



Day 1: "The bread of Life"
Monday, May 5, 2025 -
Gospel: John 6:22-29

Gospel Summary: In John 6:22-29, the people searched for Jesus because He had fed them with bread and fish. But Jesus told them that food for our bodies doesn't last forever—we should work for the food that gives eternal life, which is believing in Him!

Action: Do an act of kindness today as a way to "feed" someone's heart with love.

- Reflect on a time when you trusted Jesus completely - write about it in a journal or share it with someone.

Prayer: Dear Jesus, thank You for giving us what we need. Help me to believe in You and follow You every day. Amen.



Day 2: "Manna for the soul"
Tuesday, May 6, 2025 - Gospel: John 6:30-35

Gospel Summary: After Jesus performed the miracle of feeding the five thousand, the people asked Him for a sign so they could believe in Him. They mentioned that their ancestors ate manna in the desert as a sign from God. Jesus responded by telling them that the true bread from heaven is not just the manna their ancestors ate, but the bread that gives life to the world. He declared, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst."

Action: Do something generous today, such as sharing your lunch or giving your time to someone who needs it.

- Share something about your faith with a friend or family member.

Prayer: Dear Jesus, You are the Bread of Life. Fill my heart with Your love and help me trust in You always. Amen.



Day 3: "The true bread of heaven"
Wednesday, May 7, 2025 - Gospel: John 6:35-40

Gospel Summary: In this passage, Jesus tells the people, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst." He explains that He came from heaven to do God's will, which is to ensure that everyone who believes in Him will have eternal life.

Action: Write down three things you are grateful for that show how Jesus has provided for you.

- Call or visit someone who might feel lonely and remind them they are loved.

Prayer: Dear Jesus, thank You for loving me and giving me the gift of eternal life. Help me to trust in You and share Your love with others. Amen.



Day 4: "Nourished by Christ"
Thursday, May 8, 2025 - Gospel: John 6:44-51

Gospel Summary: In this passage, Jesus tells the people that no one can come to Him unless drawn by the Father. He promises to raise up those who believe in Him on the last day. Jesus declares, "I am the bread of life," explaining that those who come to Him will never hunger or thirst. He emphasizes that He is the living bread from heaven, and whoever eats this bread will live forever.

Action: Do something to care for your body today (healthy meal, exercise) and thank Jesus for nourishing your soul.

- Read a short passage from the Bible today and reflect on how it nourishes your soul.

Prayer:

Dear Jesus, thank You for giving me life forever. Help me to follow You and trust in Your love every day. Amen.



Day 5: "Gift of the Eucharist"
Friday, May 9, 2025 - Gospel: John 6:52-59

Gospel Summary: In this passage, Jesus teaches the people that He is the living bread that came down from heaven. He explains that whoever eats His flesh and drinks His blood will have eternal life, and He will raise them up on the last day. This teaching puzzled many listeners, but Jesus emphasized that His flesh is true food and His blood is true drink, offering spiritual nourishment to all who believe in Him.



Action: If you can, attend Mass today and receive the Eucharist with a grateful heart.

- Think of a way to show love today—just as Jesus gave Himself for us, give your time, kindness, or help to someone else.

Prayer: Dear Jesus, thank You for giving me Your life and love. Help me to stay close to You and trust You always. Amen.



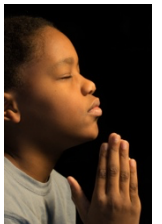
Day 6: "The words of eternal life"
Saturday, May 10, 2025 - Gospel: John 6:60-69

Gospel Summary: In this passage, many of Jesus' disciples find His teachings difficult to understand and accept. Jesus asks the Twelve Apostles if they also wish to leave. Simon Peter responds, "Lord, to whom shall we go? You have the words of eternal life." Peter affirms their belief that Jesus is the Holy One of God.

Action: Say a prayer for someone you know who might be struggling with their faith.

- Write down what "eternal life" means to you and how you can live with that hope every day.

Prayer: Dear Jesus, help me to trust You always, even when I don't understand everything. I know You have the words of eternal life. Amen.





Week of Prayer

Children Praying for Children

Missionary Childhood Prayer Week
“Missionaries of Hope among the peoples”

5 – 11 May 2025



Missionary Childhood is about children becoming missionaries in their communities, helping children around the world by sharing their faith, materials and friendship.



This week-long program will help children deepen their prayer life by reflecting on Scripture, engaging in simple activities, and learning how to talk to Jesus daily.

Each day a video will be posted with the gospel and a specific prayer to provide hope to all children across the world.

Please share these videos to spread the word of God.



Day 7: “Jesus, the good shepherd”

Sunday, May 11, 2025 - Gospel: John 10:27-30

Gospel Summary:

In this passage, Jesus describes Himself as the Good Shepherd who knows His sheep, and His sheep know Him. He assures that no one can snatch them out of His hand, emphasizing the close and secure relationship between Him and His followers.

Action: Be a ‘good shepherd’ today by caring for someone who needs kindness or help.

- Draw or write about what it means to belong to Jesus, the Good Shepherd.

Prayer:

Dear Jesus, thank You for loving me and keeping me safe. Help me to listen to Your voice and follow You always. Amen.

A Missionary Prayer for Children

Dear Lord Jesus, hear my prayer,
 you call me to love, and you call me to care.
 Help me to know the peace of your heart,
 as I walk in your footsteps, as I follow your path.

Teach me your ways that my eyes may see,
 the mission of love you have given to me.
 Let my actions this day bring healing divine,
 with love and compassion may your ways be mine.

In the trials of this day, let me stand firm and strong,
 with faith as my guide, may I never go wrong.
 In the service of others, let kindness abound.
 In every step taken, let Your love be found.

Let my prayer, like a whisper in a gentle breeze,
 echo in hearts, and ripple in trees.
 For children I pray Lord, in Your love let them be,
 forever connected, dear Jesus, to Thee.

Fr Jerry Browne

“Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.” (Matthew 19:14)



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