



Spring 2025 – Week 7

Morning Prayers



Dates of Interest this week – 24th to 28th February

- 23rd February – 7th Sunday in Ordinary Time ([info](#))
- 24th Feb to 2nd March – Eating Disorders Awareness Week ([info](#))
- 25th February – St Ethelbert ([info](#))
- 26th February – St Gregory of Narek ([info](#))
- 28th February – Rare Disease Day ([info](#))
- 1st to 31st March – Woman's History Month ([info](#))
- 1st March – St David ([info](#))
- 1st March – Zero Discrimination Day ([info](#))
- 2nd March – 8th Sunday in Ordinary Time ([info](#))
- 2nd March – World Day of Prayer for the Unemployed ([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 – 24th to 28th Feb

Theme for the week – Our Safety

Question for Day 1:

Do I acknowledge my guardian angel as I travel to school and other places?

Bible Quote for Day 1:

“You whom I took from the ends of the earth, and called from its farthest corners, saying to you, “You are my servant, I have chosen you and not cast you off”; fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand” Isaiah 41: 9-10

Prayer for Day 1:

We pray lord for those on their way to work,
For the emergency services who will travel at high speed
on land water or air to bring help to others.
For those starting a new life as they move house;
For those travelling to or from prison;
For those people who go into hospital today;
For young people on their way to school, college or university;
For those who are lost on the journey of life;
For those who will die today and make their final journey;
On all these people Lord we ask your blessing. Amen

(Nicholas Hutchinson)

Question for Day 2:

Do I make the sign of the Cross each time I start a journey?

Bible Quote for Day 2:

“Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name. When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him. With long life I will satisfy him and show him my salvation”
Psalm 91:14-16

Prayer for Day 2:

God keep you in the fellowship of his saints.
Christ protect you by the ministry of his angels.
The spirit make you holy in God’s service;
And the blessing of God almighty,
The father, the son and the Holy Spirit
Be upon you and remain with you always.

(Michael Perham)

Question for Day 3:

How do I show forgiveness to my family, my peers and my community?

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. And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful” Colossians 3: 12-15

Prayer for Day 3:

We pray for world peace,
that ways of aggression and violence against fellow humans
and against God's creation may be renounced,
and that world leaders may lessen the threat of nuclear destruction.
We pray especially for our leaders
and all others who strive to bring peace.

(Adapted from 'Worship in an Indian Context')

Question for Day 4:

Do I pray each day for my family that Jesus will be with them and help them in their need?

Bible Quote for Day 4:

“He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, “My refuge and my fortress, my God, in whom I trust.”

Psalms 91:1-2

Prayer for Day 4:

Oh God, our heavenly Father, from whom every family in heaven and on earth is named:
we entrust to your loving care the members of our families, both near and far.
Supply their needs; guide their footsteps; keep them in safety of body and soul; and may
your peace rest upon our homes and upon our dear ones everywhere. Amen

(Frank Colquhoun)

Question for Day 5:

Do I ask Archangel St Michael, patron saint of protection to pray for me and others?

Bible Quote for Day 5:

“For he will command his angels concerning you to guard you in all your ways. On their hands they will bear you up, lest you strike your foot against a stone. You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot.”

Psalms 91:11-13

Prayer for Day 5:

Protect those whom we love when they are separated from us.
Guide them when they are uncertain,
Comfort them when they are lonely or afraid,
And bless them with the warmth of your presence.
Thank you that neither space nor time
Can cut us off from the love we have for each other and for you.

(Angela Ashwin)



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

