can do this...

Opening prayer: Patient God, give us ears to hear, time to be still, courage to stop what we are doing and a willingness to listen to your words. Amen.

Gospel: Luke 10:38-42

As Jesus and his disciples went on their way, he came to a village where a woman named Martha welcomed him in her home. She had a sister named Mary, who sat down at the feet of the Lord and listened to his teaching. Martha was upset over all the work she had to do, so she came and said, "Lord, don't you care that my sister has left me to do all the work by myself? Tell her to come and help me!"

The Lord answered her, "Martha, Martha! You are worried and troubled over so many things, but just one is needed. Mary has chosen the right thing, and it will not be taken away from her."

Gospel reflection:

Jesus is welcomed into the house of a woman called Martha. Martha has a sister called Mary who is pleased to see Jesus and immediately sits down to hear him speak. Martha is busy with tasks. Perhaps she is getting Jesus a drink, making him some food, making sure he has everything he needs.

Why is Martha cross with Mary and what does she say to Jesus?

Martha wants Mary to do some of these jobs too and she asks Jesus to tell Mary to help her.

How does Jesus reply to Martha?

Jesus tells Martha that Mary is doing the right thing, by taking time to sit and listen to him.

What does this story teach you about listening to Jesus?

When should we be busy and when should we be quiet?

Both are important in our lives but we need to get the balance right.

Where do we find Jesus in our lives and how do we make time to listen to him? Jesus is in everyone, even when we least expect him.

Do you make time for other people when they want to talk to you? Do you make time to listen quietly in prayer? Or are you always busy, rushing from one activity to the next?

Spending time quietly can help us sort out our ideas and feelings, we can listen to God who helps us think things through and we can work out what God is asking us to do next. Quiet time can help us to recognise Jesus in other people and to see how we can help each other.

This week make some time for God. When you have made some time for God, then make some time for doing what God asks of us, treating all people with kindness, generosity, love and respect.

How will you make time to listen to God this week?

Activity

Colour in the accompanying illustration, then write or draw on the back how you will make more time to listen to Jesus in your lives in the coming week on the back.

Write or draw a “to do list” of all the things you usually do during a day or a week. Count how many tasks are on there. Have you remembered to include quiet time for listening to Jesus? If not, why not add this to your list and to really try to make time for it in the coming week. As you listen, what is it that God is asking you to do?

Remember to share all that you have heard and thought about in the liturgy today with the people at home, to make time for Jesus in your lives in the coming week and to help others in any way that you can.

Sixteenth Sunday in Ordinary Time
Gospel: Luke 10:38-42

