

Year B

## Nineteenth Sunday of the Year

### God feeds Elijah

#### INTRODUCTION

Over the past two weeks we have heard how God feeds his people and takes care of their needs. Today we listen to a story about the prophet Elijah, who lay weak with hunger, feeling totally hopeless, until God saved him.

#### SIGN OF THE CROSS

#### LIGHT THE CANDLES

Light the candles and read this prayer aloud:

Lord, at our baptism  
we became children of the light.  
Help that light  
to shine out in our lives,  
so that others will be touched  
by the love and faith  
which you have given to us.

#### SORRY

Let us ask for God's forgiveness and help to make a fresh start as we sing together Sorry Song 2.

#### GLORIA

#### ACCLAMATION

God our father loves us and keeps us from harm.

#### READING (FIRST BOOK OF KINGS 19:1-8)

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 argument, 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 desert 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 he 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.

#### DISCUSSION

Why did Elijah feel so fed up? He had argued with King Ahab and upset him, and he believed that the king might have him killed.

Elijah's life was in danger, so he set off into the wilderness where no one could find him. Elijah had fled in panic to escape from the king's soldiers. He was not properly prepared for such a journey through the desert, and carried little food or water. It was not long before he began to feel hungry, thirsty, and very tired.

When you are hungry and thirsty, how does it make you feel? We all know how miserable we feel when we need something to eat. We have no energy to do anything, and we feel downhearted and unable to carry on.

What made Elijah feel better and lift his spirits? God saw that Elijah needed something to eat and drink. He knew that after a nourishing meal Elijah would feel much better and be ready to pick himself up and carry on. God sees when we are in trouble or in great need, and always sends his spirit to help us and give us strength.

In the Holy Eucharist, 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. He makes us grow in love and goodness and gives us the strength to carry on when times are hard, just as God gave food and strength to Elijah.

#### ACTIVITY

Copy a picture of Elijah for each child to color and take home.

#### CREED

#### CLOSING PRAYER

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.

