



Spring 2024 – Week 4

Morning Prayers



Dates of Interest this week – 29th Jan to 2nd Feb

- 28th January – 4th Sunday of Ordinary Time ([info](#))
- 28th January – Racial Justice Sunday ([info](#))
- 31st January – St John Bosco ([info](#))
- 2nd February – Presentation of the Lord ([info](#))
- 2nd February – World Wetlands Day ([info](#))
- 3rd February – Sts Laurence, Dunstan, & Theodore (Canterbury) ([info](#))
- 4th February – 5th Sunday of Ordinary Time ([info](#))
- 4th February – International Day of Human Fraternity ([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 – 29th Jan to 2nd Feb

Theme for the week – Friendship

Question for Day 1

How can I learn to value my friends?

Bible Quote for Day 1

"Two are better than one, because they have a good reward for their toil."

Ecclesiastes 4:9

Prayer for Day 1:

Lord, I guess I should say thanks.
You've made my life full of friends and friendship.
Some I've lost contact with, some I've drifted away from.
Others I've lost through argument,
And some were nothing but candles in the wind.
But without each of them, my life would have been poorer.
They give me the happiness, guidance and love that I need.
For that I thank you.
Amen

(Dave Gatward)

Question for Day 2:

When can I make time each day to thank God for my friends and those who have helped me?

Bible Quote for Day 2

"No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you."

John 15:15

Prayer for Day 2:

Lord Jesus, thank you for being our friend and enriching our lives with so many gifts of your love.
Thank you for human friends and for all that they mean for us.
Thank you especially for those who have helped us and stood by us in difficult times.
Help us, who have received so much, to give true friendship to others.
In your name and for your sake.
Amen

(Frank Colquhoun)

Question for Day 3:

What strategies will help me forgive?

Bible Quote for Day 3

"Greater love has no one than this, that someone lay down his life for his friends."

John 15:13

Prayer for Day 3:

I thank you for my friends. For those who understand me better than I understand myself. For those who know me at my worst and still like me. For those who have forgiven me when I had no right to expect to be forgiven. Help me to be as true to my friends as I would wish them to be to me.

Amen

(William Barclay)

Question for Day 4

What can I do to become more understanding of others?

Bible Quote for Day 4

"bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive."

Colossians 3:13

Prayer for Day 4:

Help me O God, to be a good and true friend.

To be always loyal, and never let my friends down;

Never to talk about them behind their backs in a way in which I would not do their faces;

Never to betray a confidence or talk about the things about which have been entrusted to me;

Always to be ready to share everything that I have;

To be as true to my friends as I would wish them to be to me.

Amen

(Author Unknown)

Question for Day 5

How can I overcome the difficulty of being a friend to all?

Bible Quote for Day 5

"Love bears all things, believes all things, hopes all things, endures all things."

1 Corinthians 13:7

Prayer for Day 5:

"My command is this: Love each other as I have loved you. Greater love has no-one than this, that he lay down his life for his friends. You are my friends if you do what I command...I have called you friends for everything that I have learned from my father I have made known to you".

(John 15: 12 – 15)



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

