

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

### Preparation of the worship space

Colour: purple

**Song suggestions:** Eat this bread (633, Laudate)

Bread for the world (625, Laudate)

**Welcome:** Today we are going to hear about how Jesus spent 40 days praying in the desert, to get closer to God, and to get ready for his ministry. At the end of this time he was very hungry. Let's think some more about this today.

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

**First reading (optional):** Deuteronomy 25:4-10

**Psalm:** Psalm 90:1-2, 10-15

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

**Gospel:** Luke 4:1-13

Jesus returned from the Jordan full of the Holy Spirit and was led by the Spirit into the desert, where he was tempted by the Devil for forty days. In all that time he ate nothing, so that he was hungry when it was over.

The Devil said to him, "If you are God's Son, order this stone to turn into bread."

But Jesus answered, "The scripture says, 'Human beings cannot live on bread alone.'"

Then the Devil took him up and showed him in a second all the kingdoms of the world. "I will give you all this power and all this wealth," the Devil told him. "It has all been handed over to me, and I can give it to anyone I choose. All this will be yours, then, if you worship me."

Jesus answered, "The scripture says, 'Worship the Lord your God and serve only him!'"

Then the Devil took him to Jerusalem and set him on the highest point of the Temple, and said to him, "If you are God's Son, throw yourself down from here. For the scripture says, 'God will order his angels to take good care of you.' It also says, 'They will hold you up with their hands so that not even your feet will be hurt on the stones.'"

But Jesus answered, “The scripture says, ‘Do not put the Lord your God to the test.’”

When the Devil finished tempting Jesus in every way, he left him for a while.

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

**Gospel reflection:** What do you remember from the reading today?

Jesus goes out into the desert for 40 days to be alone and to pray. He goes to draw closer to God, to listen to what God is asking him to do and to find strength for his work of spreading the good news.

Today is the first Sunday of Lent. Can anyone tell me anything about Lent? How long does it last for? What do we try to do during Lent?

Lent is a time when we try to be a bit like Jesus in the desert. We spend 40 days trying to come closer to God, so that we are ready for Easter. We try to pray more and share more. We try to think less about ourselves and more about other people – our neighbours at home and around the world.

While Jesus was out in the desert he had hardly any food to eat or water to drink. How do you think he must have felt being alone and not having enough to eat?

Our world is filled with God’s gifts. There is enough food for everyone, but it is not shared fairly. Many of our sisters and brothers are prevented from growing or buying enough nourishing food.

Lombeh is four years old and lives in a country called Sierra Leone. She is an energetic girl who loves to play with her dolls. But when she was a baby, she became very ill because she did not have enough nourishing food.

One day, her mother Amie met a group of women walking along the road. They were new mothers just like her, and they told her about a CAFOD-funded clinic where she could get help. At the clinic Amie learned how to make a special baby food that is perfect for malnourished babies. This food helped Lombeh to get better and to grow. How do you think Amie felt when she saw that Lombeh was getting stronger?

Now Amie teaches other new mums in her local community how to make the food, so that their babies can grow up big and strong too.

Do you think it is fair that some people do not have enough to eat when there is enough food for everyone in the world? What do you think we can do about this?

We talked earlier about Lent being a time for coming closer to God. A time when we pray more and share more. How do you think we can do this?

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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 can be closer to God by praying, by asking for forgiveness for all the things that we have done wrong, and by trying to live the kind of life God wants us to. We can share with and care for others who need our help.

This Lent, CAFOD is asking us to Walk Against Hunger, in solidarity with the 200 million children in our world whose lives are at risk because of malnutrition. Every little step can make a big difference.

We can also pray for Amie and Lombeh, and for all members of our global family who struggle to get enough food to eat. Because we know that with God's help, change is possible. Together with our global family, we can help tackle the causes of hunger in our world.

How will you pray more and share more this Lent?

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

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

We pray for the world's leaders: that they may do all that they can to make sure that all people have enough food to eat. Lord, in your mercy...

We pray for our brothers and sisters throughout the world: that all people may be able to get their fair share of the food that God has given for us all. Lord, in your mercy...

We pray for our parish, our family and friends: that we may be filled with God's love and share what we have, so that all of us may have enough food. Lord, in your mercy...

**Closing prayer:** Loving God,  
we thank and praise you  
for all the gifts that you have given us.  
But in a world of plenty  
too many people go hungry.

We pray that you may work through us,  
so our small acts of love  
make a big difference  
and everyone may have enough to eat.  
Amen.

### **Activity suggestions**

Share the activity sheet with the children and invite them to colour in the picture of Jesus in the desert. Encourage them to try out the doughnut activity at home and to pray the prayer together as a family during the week.

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Invite the children to sit quietly for a few moments listening to God and then to write a prayer. Can they think about why food is such a precious gift and about all those people who struggle to get enough to eat?

Find more activities and resources to help children to Walk Against Hunger and support CAFOD this Lent at [cafod.org.uk/primary](http://cafod.org.uk/primary)

\*Gospel passage taken from:

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