



Autumn 2024 – Week 14

Morning Prayers



Dates of Interest this week – 16th to 20th December

- 14th December – St John of the Cross ([info](#))
- 15th December – 3rd Sunday of Advent ([info](#))
- 18th December – International Migrants Day ([info](#))
- 22nd December – 4th Sunday of Advent ([info](#))
- 25th December – Christmas Day ([info](#))
- 26th December – St Stephen ([info](#))
- 27th December – St John ([info](#))
- 29th December – The Holy Family ([info](#))
- 1st January – Mary, Mother of God ([info](#))
- 4th January – World Braille Day ([info](#))
- 5th January – The Epiphany ([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 – 16th to 20th December

Theme for the week – The Coming of Jesus

Question for Day 1:

What can I include in my day during Advent to prepare my heart for Jesus?

Bible Quote for Day 1:

“Convinced of this, I know that I will remain and continue with you all, for your progress and joy in the faith, so that in me you may have ample cause to glory in Christ Jesus, because of my coming to you again.”

Philippians 1:25-26

Prayer for Day 1:

God our Father, please allow me to embrace Advent in the way the Church intends: as a way to prepare for Your arrival. May everything I do—every gift I send, every party I attend, every meal I share—remind me to prepare space in my heart for You.

Amen.

Question for Day 2:

Who in my family and community can I show forgiveness and more love during Advent?

Bible Quote for Day 2:

“For what is our hope or joy or crown of boasting before our Lord Jesus at his coming? Is it not you? For you are our glory and joy.”

1 Thessalonians 2:19-20

Prayer for Day 2:

Heavenly Father, heal my heart during this season of Advent. Help me to love more fully. To forgive more generously. To wait more patiently for Christmas, embracing each day and hour knowing the joy that awaits. In Your name I pray.

Amen.

Question for Day 3:

How can I increase my knowledge of the glory of Jesus' coming?

Bible Quote for Day 3:

“Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with brotherly affection. Outdo one another in showing honour. Do not be slothful in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, be patient in tribulation, be constant in prayer.”

Romans 12:9-12

Prayer for Day 3:

Lord, send down Your Spirit to guide me during Advent this year. May the Holy Spirit help me journey closer to You and lift me up when I feel down and lead me when I feel lost. I may stumble at times, but I know my ultimate journey is to draw closer to You and build Your kingdom here on earth—a kingdom that Jesus's birth, life and death helped secure.

Amen.

Question for Day 4:

In the busyness of Christmas preparations, how can I develop times to seek the presence of Jesus in me?

Bible Quote for Day 4:

“Sing to him, sing praises to him; tell of all his wondrous works! Glory in his holy name; let the hearts of those who seek the Lord rejoice! Seek the Lord and his strength; seek his presence continually!”

Psalm 105:2-4

Prayer for Day 4:

Lord Jesus,

Master of both the light and the darkness,

send your Holy Spirit upon our preparations for Christmas.

We who have so much to do and seek quiet spaces to hear your voice each day,

We who are anxious over many things look forward to your coming among us.

We who are blessed in so many ways long for the complete joy of your kingdom.

We whose hearts are heavy seek the joy of your presence.

We are your people, walking in darkness, yet seeking the light.

To you we say, "Come Lord Jesus!"

Amen.

- Henri J.M. Nouwen

Question for Day 5:

What effect does the profound incarnation of Jesus have on me and how can I share this with those around me?

Bible Quote for Day 5:

“You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”

Matthew 5:14-16

Prayer for Day 5:

Precious Lord, as I embrace this Advent Season, please open my eyes to see the great value and blessing of Your Incarnation. Help me to discover Your hidden presence in this world and within my own soul. I desire to see, understand and experience the profound effects that Your Incarnation has on my life and I desire to receive those effects more fully this Advent. May I become a sanctuary in which You dwell so that I, like Your dear Mother, may bring Your presence into the world.

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

