



# Summer 2024 – Week 4

## Morning Prayers



### Dates of Interest this week – 6<sup>th</sup> to 10<sup>th</sup> May

- 5<sup>th</sup> May – 6<sup>th</sup> Sunday of Easter ([info](#))
- 5<sup>th</sup> May – African World Heritage Day ([info](#))
- 5<sup>th</sup> May – International Bereaved Mother's Day ([info](#))
- 8<sup>th</sup> May – World Red Cross Day ([info](#))
- 9<sup>th</sup> May – The Ascension of the Lord ([info](#))
- 10<sup>th</sup> May – St John of Avila ([info](#))
- 11<sup>th</sup> May – World Migratory Bird Day ([info](#))
- 12<sup>th</sup> May – 7<sup>th</sup> Sunday of Easter ([info](#))
- 12<sup>th</sup> May – World Communications Day ([info](#))
- 13<sup>th</sup> to 19<sup>th</sup> May – Mental Health Awareness week ([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 – 6<sup>th</sup> to 10<sup>th</sup> May

### Theme for the week – Prayers for Exams

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

As I wake each morning, what can I do to remain calm and at peace?

#### **Bible Quote for Day 1:**

"And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:7

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

Lord, we need your help.  
We need a calm mind; grant us your peace.  
We need a clear head, grant us your wisdom.  
We need a careful spirit, grant us your patience.  
We need inspiration; grant us your enthusiasm.  
Keep us from all panic  
As we put our trust in your power to help us keep us this day  
(Kathleen a. Goodacre)

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

What words can I say to Jesus to help me with my anxiety?

#### **Bible Quote for Day 2:**

"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 2:**

Lord, guide and help me through these exams,  
so that I may do justice to all that I have learned.  
Help me, and all of us doing exams  
to keep their importance in perspective.  
(Nick Aiken)

**Question for Day 3:**

What can the Holy Spirit do for me while I am revising?

**Bible Quote for Day 3:**

"Casting all your anxieties on him, because he cares for you."

1 Peter 5:7

**Prayer for Day 3:**

Help me Lord to concentrate on what I have learned and not worry about anything else. You who know all things, prompt my memory with the light of understanding that I may make good use of what I have been taught, and not let my knowledge go to waste.

(A Downside Pupil)

**Question for Day 4:**

How do I know that Jesus is with me at every moment?

**Bible Quote for Day 4**

"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 4:**

Lord,

It's started; exam time...why is it always sunny?

I hate revision. It's rubbish.

But if I don't do it, where will I be then?

I'm not sure that I want to go to college

But if I don't do my best

I know that I'll be disappointed.

Which I guess says it all.

I've just got to get on with it

The summer holidays aren't that far away,

So the question is, do I want to spend them

Feeling gutted that I didn't do my best

Or proud that I did?

The answers simple, isn't it, Lord?

(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

