



Spring 2024 – Week 2

Morning Prayers



Dates of Interest this week – 15th to 19th January

- 14th January – 2nd Sunday of Ordinary Time ([info](#))
- 14th January – Peace Sunday ([info](#))
- 14th January – World Logic Day ([info](#))
- 17th January – St Anthony ([info](#))
- 18th to 25th January – Octave of Prayer for Christian Unity ([info](#))
- 20th January – St Sebastian ([info](#))
- 21st January – 3rd Sunday of Ordinary Time ([info](#))
- 21st January – Sunday of the Word of God ([info](#))

Chaplaincy on Social Media

["From a School Chaplain" on Facebook](#)
["RC Chaplaincy" on Twitter](#)

["Prayerful Pause" on YouTube](#)
["RCChaplaincy" on Instagram](#)

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/chaplaincy, or both.

[Guidance on best practice for Morning Prayer can be found here.](#)

[A selection of Catholic Prayers to use in Morning Prayer can be found here.](#)

Prayers for Morning Worship – 15th to 19th January

Theme for the week – Our Own Self Worth

Question for Day 1:

How does the knowledge of God's love for me affect the way I think?

Bible Quote for Day 1:

'I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.' Psalm 139:14

Prayer for Day 1:

"The Lord said to me, 'I chose you before I gave you life, and before you were born I selected you to be a prophet to the nations'".

(Jeremiah 1: 5)

Question for Day 2:

Why is my life so precious to Jesus?

Bible Quote for Day 2:

'Behold, as your life was precious this day in my sight, so may my life be precious in the sight of the Lord, and may he deliver me out of all tribulation.' 1 Samuel 26:24

Prayer for Day 2:

We pray for those who do not love themselves,
Who cannot face turmoil in their souls
Who put themselves down and call it selflessness
Who make themselves ill with bitterness
Who become sick with self-loathing.
Restore them and help them to live with themselves,
That they may joyfully live with each other.
And we pray for ourselves,
For the times when 'they' include us. Amen

(the Iona Community)

Question for Day 3:

How can I develop my identity for the glory of God?

Bible Quote for Day 3:

'As for you, O Lord you will not restrain your mercy from me; your steadfast love and your faithfulness will ever preserve me!' Psalm 40:11

Prayer for Day 3:

Lord, I don't know what I'm really like. I put on a different face with each person I am with. When I am alone with no-one about, I don't know which one is the real me and it's frightening. I'm not sure that I like myself. Help Lord. Give me a glimpse of what you would like me to be and the strength to become it. Give me the courage to follow your Son and become more like him, for I think that this is the only way that I will find my true self. Amen

(Michael Hollings)

Question for Day 4:

What strategies can I use to help change my lack of self-worth?

Bible Quote for Day 4:

'Incline your ear, O Lord, and answer me, for I am poor and needy.'

Prayer for Day 4:

O God, I know quite well that I bring most of my troubles on myself. I leave things until the last minute and end up not giving them my best effort because I'm in such a hurry. I don't spend the time that I should on my work. I get angry and impatient far too easily and the result is that I upset myself and everyone else too. I do things without thinking about them first and then I'm sorry that I did them. I hurt the people that I love the most of all, and them – too late – I am sorry for what I said and did.

At times I wonder why anyone would want to spend any time with me.

Please help me to do what I cannot do and be what I cannot be by myself.

I ask for your love's sake. Amen

(William Barclay)

Question for Day 5:

What can I do to cement the understanding that God is with me in all things throughout my life?

Bible Quote for Day 5:

'For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.' Jeremiah 29:11

Prayer for Day 5:

I may be paranoid, but it seems to me that everyone has more to offer than I do.

Those with the 'rock-solid' faith.

The ones who know the bible from cover to cover.

Those who don't mind saying what they think.

I feel that I am worthless by comparison.

But you like ordinary people, don't you Lord?

You were a carpenter.

Your disciples were fishermen, tax collectors...and now me!

And for that, Lord, I thank you.

Thank you for choosing me and accepting me as I am.

(Dave Gatward)



Bishop Richard Challoner

During his lifetime and after his death, he was considered not only as a model of every virtue but as a saint. We are asked to pray that our Blessed Lord, through the Pope, may reward him further, by raising him to the altars of the Church as a Saint.

Prayer for the Beatification of Bishop Richard Challoner

O God who made your servant Richard,
a true and faithful pastor of your little flock in England,
raise him, we beseech you, to the altars of thy Church,
that we, who have been taught by his word and example
may invoke his name in heaven,
for the return of our country to belief in the Gospel,
and to the unity of all Christians in the one Church of Jesus Christ.
We ask this through the same Christ our Lord.

Amen.

Bishop Richard Challoner

Pray for us

