

Yr 2 Cheesefare Sunday Lesson, Mt 6:14-21

Opening Prayer: Our Father. *The Gospel today follows Jesus' explanation of how to pray. He teaches them the "Our Father." In the Bible, prayer and fasting always go together. They should always go together in our lives too!*

Gospel: [Matthew 6:14-21](https://www.bible.com/videos/3136-matthew-6-1-18-from-lumoproject-dot-com) – Click here to read the Gospel, watch a video at: <https://www.bible.com/videos/3136-matthew-6-1-18-from-lumoproject-dot-com>. Start at 2:10, or you can listen to it here: https://www.ancientfaith.com/podcasts/letusattend/march_13_2016_matthew_614_21_told_for_younger_children

Lesson: Be happy when you fast.

The Gospel today says: *And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.*

We have been talking about fasting as we get closer to the Great Fast (Lent) It starts this week! We are all going to choose something special that we are going to do during the Great Fast. Maybe we are going to fast from certain foods, say extra prayers, do more chores for others or give up/watch less TV or games on the iPad. Discuss with the children what they think they will do.

Discuss the attitude that is necessary for this to be a good to fast. If we show off to others what we are doing or if we are really crabby about what we are missing out on, then we will not grow closer to God from doing these things. So, we are called to fast and do extra things for the love of God and for the love of others - put a smile on your face when you do it! It is a joy to do something that will bring us closer to God! Pray that the Holy Spirit will help you with this. Remember God loves a cheerful giver! Hear a song about this: https://sonichits.com/video/Medical_Mission_Sisters/God_Loves_a_Cheerful_Giver

Craft: Happy Face Placemat.

In the Church: Pray to the Holy Spirit to help you do the best you can during this Great Fast.