



Children's Activity Sheet



The Cathedral Church of St Marie
welcomes

.....
to Mass today.

Promises

Third Sunday in Ordinary Time. Year C.

Did you make any New Year Resolutions for this year? A resolution is when you make a promise to yourself that you will do something to make the year better than last year. What promises have you made? And how are you doing at keeping those promises?

God shows us that he thinks it is important to keep our promises because *He* keeps his promises. We know that God keeps his promises, because the Bible tells us that God cannot lie (Titus 1:2, Hebrews 6:18) ; that not one of His promises has failed (Joshua 23:14); and we also know that He is faithful (Hebrews 11:11).

In today's Gospel, Jesus went to the synagogue in Nazareth where he was brought up. As was his custom, he stood to read and was handed the scroll of the prophet Isaiah. This was what he read: "The Lord's Spirit has been given to me. He has sent me to bring the Good News to the poor, to declare freedom for prisoners, to give new sight to the blind, to set the downtrodden free".

When Jesus had finished reading, he rolled up the scroll and handed it back to the attendant and sat down. Everyone was watching and waiting to see what Jesus would say. He said to them, "These words you have heard today are coming true, even as I speak."

Jesus himself was a promise from God. All of the things that Jesus had read from the prophet Isaiah, were promises from God. God kept his promises by sending his Son. Let us give thanks to God for keeping his promises.

Word Search

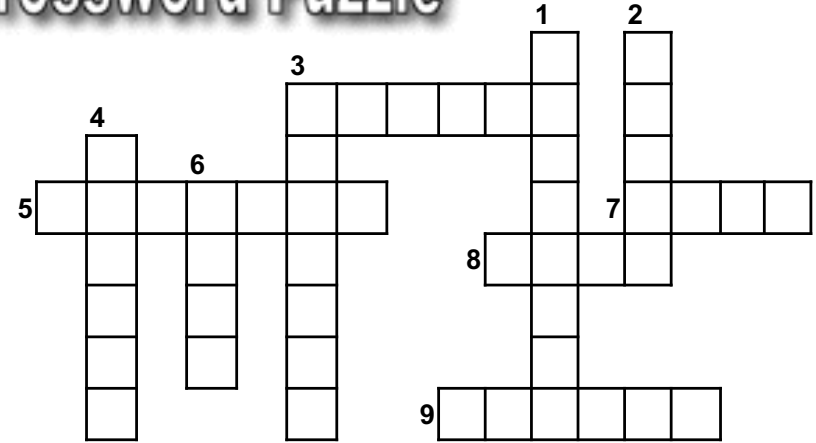
Today's Word Search is based on
Luke 4: 14-21



S A B B A T H C D W H N Y F F
P C W A N O I N T E D Y S I R
R S C R I P T U R E R Q Y D E
I N P O O R R C S S N C N M E
S F A L X A X O I Y C Z A X D
O G R Y Z S F P P K H R G R O
N O F N Y P Y V R H O I O J M
E O Y G H I K Z B E E J G L X
R D F A H R W A I P A T U G L
S G S L U I P O W E R C E D T
H J A I B T B L I N D W H H U
O L D L G E E L V H M U G S A
Z R O E Z H T O D A Y U W Q N
Z F Q E P T T A F Z A E K A R
T P R O C L A I M T N C A L F

| | | |
|---------|-----------|-----------|
| NEWS | GALILEE | SPIRIT |
| TODAY | PROPHET | ANOINTED |
| SCROLL | PRISONERS | SCRIPTURE |
| FREEDOM | POWER | TAUGHT |
| POOR | SYNAGOGUE | SABBATH |
| GOOD | PREACH | BLIND |

Crossword Puzzle



ACROSS

3. Something you do to help someone
5. A person who speaks for God
7. Information about recent events or happenings; previously unknown information
8. The opposite of bad
9. A long roll of paper with writing on it

DOWN

1. A person who is kept in jail
2. Unable to see
3. Having _____ is to be allowed to do whatever you want to do
4. To deliver a sermon
6. Having little or no wealth and few or no possessions

| | | | | |
|----------|---------|--------|--------|---------|
| Prisoner | Good | Favour | Poor | Prophet |
| Blind | Freedom | News | Preach | Scroll |

Children's Prayer

Dear Heavenly Father. We thank you for your faithfulness in keeping your promises to us. Please help us to keep our promises too! In Jesus' name we pray. Amen.

