

The Sacred Heart Language College

Daily Prayer



Half Term 3 – Week 3



Monday



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



We invite a pupil to come forward and click to light our virtual candle.



Monday



DREAM VILLAIN



Monday



The dove is the symbol of Peace.





Monday



We begin our week by reflecting on the theme of peace.

On January 1st the World Day of Peace, Pope Leo commended us to dedicate our prayer and actions to foster peace in our families, our communities, and the global community.



Monday



Pope Leo said:

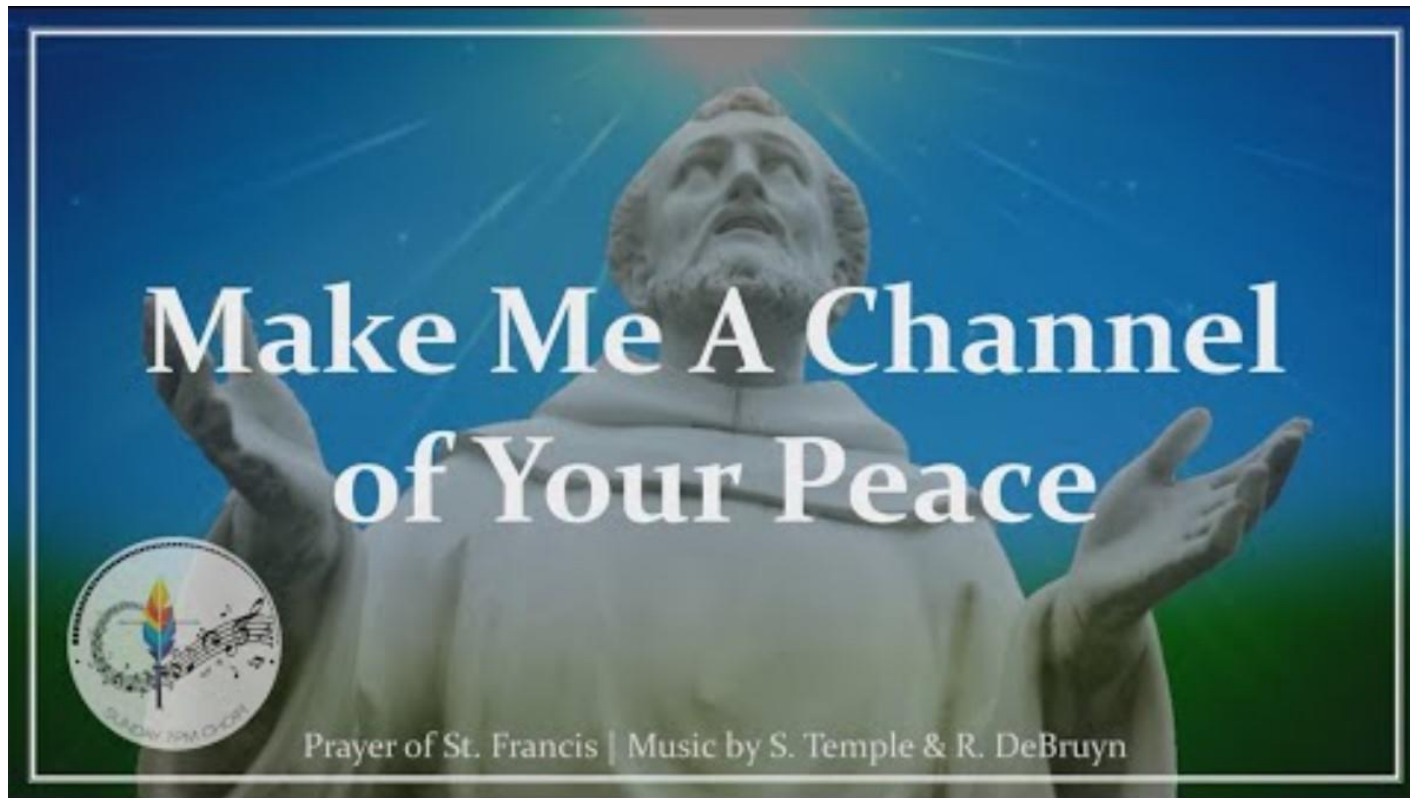
“The world is not saved by sharpening swords, nor by judging, oppressing, or eliminating our brothers and sisters. Rather, it is saved by tirelessly striving to understand, forgive, liberate, and welcome everyone, without calculation and without fear. For each of us, every day can be the beginning of a new life, thanks to God’s generous love, his mercy, and the response of our freedom.”



Monday



As we listen to the hymn of St Francis' Prayer, we contemplate how we can foster peace in our lives.





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.

&

Find volunteers to lead tomorrow's prayer.



Tuesday



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Tuesday



DREAM VILLAIN



Tuesday



Our CST theme for this half term is 'Care of God's Creation'

In the Jubilee Year as Pilgrims of Hope, we were reminded of our mission to build a world where:

We are good stewards of the earth, knowing that the earth's gifts are for everyone, not just for a privileged few.



Tuesday



Form Flower

Our school is preparing for Lent with a project inspired by Laudato Si, Pope Francis' letter on caring for creation. Our focus is **Live Simply:** finding small, meaningful ways to care for each other and the earth.

Eco Reps will visit forms to share more about the project.



Tuesday



On a template, each form will design a flower that represents your community:

- Your personality as a class
- A realistic commitment to care for the planet or support others.

This could be anything from reducing waste, saving energy, walking instead of being driven, or being kinder and more thoughtful in daily life.

Display this in your form room as a reminder of this promise.



Tuesday



We pray together:

**God, our loving Father,
You remind us of our call to love creation.
Help us to work together to
To replant, repair, and renew.**



Tuesday



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Word Wednesday



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Word Wednesday



DREAM VILLAIN



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)
(3 crosses Forehead, Heart and Lips)





Word Wednesday



'That is why I am telling you not to worry about your life and what you are to eat, nor about your body and what you are to wear. Surely life is more than food, and the body more than clothing! Look at the birds in the sky. They do not sow or reap or gather into barns; yet your heavenly Father feeds them. Are you not worth much more than they are? Can any of you, however much you worry, add one single cubit to your span of life? And why worry about clothing? Think of the flowers growing in the fields; they never have to work or spin; yet I assure you that not even Solomon in all his royal robes was clothed like one of these.



Word Wednesday



Now if that is how God clothes the wildflower growing in the field which are there today and thrown into the furnace tomorrow, will he not much more look after you, you who have so little faith? So, do not worry; do not say, "What are we to eat? What are we to drink? What are we to wear?" It is the gentiles who set their hearts on all these things. Your heavenly Father knows you need them all. Set your hearts on his kingdom first, and on God's saving justice, and all these other things will be given you as well. So do not worry about tomorrow: tomorrow will take care of itself. Each day has enough trouble of its own.'



Word Wednesday



Reader: The Gospel of the Lord

All: Thanks be to God





Word Wednesday



This reading is about trusting God's provision and seeking His kingdom first instead of worrying about basic needs like food, drink, and clothing. Jesus encourages his followers to rely on their heavenly Father, using the example of birds and flowers that are cared for by God, to show that humans are of far greater value and that God knows their needs. The core message is to shift focus from earthly anxieties to spiritual treasures, assuring that if God's kingdom and righteousness are prioritised, He will provide everything else necessary.



Word Wednesday



Reflection

What do I worry about?

Are you reassured by Jesus' message that God provides for the flowers and the birds so we shouldn't worry?

Think of one line that stood out for you.

What is God's message for you today?





Word Wednesday



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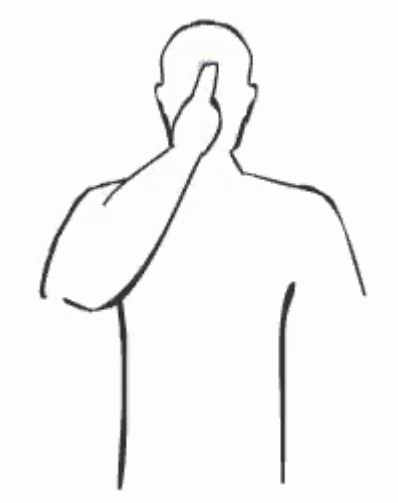
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Thursday



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



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Thursday



DREAM VILLAIN



Thursday



We pray for the gift of peace:

May God give wisdom and courage to those who work for peace.

We pray that their efforts may be blessed, that they may bring an end to violence, and solace and stability to suffering peoples.



Thursday



May the gift of peace permeate all troubled souls, convert all who live by violence and comfort all children who live in menacing situations, that the freedom to enjoy life and grow in safety may be theirs.



Thursday



And may each one of us know
peace of mind and heart,
peace of body and spirit,
peace of community and world.
Holy Spirit of Peace, grant our prayer.

Amen.



Thursday



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Friday



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Friday



DREAM VILLAIN



Friday



The Examen



Friday



Take a few moments to quiet down, to recall that God has accompanied you every step of the way during the week and to open yourself to His presence.



Friday



Go through your week, taking special note of its many small gifts: the joy of a bright morning, a cup of coffee, a flock of birds, the kindness of a stranger. Recall that God is revealed in each of these details. Think, too, about the gifts you were able to give others: an encouraging word, a smile, work well done.



Friday



Think back over your week about your actions: what went well; even better if. Prepare yourself to be honest as you examine your actions during the week, knowing that the truth will free you to grow closer to God. Recall, too, God's unconditional love for you.



Friday



Next, examine how you responded to God's presence in the key events of the week. When were you loving? When did you miss an opportunity to love? When were you sinful? How much were you in charge of your actions, and what did you do out of simple habit? Pay attention to your emotions around these events. The Holy Spirit often speaks to us through our emotions. What truth might God be leading you to through your emotions?



Friday



Finally, respond in prayer to the insights revealed in the previous steps. You may want to imagine this as a friendly face-to-face meeting with Jesus, one in which you offer words of sorrow, gratitude, or joy. You may want to ask for forgiveness, consolation, encouragement, the grace to overcome bad habits, and direction for how to grow closer to God. Continue to listen to Jesus as you resume your daily activities.



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