



Richard Challoner School

Tutor Group Prayers

Spring B

(Cycle 1)

## General Prayers for Classroom worship

### **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

### **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

### **Prayer of St Francis of Assisi**

Lord, make me an instrument of your peace.  
Where there is hatred let me sow love,  
Where there is injury let me sow pardon,  
Where there is doubt let me sow faith,  
Where there is despair let me give hope,  
Where there is darkness let me give light,  
And where there is sadness let me give joy.  
O Divine Master, grant that I may try  
Not to be comforted but to comfort,  
Not to be understood but to understand,  
Not to be loved but to love.  
Because it is in giving that we receive,  
It is in forgiving that we are forgiven,  
And it is in dying that we are born to eternal life.

### **Prayer of St Richard Of Chichester**

Day by day,  
O dear Lord,  
Three things I pray:  
To see thee more clearly,  
Love thee more dearly,  
Follow thee more nearly,  
Day by day  
By day by day.

### **Prayer of St Ignatius**

Teach us good Lord to serve you as you deserve:  
To give and not count the cost,  
To fight and not heed the wounds,  
To toil and not seek for rest,  
To labour and to ask for no reward , save that of  
knowing that we do your will,  
Through Jesus Christ our Lord,  
Amen.

## Guidance for use of the Tutor Group Prayer Booklet

Each morning an act of worship should be made. This can be led by yourself or a pupil and can be made up of prayers from this booklet, [www.richardchalloner.com/spirituality](http://www.richardchalloner.com/spirituality), or both.

The following pages contain a selection of prayers suitable for collective worship within the Tutor group during morning registration. The prayers have been organised into different weekly themes:

- Week One: Prayers for Safety
- Week Two: Prayers for the Start of Lent
- Week Three: The work of CAFOD
- Week Four: In Times of Doubt
- Week Five: Work of Cabrini Children's Society
- Week Six: Mothering Sunday
- Week Seven: Saying Sorry for Easter

Each morning an act of worship should try and include:

1) Invitation - *to mark the entry into prayer, like standing up and making the Sign of the Cross*

2) Clear Theme & Message

3) Balance of speech & silence - *try to vary the delivery of your theme to ensure that it appeals to as many as possible.*

4) Time for Quiet Reflection - *give time for them to take in and reflect on the theme*

5) Prayer – this should be both led and collective - *there should be a prayer which links in the theme, and an act of communal prayer from the page opposite.*

6) Clear links with Catholic Ethos – *if you are not using one of the themes above then ensure it is inline with the School's Catholic Ethos or the Liturgical Calendar.*

## Week One: Prayers for the Safety of those we love

We pray lord for those on their way to work,  
For the emergency services who will travel at high speed  
on land water or air to bring help to others.  
For those starting a new life as they move house;  
For those travelling to or from prison;  
For those people who go into hospital today;  
For young people on their way to school, college or university;  
For those who are lost on the journey of life;  
For those who will die today and make their final journey;  
On all these people Lord we ask your blessing.

Amen (Nicholas Hutchinson)

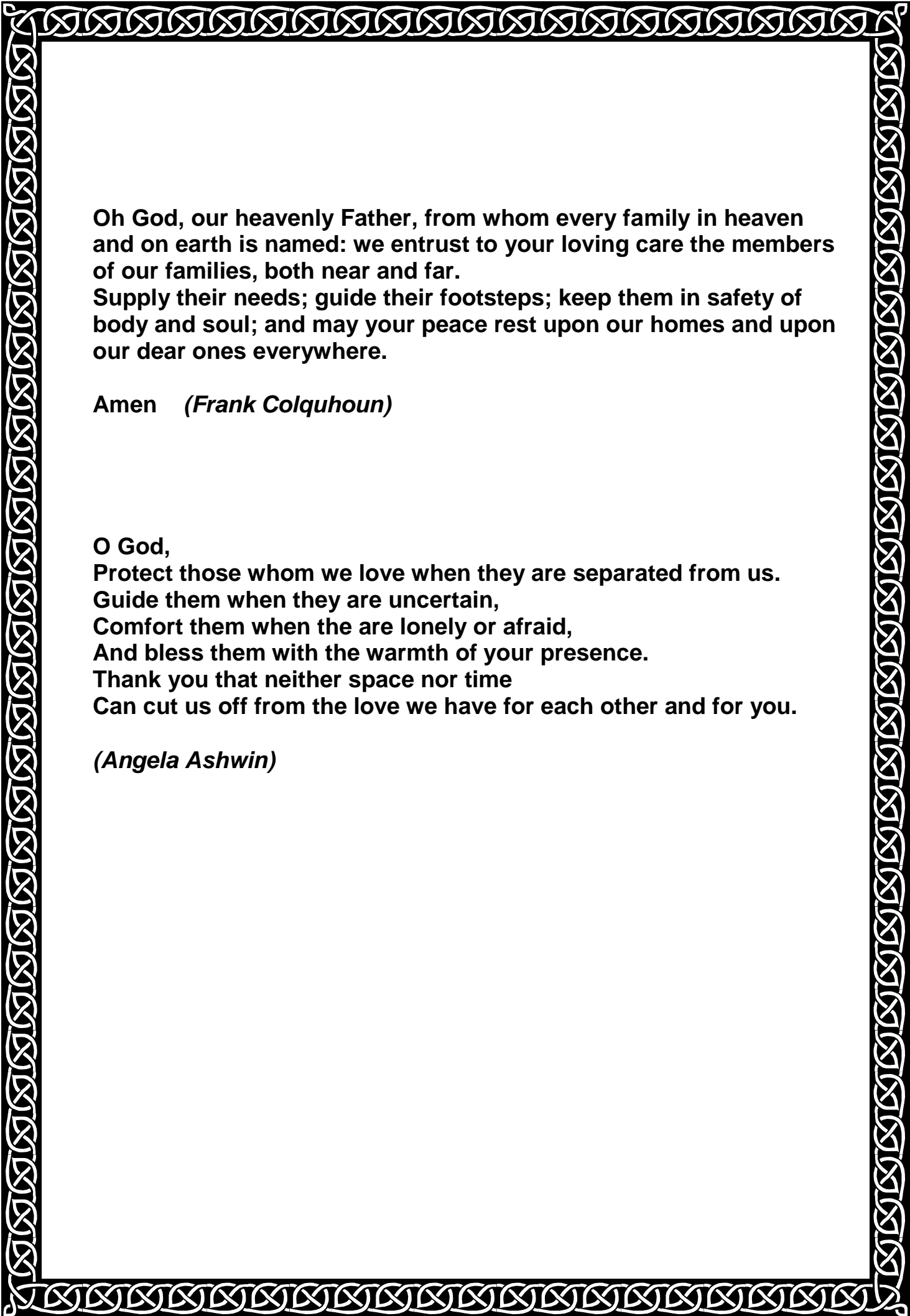
God keep you in the fellowship of his saints.  
Christ protect you by the ministry of his angels.  
The spirit make you holy in God's service;  
And the blessing of God almighty,  
The father, the son and the Holy Spirit  
Be upon you and remain with you always.

*(Michael Perham)*

We pray for world peace,  
that ways of aggression and violence against fellow humans  
and against God's creation may be renounced,  
and that world leaders may lessen the threat of nuclear  
destruction.

We pray especially for our leaders  
and all others who strive to bring peace.

*(Adapted from 'Worship in an Indian Context')*



**Oh God, our heavenly Father, from whom every family in heaven and on earth is named: we entrust to your loving care the members of our families, both near and far.  
Supply their needs; guide their footsteps; keep them in safety of body and soul; and may your peace rest upon our homes and upon our dear ones everywhere.**

**Amen**    *(Frank Colquhoun)*

**O God,  
Protect those whom we love when they are separated from us.  
Guide them when they are uncertain,  
Comfort them when they are lonely or afraid,  
And bless them with the warmth of your presence.  
Thank you that neither space nor time  
Can cut us off from the love we have for each other and for you.**

*(Angela Ashwin)*

## Week Two: Prayers for the Start of Lent

Here, Lord, is my life.  
I place it on the altar today.  
Use my life as you will.

*(Albert Schweitzer)*

*This Ash Wednesday, we have burnt the palm leaves used on last year's palm Sunday, giving us ashes. Ashes remind us of the deadly things in our lives – when we choose death and not life by being selfish. Ashes remind us that we need to die to selfishness so as to mature and grow in Christ. The ashes are a sign that have been used for over 2,000 years, a sign that we want to make some changes in our lives. We want to 'turn over a new leaf', leave the past behind us and make a new start. Lent is a time for sorting out our priorities. Lent offers the opportunity to make a new start and believe in God's love for us. When ashes are given, we sometimes hear these words: "Turn away from sin and believe in the gospel". We think of the choices we make and we believe more fully in God's love for us.*

*(Nicholas Hutchinson)*

**Lord Jesus, as Lent begins, we ask for the power of your Spirit, that we may become more thoughtful towards others, more honest with ourselves, and more faithful to you. Help us to walk in your presence and grow as the people you want us to be.**

*(Nicholas Hutchinson)*

Lord,  
I'm not much good at giving things up.  
It seems a good idea, then a few days, hours or minutes later, I've started again.  
But this time, I really want to make it count.  
I want to give something up and learn from the process of not giving in to temptation.  
I want to wake up on day forty of Lent, and look in the mirror and feel that I've actually achieved something, even though it may seem so small.  
But by achieving something small, perhaps it will lead to bigger and better things?  
If I can do this, then what else can I do?  
What else am I capable of?  
Help me to discover my own potential, Lord.

Amen *(Dave Gatward)*

“Then Jesus was led by the spirit into the desert to be tempted by the devil. After fasting for forty days and nights, he was hungry. The tempter came to him and said, “If you are the son of God, tell these stones to become bread”. Jesus answered, “It is written: man does not live on bread alone, but on every word that comes from the mouth of God”. Then the devil took him to the holy city and had him stand on the highest point of the temple. “If you are the son of God, throw yourself down. For it is written : he will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone”. Jesus answered him, “It is also written, do not put the Lord you God to the test”. Again the devil took him to a very high mountain and showed him all the kingdoms of the world in their splendour. “All this I will give you”, he said, “if you will bow down and worship me”. Jesus said to him, “Away from me Satan, for it is written: worship the Lord your God and serve him only”. Then the devil left Jesus and angels came and tended him.

(Matthew 4: 1-11)

## **Week Three Theme: Prayers for the Work of CAFOD**

**We pray for the Church throughout the world, that she may be a voice for those who lack even the basic necessities of life, tirelessly serving them and calling for change.**

**We pray for the world's leaders, that they may not hide behind their power or abuse it, but work for the good of all humanity, particularly the poor throughout the world.**

**We pray for our local community here at Richard Challoner, that we may show our love through our respect for each other and for our environment, gladly sharing what we have with those in need.**

**Creator God,**

**As we journey through this world**

**Give us the grace to allow your Holy Spirit to work through us.**

**Help us to speak, think and work**

**with honesty, and compassion,**

**to celebrate all that is life-giving,**

**to restore hope where it has been lost,**

**Jesus our friend and our brother, through your life and your journey to the Cross, your death and resurrection, you have shown us how to live in love. May we always follow your example, living a life of compassion, in the search for peace through justice for all your people.**

**For the people and land from which refugees have fled,  
may there be peace and reconciliation between people and nations.  
That strangers, refugees, and those who seek asylum  
may find a welcome among us.**

**We pray for all who make our laws and administer justice:  
May the God of justice be their guide.**

**We pray for those who minister to the vulnerable and broken  
people,  
especially the homeless and displaced:  
that they may show God's welcoming love.**

**We often feel powerless in the face of crushing poverty, injustice  
and violence in our world; we ask for the courage to reach out  
to victims of injustice and poverty.**

**We pray for all those around the world who want to learn,  
But are denied their right to education.  
We pray too for those who teach,  
especially those who work with few resources and little  
support.  
We give thanks for the knowledge, skills and understanding we  
have and we ask your help to remember how much we have still  
to learn.  
Teach us to respect wisdom, wherever we find it.  
As you walked with the disciples on the road to Emmaus  
walk with us as we try to understand.  
Open our hearts and minds to new learning  
even when it challenges us to change.  
Give us the courage to tackle injustice and  
guide us towards a new, shared future,  
where everyone has the chance to learn,  
and all may grow in wisdom and understanding.**

**( Linda Jones – [www.cafod.org.uk](http://www.cafod.org.uk) )**

## Week Four Theme: In Times of Doubt

Lord of life,  
why do I anticipate the worst  
when time and time again  
the worst never happens?  
And even when it does, life goes on  
and every day comes to an end.  
Lord help me to overcome my fears  
in this brief moment of reflection.  
Help me to relax.  
Let your loving spirit fill me with peace.

Amen *(Frank Topping)*

Forgive us Lord  
when we want proofs for our faith  
and demand absolute certainty  
before we will commit ourselves to you.  
Strengthen our trust in you,  
so that we who have not seen you  
may still believe  
and in believing may be blessed  
with the fullness of joy  
now and always.

Amen *(Angela Ashwin, based on John 20:24 – 29)*

O God, you know we are often filled with fear and foreboding.  
Give us courage to deepen our trust.  
You are a rock which nothing can shatter.  
On you we can place the whole weight of our lives.

*(Richard Harries)*

Faith's difficult, Lord.  
Life puts up so many obstacles  
that most of the time I can hardly see you.  
At times like this Lord, you seem so far away.  
I sometimes feel that I'm fooling myself  
that you don't exist,  
that I'm wasting my time.  
But I keep thinking back  
to your life here on earth.  
No matter how many doubts I have,  
you seem to make me sit up and listen.  
A life lived so long ago  
affecting a life lived right and now.  
It seems amazing, Lord,  
and if all those things you did and said  
are true,  
then I have no option but to believe  
and follow.  
Never let me leave you, Lord.

Amen (*Dave Gatward*)

Let nothing disturb you,  
Nothing frighten you;  
All things are passing,  
God never changes.  
Patient endurance  
attains to all things;  
In whom God possesses,  
nothing is wanting:  
alone God suffices.

(*St Teresa of Avila*)

**Week Five Theme: Prayers for the work of  
The Cabrini Children's Society**

*Lord, we pray for those without family that you will console them in their suffering and enable those who can help find the new families they need.*

*Lord, hear us, Lord, graciously hear us*

*Lord, help us to be aware that the people we mix with may have deep and hidden problems in their lives that can be made worse by teasing or bullying. Help us to bring them joy rather than increase their suffering.*

*Lord, hear us, Lord, graciously hear us.*

*([www.cabrini.org.uk](http://www.cabrini.org.uk))*

**God,  
We pray for our young people,  
Growing up in an unsteady and confusing world.  
Show them that your ways give more life  
than the ways of the world,  
and that following you is better  
than chasing after selfish goals.  
Help them to take the future,  
Not as a measure of their worth,  
But as a chance for a new start.  
Give them the strength to hold their faith in you,  
And keep alive their joy in your creation.  
We ask this through Christ our Lord**

**Amen** *(Book of Common Prayer of the Episcopal Church, USA)*

**“Children are a heritage from the Lord, and the fruit of the womb is his gift”.**

*(Psalm 127:3)*

***We celebrate adoption that has removed so much sadness, anxiety and insecurity and replaced it with love, acceptance and confidence for so many people over the years. We pray that it will continue to bring joy to many.***

***Lord, hear us, Lord, graciously hear us.***

***Grant peace to all those who have had to make difficult decisions for the sake of others that could lead to their own disadvantage or unhappiness. Help them to come to terms with their past decisions and move forward.***

***Lord, hear us, Lord, graciously hear us.***

***Lord, we thank you for the benefits of adoption – For the stability and happiness it has brought to the lives of many hundreds of thousands of children over the years and we thank you for our own families.***

***Lord, hear us, Lord, graciously hear us.***

***([www.cabrini.org.uk](http://www.cabrini.org.uk))***

**“Some people brought children to Jesus for him to place his hands on them and to pray for them, but the disciples scolded the people. Jesus said, ‘Let the children come to me and do not stop them, because the kingdom of heaven belongs to such as these’.”**

***(Matthew 19: 13-15)***

**Week Six Theme:**  
**Prayers for Mothering Sunday**

Lord Jesus,  
Nine months before the day we celebrate as Christmas,  
your father's message to Mary of Nazareth and the  
presence of the Holy Spirit, began your human life within  
her. She formed you, educated you, cared for you.  
At the foot of the cross Mary witnessed your loving  
sacrifice for us. You cared so much for her that your dying  
act was to commend her to the care of your apostle John.  
May we continually thank the Father for our mothers who  
have formed us, educated us and cared for us.

*(Anthony Castle)*

God, we know that no sentimentality on this day – no  
material gifts, no flowers or boxes of chocolates – can  
make up for the neglect during the rest of the year. So in  
the days ahead, may our love speak to the heart who knows  
us best: by kindness, compassion, by simple courtesy and  
daily thoughtfulness.  
Bless our mothers and keep them in your perfect peace,  
through Jesus Christ our Lord

Amen (Peter Marshall)

Please God,  
bless our mothers  
wherever they are.  
Help us to appreciate how selfless they are  
day after day.  
Let us make time  
to tell our mothers  
how much we love them  
as our actions do not always make this clear.

Amen *(Author Unknown)*

**Mother of God,  
We turn to you for protection. Listen to our prayers and help us in  
our needs.  
Save us and our loved ones from every danger.  
Remember most loving Mary,  
never was it said that anyone who turned to you for help was left  
unaided.  
Be merciful and hear my prayer.**

**Amen (Victor Hoagland)**

**God of Love,  
Thank you for my mother.  
Sometimes she's angry, sometimes disappointed,  
but she never stops believing in me.  
She never stops seeing the potential even I don't recognise.  
What she has done for me,  
how she has worked and sacrificed...I don't even know how much,  
but I am grateful for the warmth,  
the hug,  
the person I know is always there for me.  
Thank you God for my mother.  
Bless her always.**

**Amen (Author Unknown)**

## Week Seven Theme: Saying Sorry for Easter

Lord, be the foundation on which I build my life. May I build no walls that keep anyone out but build your kingdom, together with all whom you give me as my brothers and sisters valuing all who are a part of my life. May I live in such a way that those who 'Trespass against me', who hurt me, may know my forgiveness and generosity, as I know yours. Surround me with your love and shield me from all harm.

Amen *(Nicholas Hutchinson)*

We read in the gospel that Jesus was criticised for eating and celebrating with sinners. He told the story of the prodigal son and we here that the father rejoiced and put on a feast when his lost son returned to him. In the same way, Father, you look out for us and rejoice and celebrate when we return to the fullness of life that Jesus offered. It is in and through our common humanity which Jesus himself shared that we are called to wholeness and holiness. Show us father how to be fully alive, rejoicing with those who rejoice and bringing comfort to those who are in sorrow.

Amen *(Nicholas Hutchinson)*

I confess to Almighty God, and to you my brothers and sisters,  
that I have sinned through my own fault:  
in my thoughts and in my words,  
in what I have done and what I have failed to do  
and I ask blessed Mary, ever virgin,  
all the angels and saints,  
and you my brothers and sisters  
to pray for me to the Lord our God.

Amen *(The Roman Missal)*

**“If you forgive men when they sin against you, your heavenly father will also forgive you. But if you do not forgive men their sins, you father will not forgive your sins”.**

***(Matthew 6: 14-15)***

**Father,  
I ask you to help me to be generous  
when I think of the attitude and actions of others.  
Forgiving someone isn't an easy option,  
and I know that forgiveness isn't somehow pretending  
that something wrong hasn't happened.  
For what I have done wrong, forgive me father,  
to the extent that I am generous in forgiving  
those who have done wrong to me.**

**Amen *(Nicholas Hutchinson)***

## Some Additional Reflections

**“When you die,  
the Lord will not ask you  
how much you have done with your life  
but how much love  
you have put into the doing”**

*Mother Teresa*

**“Genius is 1% inspiration  
And 99% perspiration!”**

*Thomas Edison*

### Pattern for Living

**“Make up your mind to be happy and learn to find pleasure in simple things...”**

**Make the best of your circumstances. No-one has everything and everyone has something of sorrow intermingled with the gladness of life. The trick is to make the laughter outweigh the tears...**

**Don't take yourself too seriously. Don't think that somehow you should be protected from misfortunes that befall others...**

**You can't please everybody. Don't let criticism worry you...**

**Don't let your neighbour set your standards. Be yourself...**

**Do the things that you enjoy, but try to stay out of debt...**

**Since hate poisons the soul, do not cherish enmities or grudges. Avoid people who make you unhappy...**

**Have many interests, if you can't travel, read about new places...**

**Don't hold post-mortems. Don't spend your life brooding over sorrows and mistakes. Don't be the one who never gets over things...**

**Do what you can for those less fortunate than yourself...**

**Keep busy at something. A busy person rarely has time to be unhappy...”**

*(Robert Louis Stevenson)*

**"I feel that I am looking  
into the face of God.  
I can see how it might be possible  
For someone to look around on earth  
And not believe in God,  
But I cannot conceive  
How anyone could look up into the heavens  
And say that there is no God."**

***(Abraham Lincoln)***

**"True greatness  
consists in being great  
in the little things"**

***(Samuel Johnson)***

**"The person who passively accepts evil  
is as much involved in it  
as the one  
who helps to perpetuate it."**

***(Martin Luther King)***

**"If you don't find God  
in the very next person you meet  
it is a waste of time  
looking for him further."**

***(Mahatma Gandhi)***

**"I cannot do what you do.  
And you cannot do what I do  
But together,  
We can do something beautiful for God."**

***(Mother Teresa)***

**"Real education  
is to make people  
more human"**

***(Head teacher in Boston)***

**"Everyone who is seriously involved in the pursuit of science  
becomes convinced that a spirit is manifested in the laws of the universe –  
a spirit vastly superior to that of man,  
and one in which we, with our modest powers, must feel humble."**

***(Albert Einstein)***

