Eucharistic Prayer for Children

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The Eucharistic Prayer of the Children's Cosmic Mass - offered as a standalone text for celebration and contemplation. The prayer invites children into the wonder of creation as a doorway to the sacred.

R = Reader (one of the children or Seán) · C = Children · E = Everybody

R God, you are like a great dancer. You dance with real stars; you dance with big galaxies; you dance with planets; you dance with the wind; and you dance with the rain. And so we honor you.

C Yes, we honor you.

R God, you are like a famous artist. You paint sunrises and sunsets; you paint the feathers of birds; you paint the wings of butterflies; you paint the petals of flowers; and so we honor you.

C Yes, we honor you.

R God, you are like a writer. But the leaves in your greatest book are the leaves on the trees; and the exclamation points are the tall redwoods. And so we honor you.

C Yes, we honor you.

R God, you are just like a musician. You make music in the wind; you make music in the waves; you make music in the rain; you make music in the thunder. And so we honor you.

C Yes, we honor you.

R God, you are brilliant at Math. You can count all of the stars; you can count all of the grains of sand on all of the beaches of the world. And so we honor you.

C Yes, we honor you.

R God, you are like a great scientist. You made everything, and you help us figure out how everything works. Everything, from tiny atoms to huge planets. And so we honor you.

C Yes, we honor you.

R God, you are like an architect. You teach birds how to make nests; you teach spiders how to make webs; you teach mothers how to make babies; and so we honor you.

C Yes, we honor you.

R God, you sent Jesus to teach us; to heal us; and to bring us into communion with you. And so we honor you.

C Yes, we honor you.

E *Once, when Jesus was eating with his friends, he wanted to show that planet Earth feeds us from her own body, just like a mother does. So he took some bread and he blessed it and he broke it into pieces for each of them.*

[Here Seán breaks a larger host and gives a piece to each of the children; the children hold the bread in their hands for the rest of the consecration prayer]

E *Then Jesus said, "I am a gift from God. When you eat with me, you share my life and you share my love. Every time you have a meal together, you should remember that you, also, are a gift from God."*

[Each one holds their bread up high and then lowers it]

[Each child now holds their own cup during the following prayer]

E *Then Jesus took a cup filled with grape juice and he blessed it. He said, "This grape juice reminds us that we are all sisters and brothers. When we drink it together we must remember that all food comes from God. And so we must share our food with all the people and all the animals of the planet."*

[Each one holds their cup up high and then lowers it]

R Let's sing a song to thank God.

[Led by the choir we sing a song to praise God]

R God, you are like a great ocean playing with waves and playing with tides. You give food and a home to all kinds of fishes. Help us to remember.

C Yes, help us to remember.

R God, you are like a playful little lamb running about with the butterflies, in a meadow filled with flowers. Help us to remember.

C Yes, help us to remember.

R God, you are like a mighty forest filled with trees and shrubs and grasses, that give food and shelter to all kinds of birds and animals. Help us to remember.

C Yes, help us to remember.

R God, you teach us that everything on the planet is sister and brother to us. The rocks are; the plants are; the birds are; the fish are; the animals are; the insects are; even the slowly moving snails are. And Old Turtle is. Help us to remember.

C Yes, help us to remember.

R God, you teach us that all humans are sisters and brothers to us; whatever country they live in; whatever color their skin is; whatever language they speak; whatever religion they follow; help us to remember.

C Yes, help us to remember.

R God, please ask all of these brothers and sisters of ours to help wake us up fully so that we can love without fear; so that we can shine light into the darkness; so that we can bring life out of death. Amen, may it be so.

E *Amen, may it be so.*

From spiritsinspacesuits.com. Written by Fr. Seán Ó'Laoire for the Companions on the Journey community.