



Worship at home – whatever your age!

The booklet 'Worship at home' is suitable for all ages, but if you are looking for something really simple and interactive, try this:

A Bible reading for this week: 8th Sunday after Trinity

Now when Jesus heard about the death of John the Baptist, he withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' Jesus said to them, 'They need not go away; you give them something to eat.' They replied, 'We have nothing here but five loaves and two fish.' And he said, 'Bring them here to me.' Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

Matthew 14.13-21

Ideas of things to talk about

- *Do you prefer being with other people or having quiet time on your own? Why do you think Jesus went away to pray?*

- *Notice that Jesus' work is very practical. He helps people who are sick or hungry. Do you think that Christians should focus on doing practical things or prayerful things? Are the two separate?*
- *How do you think the crowds would have felt? Would they have noticed Jesus at work, or would they just have eaten what was put in front of them?*
- *Miracles in the Bible involving food or drink always seem to be on a large scale. Why do you think Jesus provided more food than was needed? Does it help us understand God's generosity?*

Ideas of things to do

- Before the food is shared, Jesus blesses it. Many people thank God for food before they eat – we call this sort of prayer 'saying grace'. Write a prayer to say before your meals, and use it each day this week.
- Have a picnic with your family. If you can't get to a park, you could sit in your garden, if you have one, or on a rug on your kitchen floor. Plan a menu and help make the food. You could even include fish (or fish finger!) sandwiches to remember the Bible story! Make it a special occasion.
- If your parents or carers feel that they have enough money, buy something extra at the shops which you especially like to eat, and donate it to a foodbank for them to give to someone who is short of food.
- Pray for anyone who is hungry.

A prayer for this week

**Lord God,
 your Son left the riches of heaven
 and became poor for our sake:
 when we prosper save us from pride,
 when we are needy save us from despair,
 that we may trust in you alone;
 through Jesus Christ our Lord. Amen.**

Remember: we are praying for you every day at Blackburn Cathedral.