



# Spring 2024 – Week 10

## Morning Prayers



### Dates of Interest this week – 18<sup>th</sup> to 22<sup>nd</sup> March

- 17<sup>th</sup> March – 5<sup>th</sup> Sunday of Lent ([info](#))
- 18<sup>th</sup> to 24<sup>th</sup> March – Neurodiversity Celebration Week ([info](#))
- 18<sup>th</sup> March – St Cyril of Jerusalem ([info](#))
- 19<sup>th</sup> March – St Joseph ([info](#))
- 21<sup>st</sup> March – International Day for the Elimination of Racial Discrimination ([info](#))
- 21<sup>st</sup> March – World Poetry Day ([info](#))
- 22<sup>nd</sup> March – World Water Day ([info](#))
- 24<sup>th</sup> March – Palm Sunday ([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](http://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 – 18<sup>th</sup> to 22<sup>nd</sup> March

### Theme for the week – Preparation for Easter

#### **Question for Day 1:**

When I examine my heart and thoughts, what do I need to let go off?

#### **Bible quote for Day 1:**

"I will give you a new heart and put a new spirit in you;  
I will remove from you your heart of stone and give you a heart of flesh"  
Ezekiel 36: 36-37

#### **Prayer for Day 1:**

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)

#### **Question for Day 2:**

How can I help others return to God?

#### **Bible quote for Day 2:**

"Yet even now", says the Lord, "Return to me with all your heart,  
With fasting, with weeping, and with mourning" Joel 2: 12

#### **Prayer for Day 2:**

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 hear 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)

#### **Question for Day 3:**

How can I approach God and ask for forgiveness?

#### **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:**

I confess to almighty God, and to you, my brothers and sisters,  
that I have greatly sinned, in my thoughts and in my words,  
in what I have done and in what I have failed to do,  
through my fault, through my fault, through my most grievous fault;  
therefore 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

**Question for Day 4:**

What do I need to forgive other people for?

**Bible quote for Day 4:**

Christ died for the godless. You could hardly find anyone ready to die even for someone upright. Christ died for us while we were still sinners. Romans 5:6-8

**Prayer for Day 4:**

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)

**Question for Day 5:**

How do I repair my friendship with God?

**Bible quote for Day 5:**

Brothers and sisters: You were once darkness, but now you are light in the Lord.  
Live as children of light, for light produces every kind of goodness and righteousness and truth. Ephesians 5: 8

**Prayer for Day 5:**

Let us pray.  
Father, he who knew no sin was made sin for us,  
to save us and restore us to your friendship.  
Look upon our contrite hearts, and our afflicted spirits  
heal our troubled conscience,  
so that in the joy and strength of the Holy Spirit  
we may proclaim your praise and glory before all the nations.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. Amen.



## **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

