

## **FAMILY RESOURCES**

### **BREAKFAST**

**THE GOSPEL READING FOR THIS WEEK IS: The Lakeside breakfast (John 21:1-19)**

*Core extract from the Gospel (John 21: 12-14); for reflection throughout the week)*

Jesus said to them, 'Come and have breakfast.'  
Now none of the disciples dared to ask him,  
'Who are you?'  
because they knew it was the Lord.  
Jesus came and took the bread and gave it to them,  
and did the same with the fish.  
This was now the third time that Jesus appeared to the disciples  
after he was raised from the dead.

*Gospel prayer (for use throughout the week)*

Risen Lord,  
you made yourself known to the disciples  
by the Sea of Tiberias.  
Come among us now  
and make yourself known to us,  
as we share with you in the breaking of bread;  
for you are our God,  
now and for ever.  
Amen.

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***Things to think about***

- What is your favourite breakfast meal?
- Do you ever have special breakfasts, why?
- Why do you think breakfast is such an important meal?

***Things to do***

- Make a special breakfast for a family member.
- Make a kedgeree so you can have fish for breakfast like Jesus and the disciples did.
- Ocean breakfast

You will need: bread, baked beans, fish biscuits, fish jelly sweets (optional)



Toast the bread as usual.

Cut the toast slices into triangles to represent sails and a boat.

Cook the baked beans and place on the lower half of a plate.

Put the toast above the beans.

Place fish biscuits and perhaps the jelly sweets in and around the baked bean sea.



Why not share your creations with us? We would love to see what you have been up to! Please email any photos to [education@liverpoolcathedral.org.uk](mailto:education@liverpoolcathedral.org.uk) or tag @LivCathedral on social media.

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