

# The Sacred Heart Language College

## Daily Prayer



Half Term 3 – Week 6



# Monday 'Peace be with you'



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 'Peace be with you'



DREAM VILLAIN



**Monday 'Peace be with you'**



## **Yesterday was Racial Justice Sunday**

Today and Thursday, we will be focusing on this theme.

This morning, our Form Chaplain will lead us through a presentation on racial justice.



Monday 'Peace be with you'



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 'Peace be with you'



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## 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 continue to build a world where:

**We recognise the dignity of every person,** loved and created by God.

**We follow the example of Jesus' love** and his mission to bring good news to the poor.



# Tuesday 'Peace be with you'



Please take a moment to listen to Pope Francis' message in his letter 'Fratelli Tutti'

**CAFOD**  
Catholic Agency for Overseas Development

**Fratelli Tutti**  
ON FRATERNAL LOVE AND SOCIAL FRIENDSHIP

**Fratelli Tutti**

**CAFOD** Catholic Agency for Overseas Development

**no one beyond reach**



# Tuesday 'Peace be with you'



## 'Peace be with you' John 20:19

Let us pray together the Prayer of St Francis for Peace

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.





# Tuesday 'Peace be with you'



## 'Peace be with you' John 20:19

O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.

For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.





Tuesday 'Peace be with you'



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# Word Wednesday 'Peace be with you'



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# Word Wednesday 'Peace be with you'



DREAM VILLAIN



**Word Wednesday 'Peace be with you'**



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

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





# Word Wednesday 'Peace be with you'



**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 'Peace be with you'



Seeing the crowds, Jesus went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them, saying:  
'Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.





# Word Wednesday 'Peace be with you'



Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.'



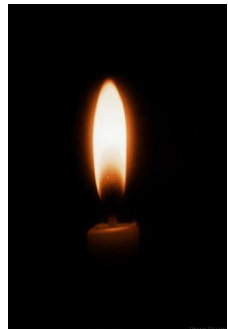


**Word Wednesday 'Peace be with you'**



**Reader: The Gospel of the Lord**

**All: Thanks be to God**





# Word Wednesday 'Peace be with you'



This reading is part of the Sermon on the Mount and is known as 'the Beatitudes', a series of eight blessings delivered by Jesus that express the core virtues of the Kingdom of God.

In this passage, Jesus overturns conventional ideas of success, happiness, and popularity.





# Word Wednesday 'Peace be with you'



**“He went up on a mountainside and sat down.”**

Jesus doesn't deliver his most important teaching from a podium; he sits, creating an intimate and attentive space. He pauses rather than “rushing around” to teach.

In a world that expects you to be constantly “on,” moving, and busy, Jesus invites you to slow down, sit, be quiet, and listen to the truth about life.



# Word Wednesday 'Peace be with you'



## Reflection and Call to Action

Which of these “blesseds” do I need to work on most? Am I too proud? Am I a troublemaker? Do I lack mercy?

**Today’s Challenge:** Live like a saint by doing one small, quiet act of love (without telling anyone or posting it on social media).



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# Thursday 'Peace be with you'



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# Thursday 'Peace be with you'



**“Whoever loves God must also love his brother and sister.” (1 John 4:21)**

Today we reflect on some of the saints (especially women saints) who lived Christ’s message of caring for others and being faithful and brave. Though each of them was different, they shared a deep love for God and for people, reminding us that we are one family and that everyone is called to live with faith, courage, and love.



# Thursday 'Peace be with you'

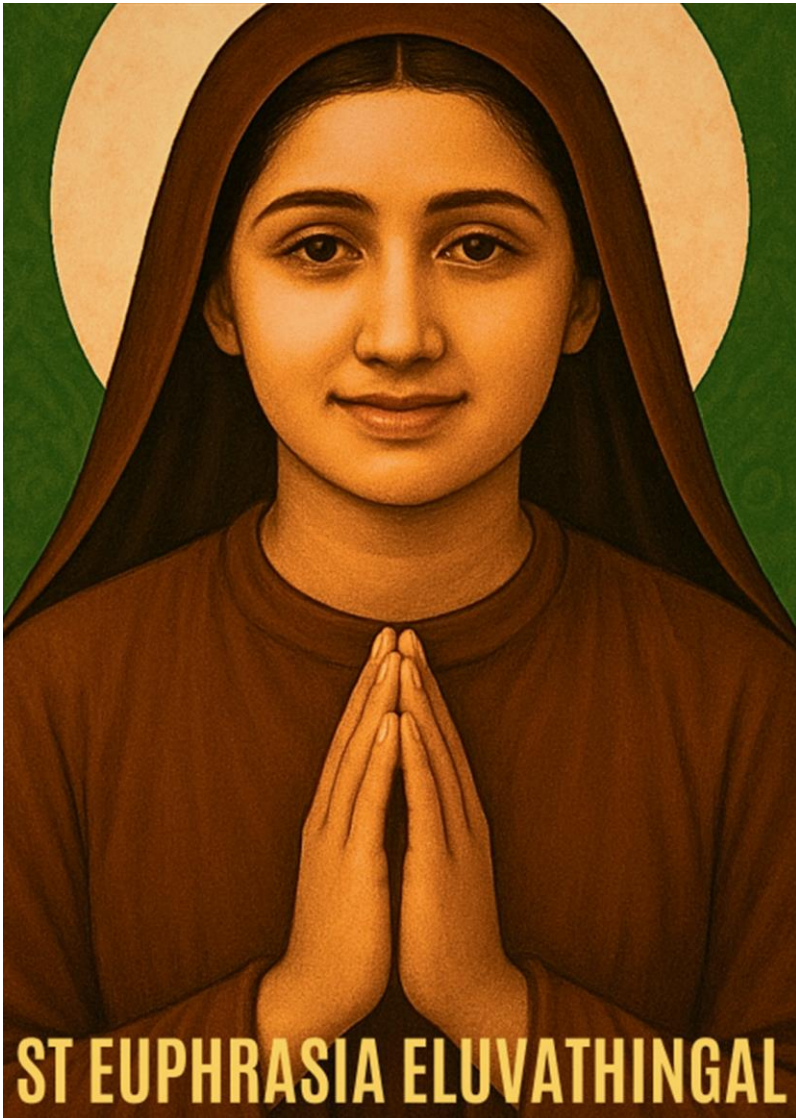


St Perpetua and St Felicity were early Christians who refused to deny their faith, even when imprisoned and sentenced to death.

Felicity was enslaved and Perpetua was a young mother, yet they supported one another and stayed faithful to Christ with courage and hope.



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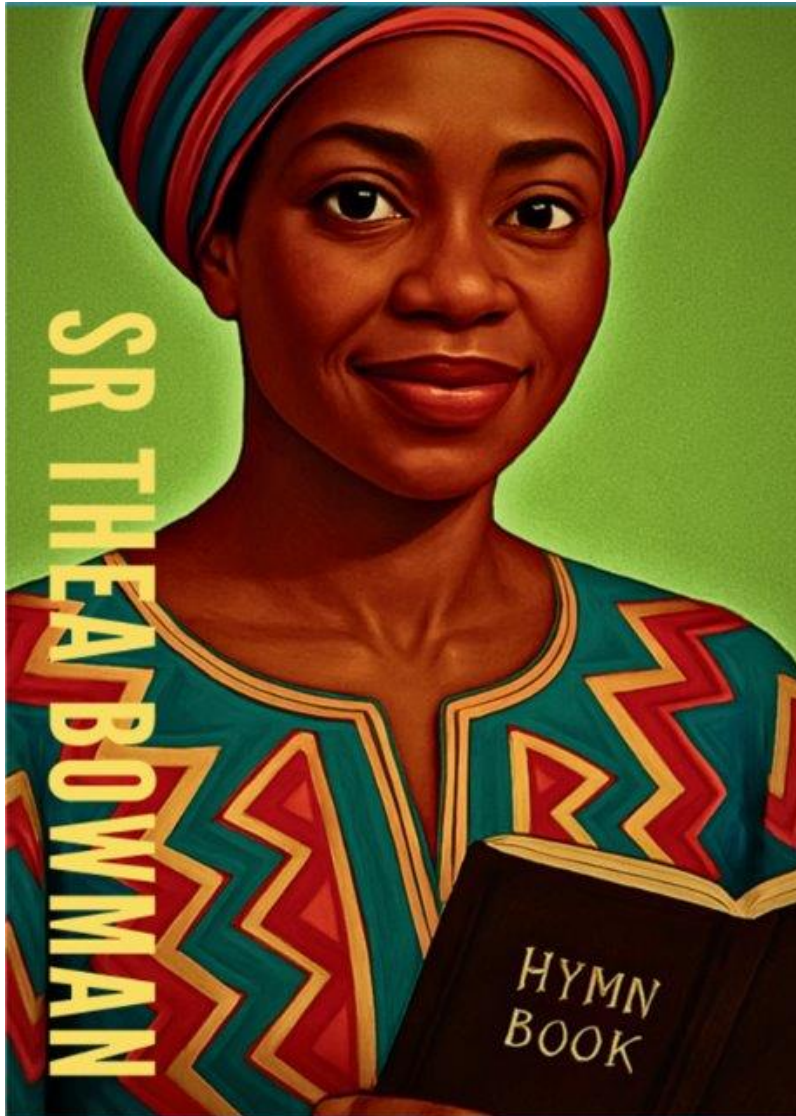


St Euphrasia lived a life of prayer, service, and sacrifice as a Carmelite nun. She spent long hours praying for others and helping people who were suffering.

Her faith was shown through humility, obedience, and deep trust in God.



# Thursday 'Peace be with you'



Sr Thea Bowman was a Franciscan Sister who used her gifts as a teacher, speaker and hymn writer to share the Gospel. She worked for racial justice, inclusion, and dignity. Even when seriously ill, she continued to preach joy, hope, and love. She is currently in the process of being considered for canonisation.



# Thursday 'Peace be with you'



We give thanks for their work and dedication to their mission.

We now say together the Prayer of St Francis, asking to help us work for peace.





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# Friday 'Peace be with you'



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DREAM VILLAIN



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The Examen



# Friday 'Peace be with you'



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 'Peace be with you'



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 'Peace be with you'



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 'Peace be with you'



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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