



# Autumn 2024 – Week 13

## Morning Prayers



### Dates of Interest this week – 9<sup>th</sup> to 13<sup>th</sup> December

- 8<sup>th</sup> December – 2<sup>nd</sup> Sunday of Advent ([info](#))
- 9<sup>th</sup> December – The Immaculate Conception of the Blessed Virgin Mary ([info](#))
- 9<sup>th</sup> December – International Day of Commemoration of the Victims of  
and Prevention of Genocide ([info](#))
- 10<sup>th</sup> December – Our Lady of Loreto ([info](#))
- 10<sup>th</sup> December – Human Rights Day ([info](#))
- 12<sup>th</sup> December – Our Lady of Guadalupe ([info](#))
- 12<sup>th</sup> December – International Universal Health Coverage Day ([info](#))
- 13<sup>th</sup> December – St Lucy ([info](#))
- 14<sup>th</sup> December – St John of the Cross ([info](#))
- 15<sup>th</sup> December – 3<sup>rd</sup> 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](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 – 9<sup>th</sup> to 13<sup>th</sup> December

## Theme for the week – Advent

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

Do I see others' needs before mine, if not can I develop this in my character?

### **Bible Quote for Day 1;**

“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.”  
Philippians 2:3-4

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

God our Father,  
May all our life experiences lead us to grow as people who always put love into all that we do.  
May we live in such a way that our attitude and words and actions reflect to all people their own value, dignity and self-worth, helping people to feel wanted and appreciated for who they are.  
Amen

(Nicholas Hutchinson)

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

Do I have difficulty in forgiving those who hurt me?

### **Bible Quote for Day 2;**

“Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. Repay no one evil for evil, but give thought to do what is honourable in the sight of all.”  
Romans 12:14-17

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

Dear Father in heaven,  
Let us be peacemakers:  
more ready to call people friends than enemies,  
more ready to trust than to mistrust,  
more ready to love than to hate,  
more ready to respect than despise,  
more ready to serve than be served,  
more ready to absorb evil than to pass it on.  
Dear father in heaven,  
let us be more like Christ.  
Amen

(The Mother's Union Anthology of Public Prayers)

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

How does God's unfailing forgiveness for me reflect in my attitude towards others?

### **Bible Quote for Day 3;**

“Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, 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 3:12-13

**Prayer for Day 3:**

Lord Jesus,

You have taught us that we can only be forgiven as we ourselves forgive:

help us to bear continually in mind our own shortcomings and our many failings.

If we remember the injuries we suffer and never deserved, help us to remember the kindness we received and never earned, and the punishments we did deserve and never suffered.

Help us to be thankful for your unfailing mercies and those of other people.

Amen

(Eric Milner White and G.W. Briggs)

**Question for Day 4:**

How can I minimise any resentfulness I have towards those around me?

**Bible Quote for Day 4;**

“Then Peter came to Him and said, ‘Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?’ Jesus said to him, ‘I do not say to you, up to seven times, but up to seventy times seven’”

Matthew 18:21-22.

**Prayer for Day 4:**

Give us a sense of humour Lord and also things to laugh about.

Give us the grace to take a joke against ourselves,

and to see the funny side in the things that we do.

Save us from annoyance, bad temper and resentfulness against our friends.

Help us to laugh in the face of trouble.

Fill our minds with the love of Jesus; for his name's sake

Amen

(A. G. Bullivant)

**Question for Day 5:**

What change do I have to make my heart a joyful heart?

**Bible Quote for Day 5;**

“A joyful heart is good medicine, but a crushed spirit dries up the bones.”

Proverbs 17:22

**Prayer for Day 5:**

O God,

you have bound us together in this bundle of life:

Give us grace to understand how our lives depend upon the courage,

the industry, the honesty and integrity of others;

that we may be mindful of their needs,

grateful for their faithfulness and faithful in our responsibilities towards them.

Amen

(Reinhold Niebuhr)



## 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

