



Autumn 2024 – Week 12

Morning Prayers



Dates of Interest this week – 2nd to 6th December

- 30th November – St Andrew ([info](#))
- 30th November – Day of Remembrance of all victims of Chemical Warfare ([info](#))
- 1st December - 1st Sunday of Advent ([info](#))
- 1st December – World AIDS Day ([info](#))
- 2nd December – International Day for the Abolition of Slavery ([info](#))
- 3rd December – Sr Francis Xavier ([info](#))
- 3rd December – UN International Day of Persons with Disabilities ([info](#))
- 6th December – St Nicholas ([info](#))
- 7th December – St Ambrose ([info](#))
- 8th December – 2nd Sunday of Advent ([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 – 2nd to 6th December

Theme for the week – Asking Forgiveness in preparation for Christmas

Question for Day 1:

What areas do I find difficult in forgiving someone who has hurt me?

Bible Quote for Day 1:

“And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.”

Mark 11:25

Prayer for Day1:

For all that we should have thought and have not thought;

For all that we should have said and have not said;

For all that we should have done and have not done;

We ask forgiveness, Lord.

For all that we should not have thought but have thought;

For all that we should not have said but have said;

For all that we should not have done but have done,

We ask forgiveness, Lord. Amen

(Nicholas Hutchinson)

Question for Day 2:

How can I develop an attitude of forgiving?

Bible Quote for Day 2:

“Bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.”

Colossians 3:13

Prayer for Day 2:

Father,

I ask you to help me 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

(Unknown Author)

Question for Day 3:

When I attend the Sacrament of Reconciliation during Advent?

Bible Quote for Day 3:

“Therefore, confess your sins to one another and pray for one another, that you may be healed.

The prayer of a righteous person has great power as it is working.”

James 5:16

Prayer for Day 3:

Christ our friend,
You ask for our love in spite of our betrayal.
Give us the courage to embrace forgiveness,
know you again, and trust ourselves in you. Amen

(Janet Morley)

Question for Day 4:

What strategies can I use to help me think before I speak in difficult situations?

Bible Quote for Day 4:

“Let all bitterness and wrath and anger and clamour and slander be put away from you, along with all malice.”

Ephesians 4:31

Prayer for Day 4:

God, I know that my temper is far too quick.
I know how I flare up at people, and say things that I often regret.
I know that my moods can upset things at home and that I can be difficult to live with.
For all this I am sorry. Help me to think before I speak.
Help me to remember that you are listening to everything that I say and seeing everything that I do.

Amen (William Barclay)

Question for Day 5:

IS there anyone I need to say sorry to this?

Bible Quote for Day 5:

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

Ephesians 4:32

Prayer for Day 5:

Teach me to say ‘sorry’ Lord, to admit when I am wrong,
and have the courage to admit it, even if it does hurt.
And Lord, teach me to forgive, to hold no grudges
even when those concerned don’t say ‘sorry’.
Forgive me Lord, for not saying ‘sorry’
and for not offering forgiveness.
I am sorry. Amen

(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

