



# Spring 2025 – Week 8

## Morning Prayers



### Dates of Interest this week – 3<sup>rd</sup> to 7<sup>th</sup> March

- 1<sup>st</sup> to 31<sup>st</sup> March – Woman’s History Month ([info](#))
- 1<sup>st</sup> March – St David ([info](#))
- 1<sup>st</sup> March – Zero Discrimination Day ([info](#))
- 2<sup>nd</sup> March – 8<sup>th</sup> Sunday in Ordinary Time ([info](#))
- 2<sup>nd</sup> March – World Day of Prayer for the Unemployed ([info](#))
- 3<sup>rd</sup> March – World Wildlife Day ([info](#))
- 3<sup>rd</sup> March – World Hearing Day ([info](#))
- 4<sup>th</sup> March – St Casimir ([info](#))
- 5<sup>th</sup> March – Ash Wednesday ([info](#))
- 5<sup>th</sup> March – International Day for Disarmament & Non-Proliferation ([info](#))
- 6<sup>th</sup> March – St Perpetua & St Felicity ([info](#))
- 7<sup>th</sup> March – Women’s World Day of Prayer ([info](#))
- 8<sup>th</sup> March – International Women’s Day ([info](#))
- 8<sup>th</sup> March – St John of God ([info](#))
- 9<sup>th</sup> March – 1<sup>st</sup> Sunday of Lent ([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 – 3<sup>rd</sup> to 7<sup>th</sup> March

### Theme for the week – The Start of Lent

**Question for Day 1:**

How do I examine my attitude towards myself and others?

**Bible Quote for Day 1:**

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. 1 Peter 5:6-7

**Prayer for Day 1:**

Here, Lord, is my life.  
I place it on the altar today.  
Use my life as you will.

(Albert Schweitzer)

**Question for Day 2:**

What temptations do I struggle with and what can I do to overcome them?

**Bible Quote for Day 2:**

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:1-2

**Prayer for Day 2:**

Ashes remind us of the deadly things in our lives – when we choose death and not life by being selfish. Ashes remind us that we need to die to selfishness so as to mature and grow in Christ. The ashes are a sign that have been used for over 2,000 years, a sign that we want to make some changes in our lives. We want to ‘turn over a new leaf’, leave the past behind us and make a new start. Lent is a time for sorting out our priorities. Lent offers the opportunity to make a new start and believe in God’s love for us. When ashes are given, we sometimes hear these words: “Turn away from sin and believe in the gospel”. We think of the choices we make and we believe more fully in God’s love for us.

(Nicholas Hutchinson)

**Question for Day 3:**

When can I make some quiet time today to ask the Holy Spirit to help and assist me during this Lenten season?

**Bible Quote for Day 3:**

“Yet even now,” declares the LORD, “return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments.” Return to the LORD your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the LORD your God? Joel 2:12-14

**Prayer for Day 3:**

Lord Jesus, as Lent begins, we ask for the power of your Spirit, that we may become more thoughtful towards others, more honest with ourselves, and more faithful to you. Help us to walk in your presence and grow as the people you want us to be.

(Nicholas Hutchinson)

**Question for Day 4:**

Can I ask a trusted friend or relative to help me be accountable during my Lenten activities.

**Bible Quote for Day 4:**

Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him. James 1:12

**Prayer for Day 4:**

Lord,

I'm not much good at giving things up.

It seems a good idea, then a few days, hours or minutes later, I've started again.

But this time, I really want to make it count.

I want to give something up and learn from the process of not giving in to temptation.

I want to wake up on day forty of Lent, and look in the mirror

and feel that I've actually achieved something, even though it may seem so small.

But by achieving something small, perhaps it will lead to bigger and better things?

If I can do this, then what else can I do?

What else am I capable of?

Help me to discover my own potential, Lord.

Amen (Dave Gatward)

**Question for Day 5:**

What Bible verses can I learn to help me know and understand my identity in Jesus?

**Prayer for Day 5:**

Jesus, you have known us from the beginning of time, you have known us in the depths of our dreams and in the darkness of our shame, you know us as your beloved.

Help us to own that core identity more and more in this season of repentance and mercy.

Give us the rock-solid assurance of your unwavering faith in us as we seek the same in you.

Amen.

**Bible Quote for Day 5:**

"Then Jesus was led by the spirit into the desert to be tempted by the devil. After fasting for forty days and nights, he was hungry. The tempter came to him and said, "If you are the son of God, tell these stones to become bread". Jesus answered, "It is written: man does not live on bread alone, but on every word that comes from the mouth of God". Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the son of God, throw yourself down. For it is written: he will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone". Jesus answered him, "It is also written, do not put the Lord your God to the test".

Again the devil took him to a very high mountain and showed him all the kingdoms of the world in their splendour. "All this I will give you", he said, "if you will bow down and worship me". Jesus said to him, "Away from me Satan, for it is written: worship the Lord your God and serve him only". Then the devil left Jesus and angels came and tended him. (Matthew 4: 1-11)



## 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

