

# The Sacred Heart Language College

## Daily Prayer



Half Term 4 – Week 2



# 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

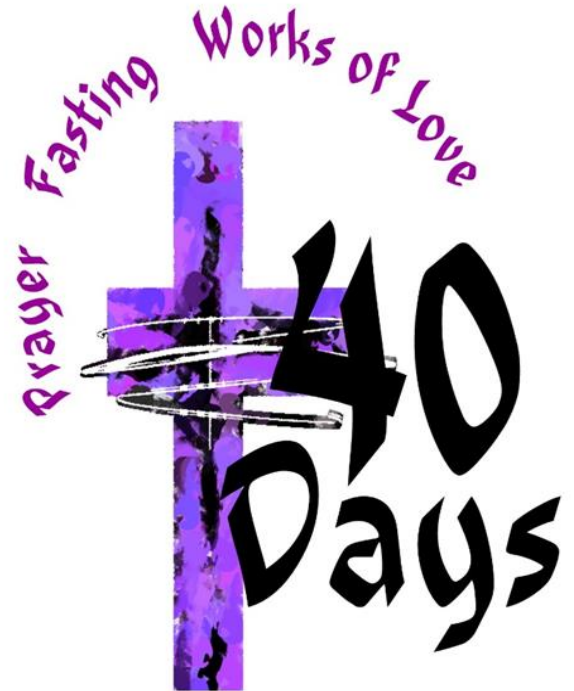


Monday 'Peace be with you'



This week is the second week of Lent.

The three Lenten disciplines of praying, fasting, and works of love allow us to concentrate on our relationship with God and our spiritual life.





# Monday 'Peace be with you'



**During Lent, we will pray the Stations of the Cross.**



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# Monday 'Peace be with you'



**Come to the Chapel on Wednesday at lunchtime if you would like to pray the Stations of the Cross.**





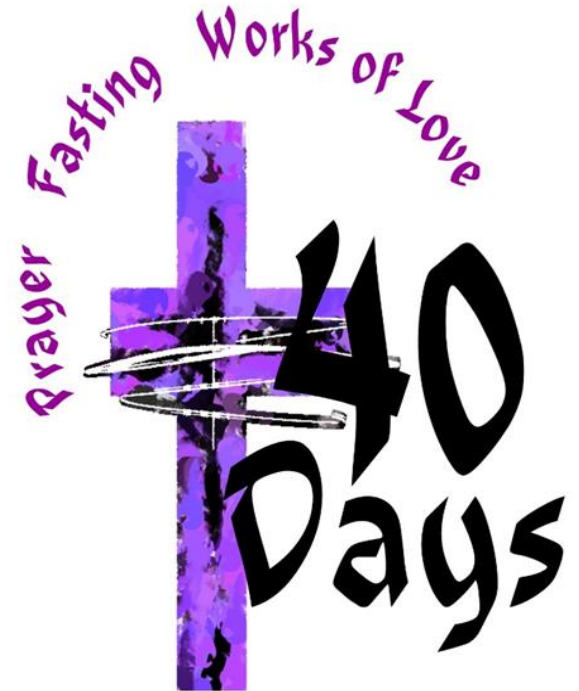
**Monday 'Peace be with you'**



## **Third Station Jesus Falls The First Time**

**Reader:** *We adore you,  
O Christ, and we praise you.*

**All:** *Because by your Holy Cross  
you have redeemed the world.*



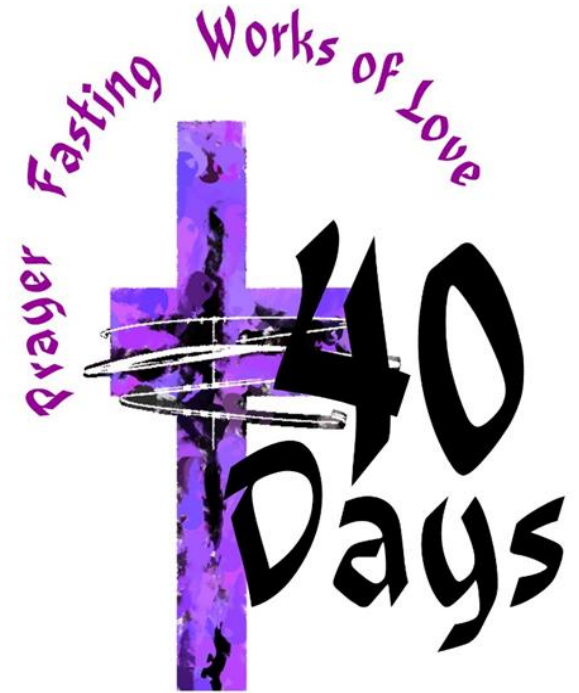


# Monday 'Peace be with you'



Jesus walked through the streets carrying his cross, and crowds gathered around him. The Cross was very heavy, and he fell for the first time.

Imagine you are in that crowd. You see him hurting. What rises in your heart? Would you step forward to help, or wait for someone else to act? We meet people every day who are carrying their own crosses. When we choose to help them, we show our love for Jesus by lifting a little of their burden.





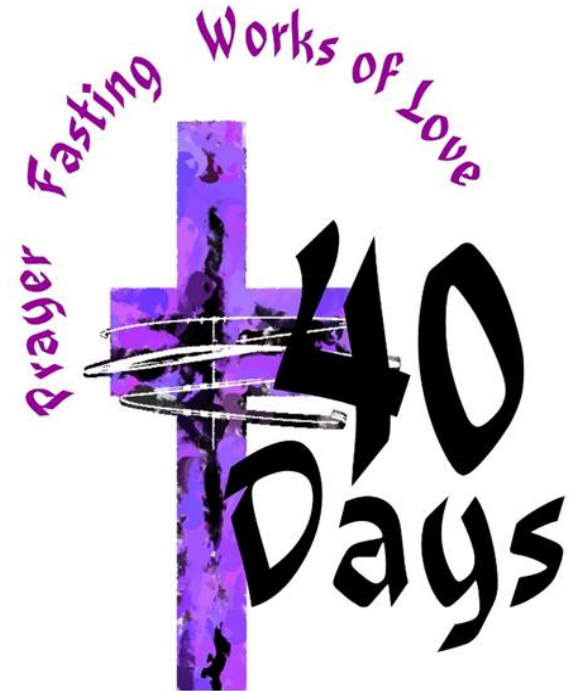
**Monday 'Peace be with you'**



**We pray to God:**

**I love you Jesus above all things.  
I repent with my whole heart for  
having offended you. Never  
permit me to be separated from  
you. Grant that I may love you  
always.**

**Amen.**





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'



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



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Tuesday 'Peace be with you'



DREAM VILLAIN



# Tuesday 'Peace be with you'

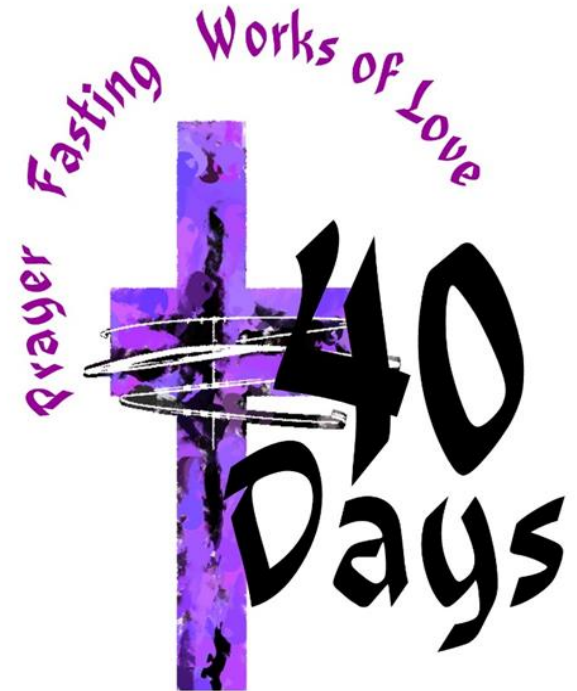


Our CST focus for this half term is **the preferential option for the poor and vulnerable.**

Let us take a moment to reflect on the ways poverty touches our lives and the lives of those around us.

Let us also consider who “the vulnerable” are in our society today and how we are called to respond to their needs with compassion and justice.

With these questions in mind, please watch this short film.





Tuesday 'Peace be with you'



Lent Family  
Fast Day 2026

**CAFOD** A better world  
needs all of us



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# Word Wednesday 'Peace be with you'



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



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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'



Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, “Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.



# Word Wednesday 'Peace be with you'



While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, “This is my Son, the Beloved; with him I am well pleased; listen to him!” When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, “Get up and do not be afraid.” And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them, “Tell no one about the vision until after the Son of Man has been raised from the dead.”

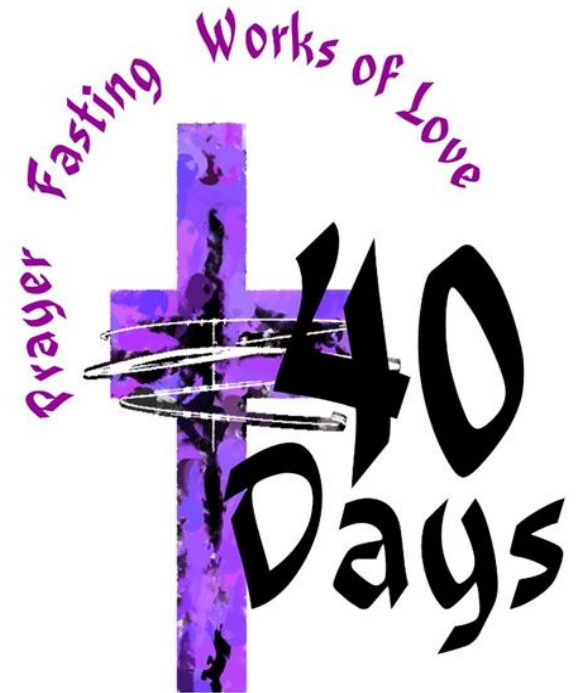


Word Wednesday 'Peace be with you'



**Reader: The Gospel of the  
Lord**

**All: Praise to You Lord Jesus  
Christ**





# Word Wednesday 'Peace be with you'



**This reading is known as the Transfiguration.**

Jesus took three of his disciples up into the mountain and there with two Prophets, Moses and Elijah, Jesus shone with God's light showing he was divine, the Son of God "This is my Son, whom I love; with him I am well pleased. Listen to him!".

The disciples are terrified, but Jesus touches them and says, "Get up, don't be afraid".



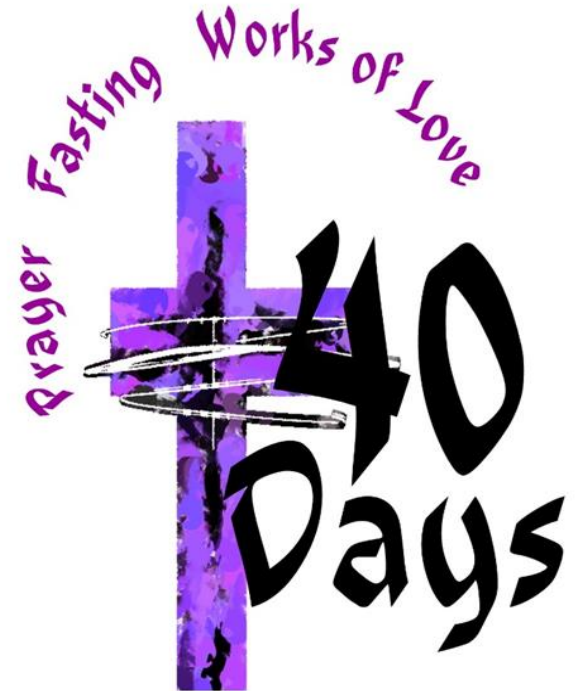
# Word Wednesday 'Peace be with you'



## Reflection:

Imagine you were on that mountain. How would you feel seeing Jesus shine so bright?

What does it mean to "listen to him" in our lives today?





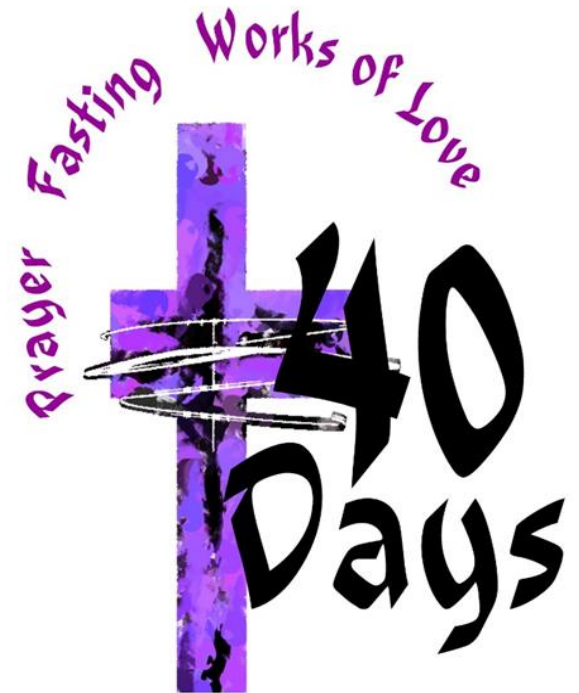
# Word Wednesday 'Peace be with you'



## We pray together:

Dear God, thank you for showing us that Jesus is your Son, full of light and love. Help us to listen to him and to shine his love to everyone we meet.

Amen





# Word Wednesday '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.....



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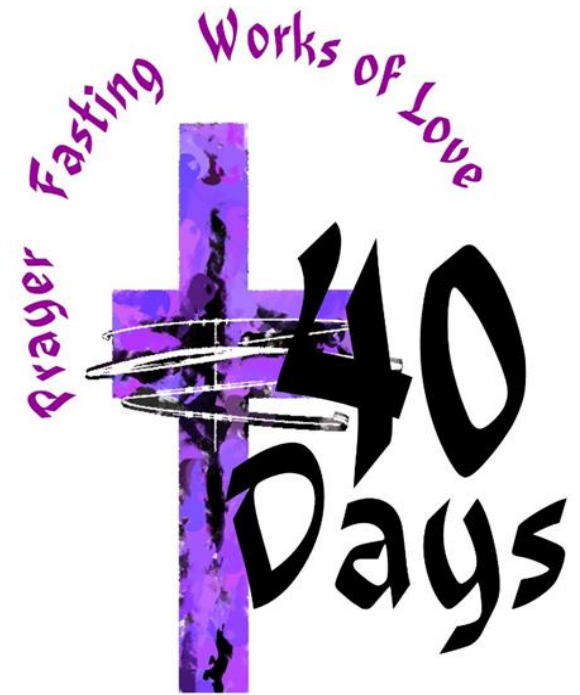
DREAM VILLAIN



# Thursday 'Peace be with you'



Today we will reflect on the Life of Euphrasie Barbier the Mother Foundress of the Sisters of Our Lady of the Missions who built the Sacred Heart.

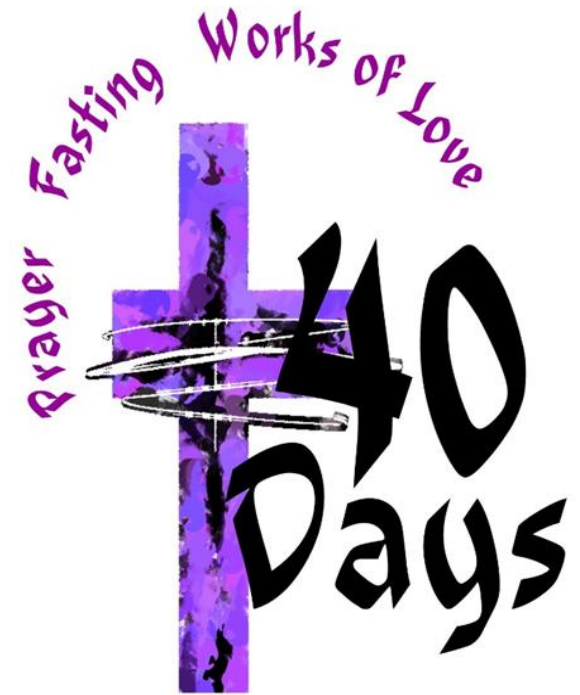




# Thursday 'Peace be with you'



Euphrasie Barbier worked in many different roles to serve people. She began her ministry in London serving migrant communities but before long she began to wonder about the places where people left from to come to England. This inspired her to make her way to New Zealand and Australia to serve the women and children left behind by migration.





# Thursday 'Peace be with you'



We pray using her words of reflection for this season of Lent....

"Remember that the more acts of humility, self-denial, charity, and obedience you make for the love of God, the greater progress you will make in your religious life."

Lord inspire us with the words of Euphrasie Barbier that we may experience a renewal of spirit and purpose during this Lenten season.

Amen



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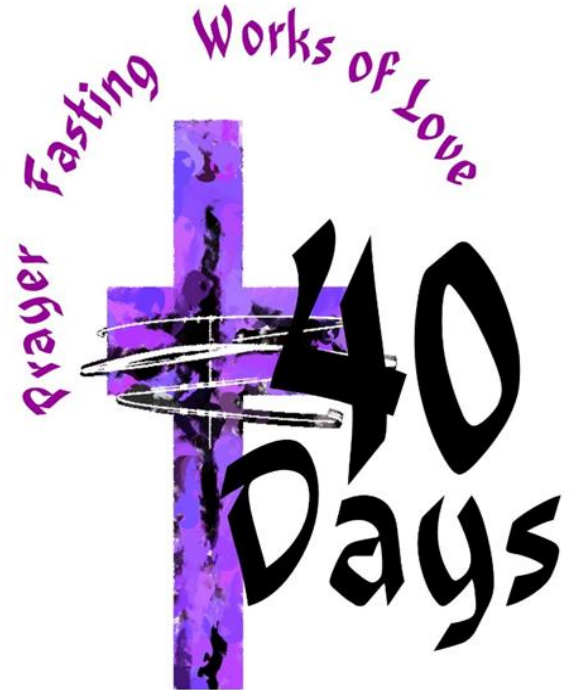


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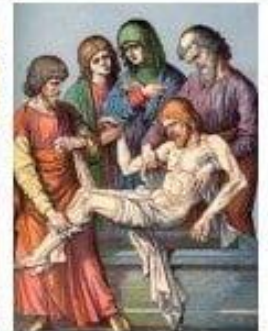
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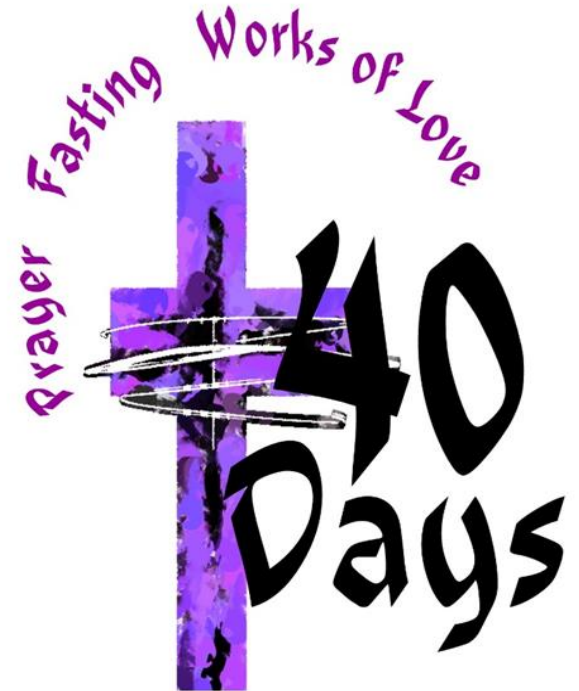
Friday 'Peace be with you'



## Fourth Station Jesus Meets His Mother

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**All:** *Because by your Holy Cross  
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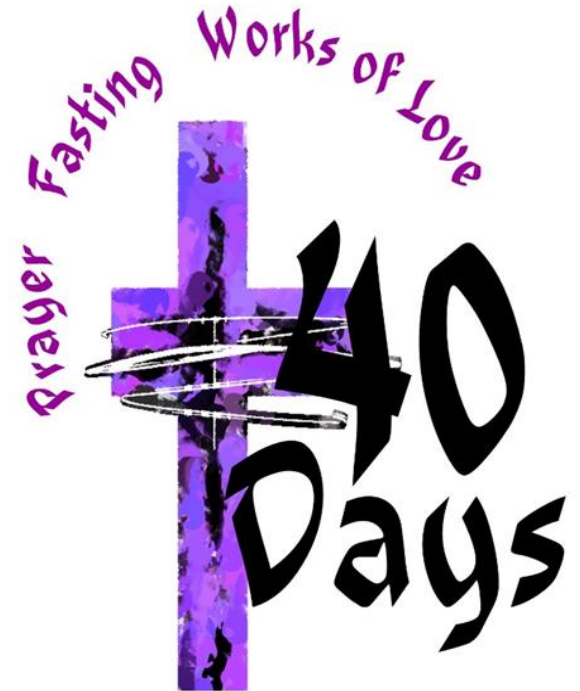
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Jesus' mother was there, too. She came out of the crowd and went up to him.

How did Mary feel seeing her Son suffer like this?

In the quiet of our hearts ask Mary to walk with us and all people.





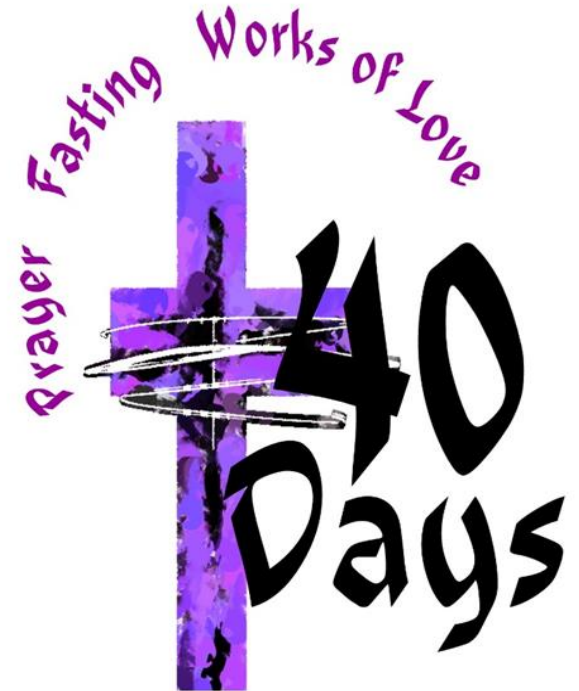
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