

The Sacred Heart Language College

Daily Prayer



Half Term 2 – Week 5



Monday



We begin our prayer for today by inviting you to make the sign of the cross.





Monday

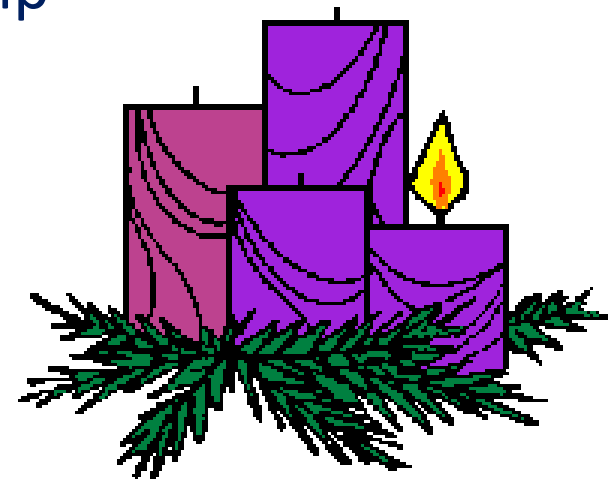


Yesterday was the first Sunday of Advent.

Advent is the season of preparation which begins four Sundays before Christmas and leads up to the celebration of Christ's birth.

In Advent we remember Christ's First Coming at Christmas and look forward to his Second Coming at the end of time. Advent is a time to examine our relationship with God.

Some customs include Advent wreaths and purple liturgical vestments.





Monday



Purple is used during Advent and Lent as a sign of penance, sacrifice, and preparation.

Advent preparations also include:

- Prayer,
- Fasting,
- Almsgiving
- Making amends for sins.

On the Third Sunday, Gaudete Sunday, **Rose (Pink)** vestments are worn as a sign of joy.

We rejoice at the midpoint because we are half-way through the preparation and anticipate the coming joy of Christmas.





Monday



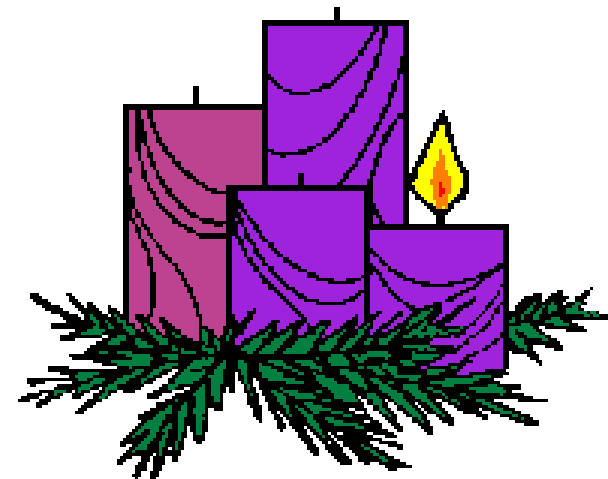
The Advent wreath symbolises God's eternal love and the coming of Jesus.

The circular shape of the evergreen wreath represents God's endless love and mercy.

The four candles represent the four weeks of Advent.

Each candle's colour and theme signifies different aspects of preparation and expectation.

The increasing light from the candles symbolises the growing light of Christ coming into the world.

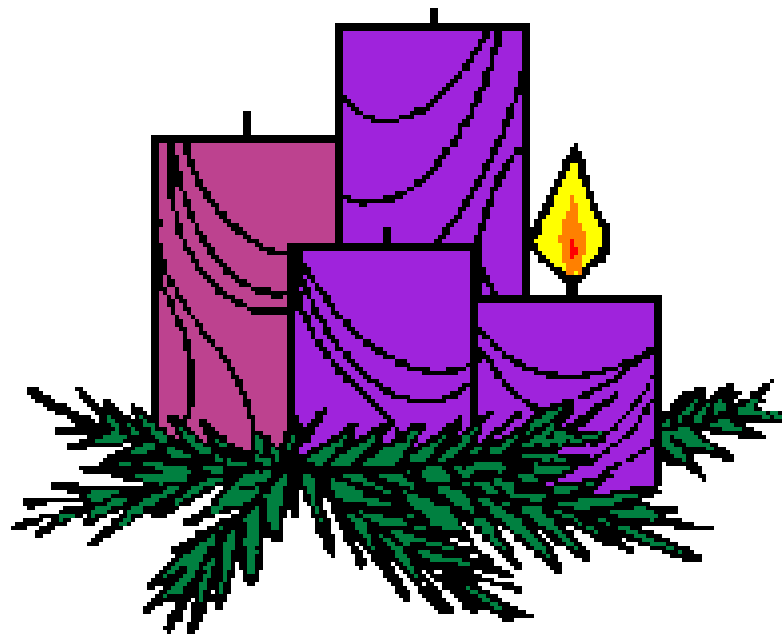




Monday



We light the candle of Hope.



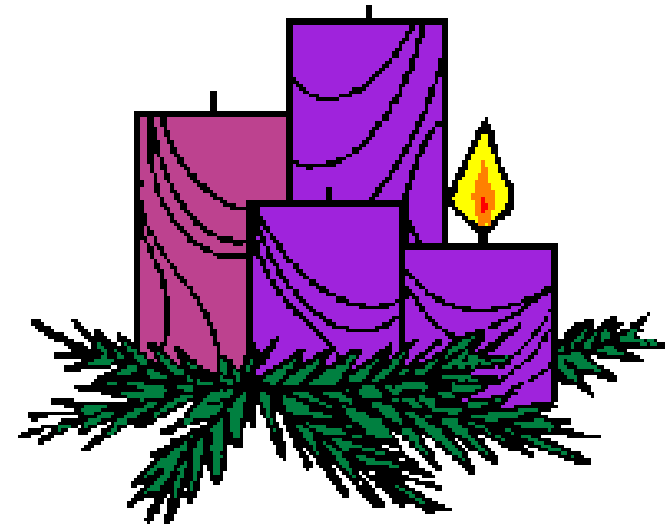


Monday



Pope Francis decreed that 2025 was a Jubilee, a holy year. He believed that the world is growing more unjust and unequal, so he invited us to experience the joy and strength in coming together as we respond to God's call for a reset, a renewal of faith, and a recommitment to a just world.

The Jubilee Year of Hope ends on the Epiphany on January 6th and we reflect on our year.





Monday



In the First week of Advent, we are reminded of our mission as Pilgrims of Hope:

To walk in solidarity

with our sisters and brothers worldwide,

sharing challenges and

celebrating joys.





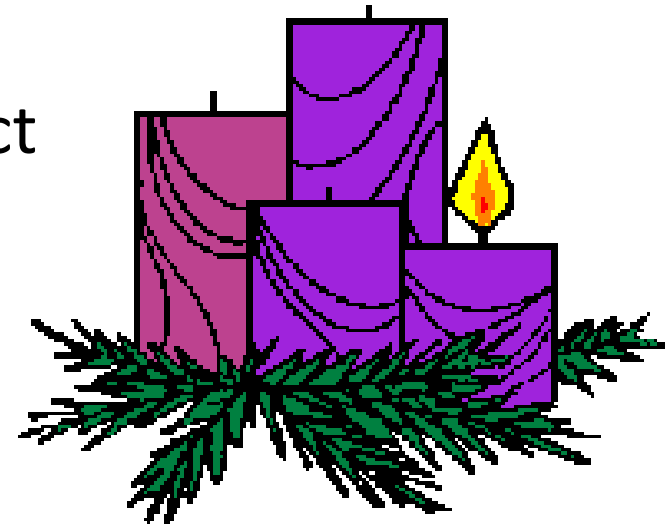
Monday



We are Pilgrims of Hope when we

- **recognise the dignity of every person**, loved and created by God.
- **follow the example of Jesus' love** and his mission to bring good news 'to the poor'
- **work for the common good of all**,

understanding that our actions impact our local and global family because we are interconnected.





Monday



Think about how you might be a Pilgrim of Hope **to walk in solidarity** in preparation for the birth of Christ.

Write your pledge on a green post it note.

Stick it to the Prayer of Hope to form a wreath.





Monday



We pray together:

Jesus, our light,

In this Jubilee Year,

you remind us of our call to love

our neighbours

and to set free those who suffer.

Help us to treat everyone with dignity;

to be fair, forgiving and kind.

**Guide us on our journey as pilgrims of
hope.**

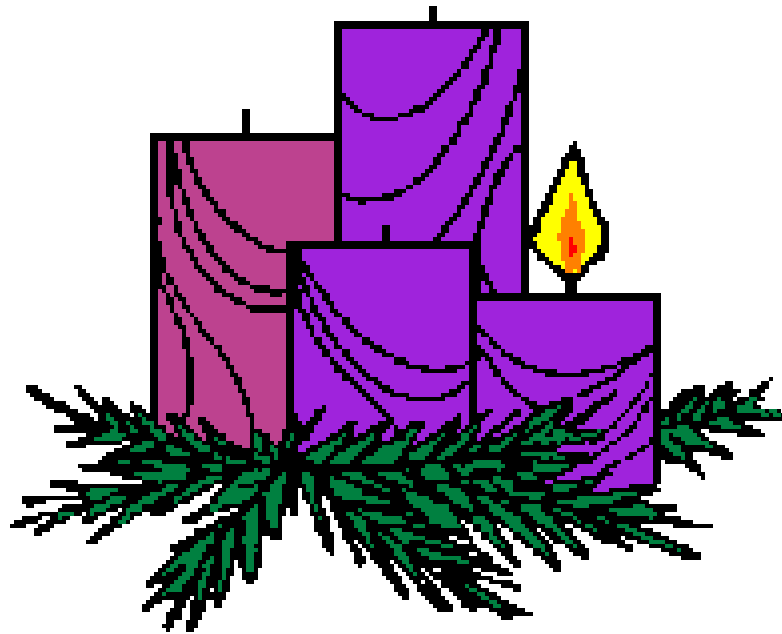




Monday



We take a moment in silence to pray for our Advent Angel.





Monday



Confident in God's Love for us. **We commit ourselves to His service.**

We conclude our prayer in the name of the
Father.....



Chaplaincy Reps Please
complete the worship
record.

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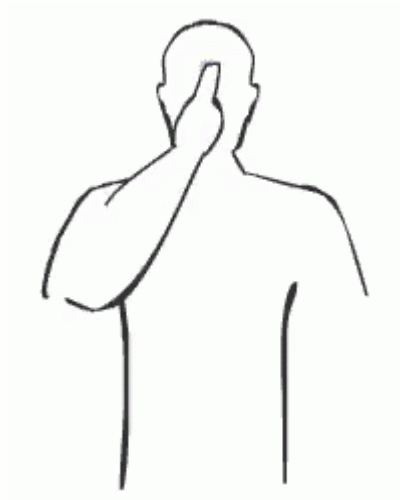
Find volunteers to lead
tomorrow's prayer.



Tuesday



We begin our prayer for today by inviting you to make the sign of the cross.

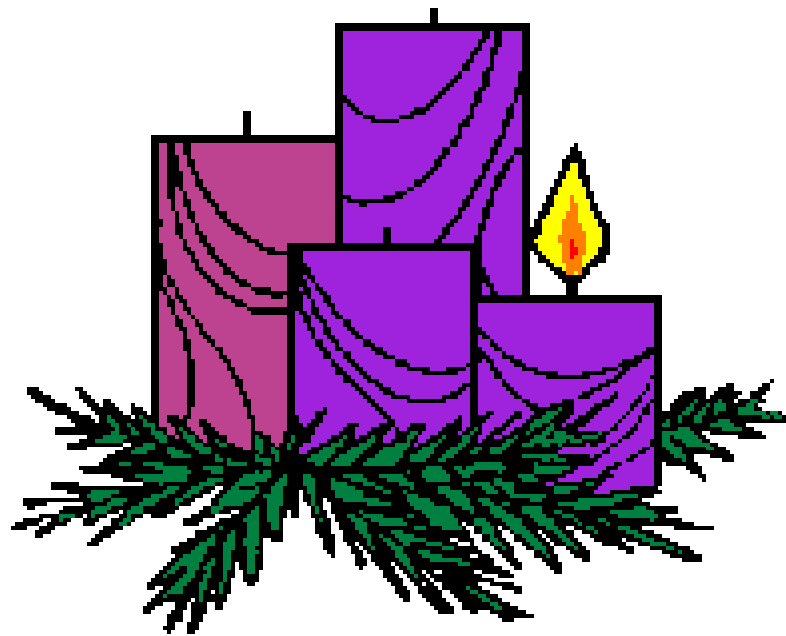




Tuesday



We light the candle of Hope.





Tuesday



Let us reflect on Mary's encounter with the Angel Gabriel.

The Angel asked something impossible of her, and she responded with a simple yes.

As we say a prayer based on the Angel's words recorded in the Gospel of Luke, let us think about what God asks of us today.





Tuesday

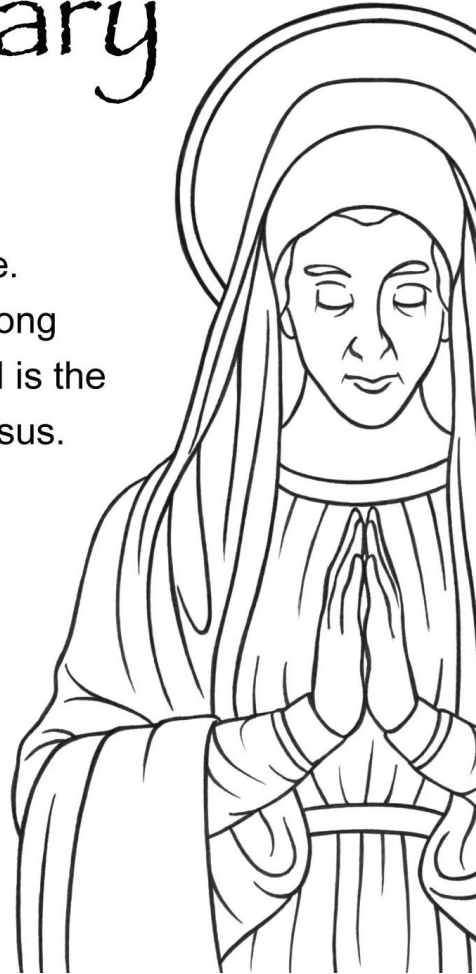


Hail Mary

Hail Mary,
Full of Grace,
The Lord is with thee.
Blessed art thou among
women, and blessed is the
fruit of thy womb, Jesus.

Holy Mary,
Mother of God,
pray for us sinners
now, and at the
hour of our death.

Amen.





Tuesday



Confident in God's Love for us. **We commit ourselves to His service.**

We conclude our prayer in the name of the
Father.....



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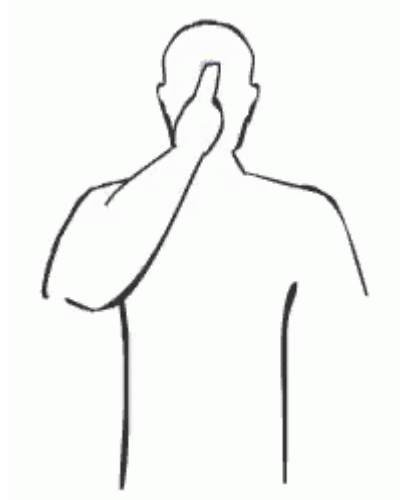
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Word Wednesday



We begin our prayer for today by inviting you to make the sign of the cross.

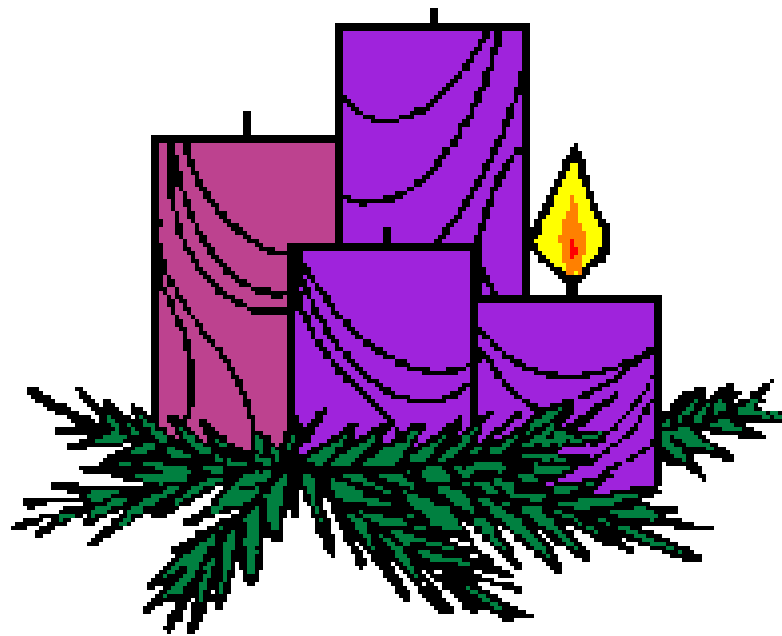




Word Wednesday



We light the candle of Hope.





Word Wednesday



**On Wednesday we take time to reflect on
Sacred Scripture.**

**We will listen to and reflect on the
Gospel of Matthew.**



Word Wednesday



Reader: A reading from the Holy Gospel
according to Matthew

All: Glory to you O Lord (3 Crosses)





Word Wednesday



'You have heard how it was said: Eye for eye and tooth for tooth. But I say this to you: offer no resistance to the wicked. On the contrary, if anyone hits you on the right cheek, offer him the other as well; if someone wishes to go to law with you to get your tunic, let him have your cloak as well. And if anyone requires you to go one mile, go two miles with him. Give to anyone who asks you, and if anyone wants to borrow, do not turn away.



Word Wednesday



This is a passage where Jesus teaches his followers not to seek revenge or to retaliate when treated unfairly. Instead, he instructs them to practise love and mercy by enduring insults, going the "extra mile" when forced to do so, and giving generously to those who ask. This teaching challenges the Old Testament principle of "an eye for an eye" and calls for a higher, more standard of righteousness that reflects God's generous and compassionate heart.



Word Wednesday



Reader: The Gospel of the Lord

All: Praise to you Lord Jesus Christ





Word Wednesday



Reflection

Have I ever wanted to take revenge?
How did focusing on the wrong make
me feel?

How might I have “turned the other
cheek” or “gone the extra mile” in that
situation?





Word Wednesday



In a moment of silent prayer reflect on the words of the Gospel.

Think of one line that stood out for you.

What is God's message for you today?





Word Wednesday



Together we pray:

During this Advent may we focus on what is important in life and not be distracted by the cares of the world. May we always live in God's love and show that love to others in our actions.

Amen.





Word Wednesday



Confident in God's Love for us. **We commit ourselves to His service.**

We conclude our prayer in the name of the Father.....



Chaplaincy Reps Please complete the worship record.

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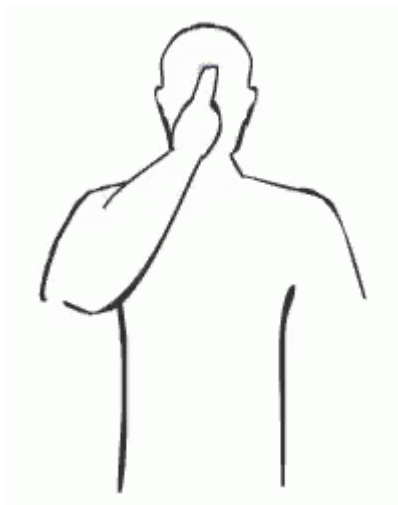
Find volunteers to lead tomorrow's prayer.



Thursday



We begin our prayer for today by inviting you to make the sign of the cross.





Thursday



We light the candle of Hope.





Thursday



An Advent Reflection – 2 Readers

R1: Light the Advent Candle One

R2: Now the season has begun

R3: We have started on our way

R4: Time to think of Christmas Day

All: Candle, Candle burning bright

Shining in the cold winter night

Candle, Candle burning bright

Fill our hearts with Christmas Light



Prayer all: Maranatha, Come Lord Jesus, Amen



Thursday



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We conclude our prayer in the name of the Father.....



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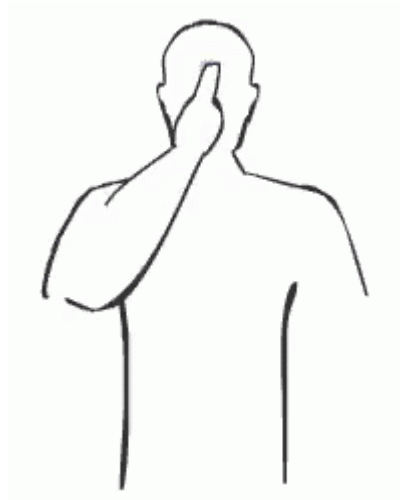
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Our Father Friday



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Our Father Friday



We light the candle of Hope.





Our Father Friday



The Church asks that as a church we re-discover the richness of the prayer that Jesus gave us, the Our Father.

We pray that the values of the Gospel: Peace Justice Truth and Love are brought to the world anew.

May God's Kingdom Truly Come. Amen.



Our Father Friday



THE LORD'S PRAYER

Our Father,
Who art in heaven,
Hallowed be Thy Name.



Thy Kingdom come.
Thy Will be done,
On earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,
as we forgive those who trespass
against us.

And lead us not into temptation,
but deliver us from evil.

Amen.





Our Father Friday



Confident in God's Love for us. **We commit ourselves to His service.**

We conclude our prayer in the name of the Father.....



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