

# Matins for Children & Families

Week of Sept. 23 - Sept. 29, 2019



The Liturgy Letter

## Opening Words

Let us remember  
that we are in the Holy presence of God.

*Light a prayer candle.*

Lord, open our lips,  
and our mouth shall proclaim Your praise.

*Psalm 51:15*

## Psalm of the Week (different Psalm + musical refrain each week)

*\*Children sing the refrain and an adult reads the the Psalm text in between*

### Psalm 146 (NIV)

Praise the Lord.

Praise the Lord.

My soul, I will praise

The Lord of my life;

as long as I live.

*\*Click the text above for [audio](#)*

1 Praise the Lord.

Praise the Lord, my soul.

2 I will praise the Lord all my life;

I will sing praise to my God as long as I live.

3 Do not put your trust in princes,

in human beings, who cannot save.

4 When their spirit departs, they return to the ground;

on that very day their plans come to nothing.

5 Blessed are those whose help is the God of Jacob,

whose hope is in the Lord their God.

Praise the Lord.

Praise the Lord.

My soul, I will praise

The Lord of my life;

as long as I live.

6 He is the Maker of heaven and earth,  
the sea, and everything in them—  
he remains faithful forever.  
7 He upholds the cause of the oppressed  
and gives food to the hungry.

Praise the Lord.  
Praise the Lord.  
My soul, I will praise  
The Lord of my life;  
as long as I live.

The Lord sets prisoners free,  
8 the Lord gives sight to the blind,  
the Lord lifts up those who are bowed down,  
the Lord loves the righteous.  
9 The Lord watches over the foreigner  
and sustains the fatherless and the widow,  
but he frustrates the ways of the wicked.

Praise the Lord.  
Praise the Lord.  
My soul, I will praise  
The Lord of my life;  
as long as I live.

10 The Lord reigns forever,  
your God, O Zion, for all generations.  
Praise the Lord.

Glory to the Father,  
and to the Son  
and to the Holy Spirit:  
as it was in the beginning, is now  
And will be for ever.  
Amen.

*\*Optional --- Make the sign of the cross while saying the "Glory be"*

### **Examen/Confession**

Lord, forgive us for the things we do that hurt you and other people.  
Because you always love us, help us to love each other.

Bless the Lord who forgives all of our sins  
His love endures forever.

*\*Optional --- Adults and children appropriately share ways they have hurt God and other people that week. Ask forgiveness if fitting.*

## **Gospel Reading**

*Summary: Many people followed Jesus as he taught about the kingdom of God and healed the sick. Jesus miraculously provided food for them when they were hungry. This reminds us of how God provided manna for His people in the wilderness. Like them, we are God's people because we follow Jesus. He provides for us, even when things seem impossible. We can be like Jesus by providing things that others need.*

### **Luke 9:10-17**

10 When the apostles returned, they reported to Jesus what they had done. Then he took them with him and they withdrew by themselves to a town called Bethsaida, 11 but the crowds learned about it and followed him. He welcomed them and spoke to them about the kingdom of God, and healed those who needed healing.

12 Late in the afternoon the Twelve came to him and said, "Send the crowd away so they can go to the surrounding villages and countryside and find food and lodging, because we are in a remote place here."

13 He replied, "You give them something to eat."

They answered, "We have only five loaves of bread and two fish—unless we go and buy food for all this crowd." 14 (About five thousand men were there.)

But he said to his disciples, "Have them sit down in groups of about fifty each." 15 The disciples did so, and everyone sat down. 16 Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke them. Then he gave them to the disciples to distribute to the people. 17 They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over.

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ**

Day 1 - Read, then imagine and have kids act it out.

Day 2 - How does this passage connect to the OT or whole biblical narrative? Why is bread so important in the Bible? Why does Jesus tell us to ask God to, "...give us this day our daily bread?" What else, besides food, do we need to survive? What does Jesus mean when he says that, "I am the bread of Life?" What does this story teach us about the Lord's Table, Communion, or the Eucharist?

Day 3 - Talk about a piece of art associated with the passage.

[Jesus Multiplies Loaves and Fishes](#), [Israelites Gathering Manna](#), [Feeding of the 5000](#)

Your Word is a light unto our feet  
And a lamp unto our path.

## **The Creed (Nicene, Apostles', Heidelberg Confession Q&A #1)**

*\*One line is added to the creed/confession each week; each text is memorized over the course of many weeks.*

I believe in God, the Father almighty,  
creator of heaven and earth. Week One

I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit  
and born of the virgin Mary. Week Two

He suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to hell. Week Three

The third day he rose again from the dead. Week Four

He ascended to heaven  
and is seated at the right hand of God the Father almighty.

From there he will come to judge the living and the dead. Week Five

I believe in the Holy Spirit,  
the holy catholic church,  
the communion of saints, Week Six  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen. Week Seven

## **Prayer**

The Lord be with you.  
And also with you.

Let us pray:

Day 1 - Adult offers a short prayer of dedication.

Day 2 - Adult provides prompts (ie. Pray for family, friends, city, those who are sad), kids can offer a word or sentence of prayer after each prompt.  
ie. Let us pray for: family, friends, people in trouble, other countries...

Day 3 - A child or children pray.

## **The Lord's Prayer**

*\*Holding hands in a circle or individual hands open and outstretched in the sign of the orans*

Let us bless the Lord.  
Thanks be to God.

### Optional --- Doxology or Hymn

ie. *God is So Good*, *Doxology (Old 100th)*, *Jesus, the Light of the World*

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### Prayers Before a Meal

Come Lord Jesus, be our guest  
And to our lives these gifts be blessed.  
Amen.

Dear Lord,  
Thank you for the food before us,  
the friends beside us,  
and the love between us.  
Amen.

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### Vertical Habits for Children:

Cultivating Faithful Speech and Relationship Towards God and People



### Relational Words / Worship Words ([More Resources...](#))

I Love You / Praise  
I'm Sorry / Confession  
Why? / Lament

I'm Listening / Illumination  
Help / Supplication or Petition  
Thank you / Thanksgiving  
Here I Stand / Creed  
What Can I Do? / Service  
Bless You / Blessing