



Spring 2024 – Week 6

Morning Prayers



Dates of Interest this week – 19th to 23rd February

- 18th February – 1st Sunday of Lent ([info](#))
- 19th to 23rd February – Emotional Health Week ([info](#))
- 20th February – World Social Justice Day ([info](#))
- 21st February – St Peter Damian ([info](#))
- 21st February – International Mother Language Day ([info](#))
- 22nd February – St Peter's Chair ([info](#))
- 23rd February – St Polycarp ([info](#))
- 25th February – 2nd Sunday of Lent ([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 – 19th to 23rd February

Theme for the week – Lent

Question for Day 1

How can I make myself accountable this Lent?

Bible Quote for Day 1

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.”

Matthew 6:16

Prayer for Day 1:

Lord, I'm not much good at giving things up.
It seems like a great 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 into temptation.
I want to wake up on day forty of Lent
and look in the mirror and feel like 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)

Question for Day 2:

What small offering of self-denial can I make?

Bible Quote for Day 2

“Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?”

Isaiah 58:7

Prayer for Day 2:

Lord, take our small offerings of self-denial this Lent as a sign of our love for you.
Let us use this time to start afresh in our work for you:
let us work for justice for those who are wrong or oppressed.
Let us pray for peace across the world in these troubled times.
Let us do your will in all of our actions. Amen
(Author Unknown)

Question for Day 3:

What helps me recognise temptations in my thoughts and actions?

Bible Quote for Day 3:

"And lead us not into temptation, but deliver us from evil."

Matthew 6:13

Prayer for Day 3:

God of the desert, as we follow Jesus into the unknown,
may we recognise temptation when it comes.

Let it be your bread that we eat, your world that we serve and you alone that we worship. Amen
(A New Zealand Prayer Book)

Question for Day 4

Where can I make time to read the Word of God?

Bible Quote for Day 4

'Apart from the cross, there is no other ladder by which we may go to heaven'

(St Rose of Lima).

Prayer for Day 4:

"Then the Spirit led Jesus into the desert to be tempted by the Devil. After spending forty days and forty nights without food, Jesus was hungry. Then the Devil came to him and said, "If you are God's Son, order these stones to turn into bread". But Jesus answered, "The scripture says Human beings cannot live on bread alone, but need every word that God speaks". The Devil took Jesus to Jerusalem, The Holy City, set him on the highest point of the Temple, and said to him "If you are God's son, throw yourself down, for the scripture says: 'God will give orders to his angels about you; they will hold you up with their hands so that not even your feet will be hurt on the stones'". Jesus answered, "But the scripture also says, 'Do not put the Lord your God to the test'". Then the evil took Jesus to a very high mountain and showed him all of the kingdoms of the world in all their greatness. "All this I will give you," the Devil said, "If you kneel down and worship me." Then Jesus answered, "Go away. Satan! The scripture says, 'Worship the Lord Your God and serve only him!'" The Devil left Jesus and angels came and helped him.
(Matthew 4: 1 – 11)

Question for Day 5

Who can I ask to journey with me this Lent to share my efforts in making a difference in my heart, mind and actions towards others?

Bible Quote for Day 5

"Whoever walks with the wise becomes wise, but the companion of fools will suffer harm."

Proverbs 13:20

Prayer for Day 5:

Have mercy on our efforts Lord.

May we follow you at this time with self denial, steadfastness and courage.

Give us a pure heart that we may see you,

a humble heart that we may hear you,

a heart of love that we may serve you,

a heart of faith that we may love you.

(Dag Hammarskjöld)



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

