



Autumn 2024 – Week 4

Morning Prayers



Dates of Interest this week – 30th Sept to 4th Oct

- 29th September – 26th Sunday of Ordinary Time ([info](#))
- 29th September – World Heart Day ([info](#))
- 29th September – World Maritime Day ([info](#))
- 30th September – St Jerome ([info](#))
- 1st October – St Therese of the Child Jesus ([info](#))
- 1st October – International Day of Older Persons ([info](#))
- 1st to 7th October – National Vegetarian Week ([info](#))
- 1st to 31st October – Menopause Awareness Month ([info](#))
- 2nd October – International Day of Non-Violence ([info](#))
- 3rd October – St Faustina Kowalska ([info](#))
- 4th October – St Francis of Assisi ([info](#))
- 5th October – World Teacher's Day ([info](#))
- 6th October – 27th Sunday of Ordinary Time ([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 – 30th Sept to 4th Oct

Theme for the week – Our Faith

Question for Day 1:

How will I allow the peace of God's grace to be within me this day?

Bible Quote for Day 1:

'For by grace you have been saved through faith. And this is not your own doing; it is the gift of God.' Ephesians 2:8

Prayer for Day 1:

Let nothing disturb you,
nothing frighten you;
all things are passing,
God never changes.
Patient endurance
attains to all things;
who God Possesses
in nothing is wanting;
alone God suffices.

(St Teresa of Avila)

Question for Day 2:

How do I overcome my doubts of God's grace upon aspects of my day?

Bible Quote for Day 2:

'Now Faith is the assurance of things hoped for, the conviction of things not seen.' Hebrews 11:1

Prayer for Day 2:

Oh God, you are both the light and the guide of those who put their trust in you. Grant us in all our doubts and uncertainties the grace to ask what you would have us do; that the Spirit of wisdom may save us from all false choices, and that in your light we may see light; through Jesus Christ our Lord.

(William Bright)

Question for Day 3:

How easy is it for me to trust God?

Bible Quote for Day 3:

'Trust in the Lord with all your heart, and do not lean in your own understanding.' Proverbs 3:5

Prayer for Day 3:

Lord, I believe in you; help me when I doubt.
I love you, yet not with a perfect heart as I would like;
I trust in you, yet not with my whole mind.
Accept my faith, my love and my trust in your eternal love for me. Amen

(Malcolm Spencer)

Question for Day 4:

How does my faith help me believe in the power of God?

Bible Quote for Day 4:

'But let him ask in Faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind.' James 1:6

Prayer for Day 4:

"Now Thomas, one of the Twelve, was not with the disciples when Jesus appeared to them. So the other disciples told him, "We have seen the Lord!" But he said to them, "Unless I see the nail marks **in his hands and put my finger where the nails were and put my hand into his side, I will not believe** it." A week later his disciples were in the house again and Thomas was with them. Though the doors were locked, Jesus appeared and stood among them and said, "Peace be with you!" Then he said to Thomas, "See my hands. Reach out your hand and put it into my side. Stop doubting and believe." Thomas said to him, "My Lord and My God!" Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

(John 20: 24 – 29)

Question for Day 5:

How do I share my faith with others?

Bible Quote for Day 5:

'He said to them. 'Because of your little faith. For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, 'Move from here to there,' and it will move, and nothing will be impossible for you.' Matthew 17:20

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.

(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

