



Children's Activity Sheet

The Cathedral Church of St Marie
welcomes

.....

to Mass today.

When You Are Afraid

Thirty-third Sunday in Ordinary Time. Year C.

What are you afraid of? What would make you feel scared? When I was young, I was a little bit afraid of my room in the middle of the night. I thought there was something hiding under my bed...but thankfully, there never was. Some people can be afraid of a particular animal, maybe spiders, birds or dogs. I know someone who is afraid of buttons. And there are lots of people who are afraid of flying, or of heights.

One day Jesus was with his disciples in the temple. The disciples were commenting on how beautiful the temple was when Jesus began to tell them about some things that were going to happen. He told them that the temple would one day be destroyed and that there would be wars, earthquakes, and people starving. He also told them that they were going to be hated and persecuted and even thrown into prison. Those are pretty scary things, aren't they? It would be understandable for the disciples to be afraid, but Jesus told them not to be afraid. He promised that he would be with them and that not a hair on their heads would be harmed if they put their trust in him.

Jesus has also promised to help us when we are afraid. We may not know what is going to happen to us in our lives, nor when we will feel afraid. Fear can be a good thing, but we should not let our fears keep us from enjoying the life that Jesus wants us to have. After all, he has promised to help us when we are afraid.

So whenever *you* feel afraid, know that Jesus is with you. Talk to him and put your faith and trust in him. Even in the darkness of the night, he will not leave you on your own!



Dear Jesus, we put our faith and trust in your promise to be with us when we are afraid. Amen.

Word Search

Today's Word Search is based on Luke 21: 5-19.



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

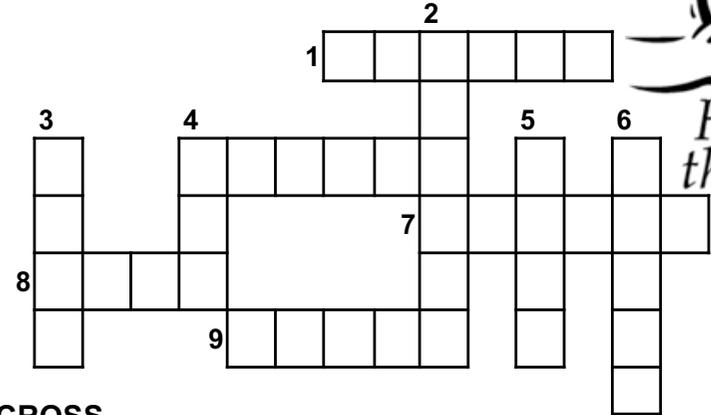
EARTHQUAKES	WARS	TEMPLE
NEAR	PRISON	STONES
FRIGHTENED	KINGDOM	TIME
WATCH	LIFE	WORRY
HEAVE	SIGNS	FAMINE



Crossword Puzzle



He holds the future



ACROSS

1. A country: a large group of people living in one area, with their own government
4. To make good decisions based on knowledge and experience
7. A building where people are kept as a punishment
8. A strong feeling of worry, caused by something dangerous
9. A piece of rock used in construction of the temple

DOWN

2. A building used for religious ceremonies or worship
3. The period between birth and death
4. Fighting between two or more countries
5. Something that is given without compensation
6. To think about problems or unpleasant things that might happen

Life	Nation	Wisdom	War
Prison	Temple	Fear	Worry

Children's Prayer

Heavenly Father, we don't know what our future holds, nor when we will feel afraid. But please help us to remember that we are safe in your hands when we put our faith and trust in YOU. In Jesus' name we pray, Amen.

