



Spring 2024 – Week 9

Morning Prayers



Dates of Interest this week – 11th to 15th March

- 10th March – 4th Sunday of Lent – Laetare Sunday ([info](#))
- 10th March – Mothering Sunday ([info](#))
- 10th March – International Day of Women Judges ([info](#))
- 15th March – International Day to Combat Islamophobia ([info](#))
- 17th March – 5th 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 – 11th to 15th March

Theme for the week – In Times of Doubt

Question for Day 1:

How can I turn my doubts into belief and knowledge of Jesus' love for me?

Bible quote for Day 1:

"The Lord is a stronghold for the oppressed, a stronghold in times of trouble."

Psalms 9:9

Prayer for Day 1:

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)

Question for Day 2:

When can I make time to relax my mind and share my fears and worries with Jesus?

Bible quote for Day 2:

"Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all."

2 Thessalonians 3:16

Prayer for Day 2:

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)

Question for Day 3:

How can I build my trust in Jesus who will never leave me?

Bible quote for Day 3:

"Commit your way to the Lord; trust in him, and he will act."

Psalm 37:5

Prayer for Day 3:

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. Amen

(Richard Harries)

Question for Day 4:

Do I truly know that I am covered by God's blessings?

Bible quote for Day 4:

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Philippians 4:6

Prayer for Day 4:

God, my shepherd. I don't need a thing.

You have bedded me down in lush meadows,
you find me quiet pools to drink from.

True to your word, you let me catch my breath
and send me in the right direction.

Even when the way goes through Death Valley,
I'm not afraid when you walk at my side.

Your trusty shepherd's crook makes me feel secure.

You serve me a six-course dinner right in front of my enemies.

You revive my drooping head.

You cover me with your blessings.

Your beauty and love chase after me every day of my life.

I'm back home in the house of God for the rest of my life.

(Psalm 23 adapted by Eugene H. Peterson)

Question for Day 5:

How do I strengthen my trust in Jesus?

Bible quote for Day 5:

"Delight yourself in the Lord, and he will give you the desires of your heart."

Psalm 37:4

Prayer for Day 5:

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)



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

