

Sunday 8th August 2021
God feeds Elijah



Gather Together...

Take time together as a family, find a quiet space, perhaps play some music, light a candle and sit comfortably.

Make the Sign of the Cross

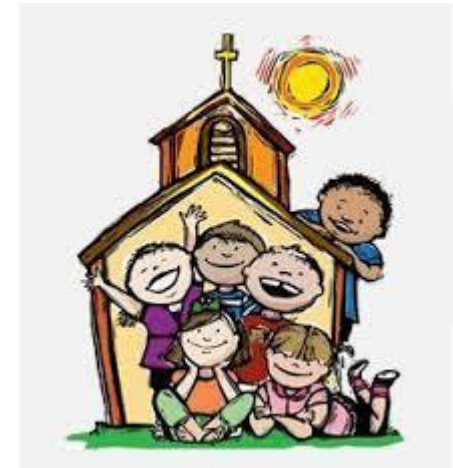
Listen Together...

Listen to this week's scripture, from the Book of Kings...

The prophet Elijah listened to God and told the people what God had said. A man called Ahab was King of Israel at that time and he did not believe in God.

After Elijah and the King had a great disagreement, Elijah escaped to the desert because he was afraid that the King would have him killed. After walking for a whole day under the glare of the sun, Elijah sat down under a shady bush and said, 'I can't go on Lord. I have had enough and just want to die in peace.'

He fell asleep until an angel woke him and said, 'Elijah, have something to eat and drink.' Beside him Elijah saw a loaf of bread and a jar of water. He ate and drank and then fell asleep again. This happened a second time and finally Elijah got up, and feeling much better, carried on with his journey.



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Respond Together...

- Why did Elijah feel so fed up? He had argued with King Ahab and upset him. He believed that the King might have him killed.
- Why did Elijah flee to the desert? Elijah's life was in danger and he set off to the wilderness where no-one would find him. He had left in panic and so was not properly prepared for such a journey. He didn't have enough food or water and before long he began to feel tired, hungry and thirsty.
- How do you feel when you are hungry, thirsty or tired? We can soon feel quite miserable when we don't have enough to eat. We can become very grumpy and have little energy to do anything.
- What made Elijah feel better? God saw that Elijah needed food, drink and rest. He knew that after a nourishing meal he would feel much better and be ready to carry on. God sees when we are in great need and always sends his spirit to help us and give us strength.
- What food does Jesus share with us, to nourish us on our journey through life? In the Holy Eucharist, Holy Communion, Jesus gives us the gift of himself – the Bread of Life. In this way he becomes a part of us and helps us to become one with him. It makes us grow in goodness and love and gives us strength to carry on when times are hard.

Pray Together... Lord Jesus, you are the Bread of Life who shares everlasting life with us. Fill our hearts with your love and satisfy our hunger for you. Amen.

