



Spring 2023 – Week 9

Morning Prayers



Dates of Interest this week – 10th to 14th March

- 1st to 31st March – Woman's History Month ([info](#))
- 8th March – International Women's Day ([info](#))
- 8th March – St John of God ([info](#))
- 9th March – 1st Sunday of Lent ([info](#))
- 10th March – World Kidney Day ([info](#))
- 10th March – International Day for Women Judges ([info](#))
- 10th to 16th March – Healthcare Science Week ([info](#))
- 13th March – Young Carers' Action Day ([info](#))
- 14th March – World Sleep Day ([info](#))
- 15th March – International Day to Combat Islamophobia ([info](#))
- 16th March – 2nd Sunday of Lent ([info](#))

Chaplaincy on Social Media

["From a School Chaplain" on Facebook](#)

["Prayerful Pause" on YouTube](#)

["RC Chaplaincy" on Twitter](#)

["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 – 10th to 14th March

Theme for the week – In Times of Doubt

Question for Day 1:

How can I turn to the Lord when times are difficult?

Bible Quote for Day 1:

Is anything too hard for the Lord? At the appointed time I will return to you, according to the time of life, and Sarah shall have a son (Genesis 18:14).

Prayer for Day 1:

Lord of life,
why do I anticipate the worst when time and time again
the worst never happens?
And even when it does, life goes on and every day comes to an end.
Lord help me to overcome my fears in this brief moment of reflection.
Help me to relax. Let your loving spirit fill me with peace. Amen

(Frank Topping)

Question for Day 2:

Where can I find the certainty that will bring trust in God?

Bible Quote for Day 2:

Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" (Mark 9:24)

Prayer for Day 2:

Forgive us Lord
when we want proofs for our faith and demand absolute certainty
before we will commit ourselves to you.
Strengthen our trust in you, so that we who have not seen you
may still believe and in believing may be blessed
with the fullness of joy now and always. Amen

(Angela Ashwin, based on John 20:24 – 29)

Question for Day 3:

When do I use my courage to call to God in prayer?

Bible Quote for Day 3:

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4: 6-7

Prayer for Day 3:

O God, you know we are often filled with fear and foreboding.

Give us courage to deepen our trust.
You are a rock which nothing can shatter.
On you we can place the whole weight of our lives.

(Richard Harries)

Question for Day 4:

How can I find inner peace to calm my fears?

Bible Quote for Day 4:

Jesus answered and said to them, "Assuredly, I say to you, if you have faith and do not doubt, you will not only do what was done to the fig tree, but also if you say to this mountain, 'Be removed and be cast into the sea,' it will be done. And whatever things you ask in prayer, believing, you will receive."

(Matthew 21:21-22)

Prayer for Day 4:

Let nothing disturb you,
Nothing frighten you;
All things are passing,
God never changes.
Patient endurance
attains to all things;
In whom God possesses,
nothing is wanting:
alone God suffices.

(St Teresa of Avila)

Question for Day 5:

How can I help others find strength in times of doubt?

Bible Quote for Day 5:

Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me
(Psalm 50:15).

Prayer for Day 5:

Faith's difficult, Lord.
Life puts up so many obstacles that most of the time I can hardly see you.
At times like this Lord, you seem so far away.
I sometimes feel that I'm fooling myself that you don't exist,
that I'm wasting my time.
But I keep thinking back to your life here on earth.
No matter how many doubts I have, you seem to make me sit up and listen.
A life lived so long ago affecting a life lived right and now.
It seems amazing, Lord,
and if all those things you did and said are true,
then I have no option but to believe and follow.
Never let me leave you, Lord. 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

