



Spring 2023 – Week 10

Morning Prayers



Dates of Interest this week – 17th to 21st March

- 1st to 31st March – Woman’s History Month ([info](#))
- 15th March – International Day to Combat Islamophobia ([info](#))
- 16th March – 2nd Sunday of Lent ([info](#))
- 17th March – St Patrick ([info](#))
- 17th to 23rd March – Nutrition and Hydration Week ([info](#))
- 17th to 23rd March – Neurodiversity Celebration Week ([info](#))
- 19th March – St Joseph (husband of Mary) ([info](#))
- 20th March – International Day of Happiness ([info](#))
- 20th March – French Language Day ([info](#))
- 21st March – World Day for Glaciers ([info](#))
- 21st March – International Day for the Elimination of Racial Discrimination ([info](#))
- 21st March – International Day of Forests ([info](#))
- 21st March – World Poetry Day ([info](#))
- 21st March – World Down Syndrome Day ([info](#))
- 22nd March – World Water Day ([info](#))
- 23rd March – 3rd 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, 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 – 17th to 21st March

Theme for the week – Lenten Journey

Question for Day 1:

What can help me forgive those who hurt me?

Bible Quote for Day 1:

For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

(Matthew 6:14-15)

Prayer for Day 1:

Lord, be the foundation on which I build my life. May I build no walls that keep anyone out but build your kingdom, together with all whom you give me as my brothers and sisters valuing all who are a part of my life. May I live in such a way that those who 'Trespass against me', who hurt me, may know my forgiveness and generosity, as I know yours. Surround me with your love and shield me from all harm. Amen

(Nicholas Hutchinson)

Question for Day 2:

Who can I reach out to in my family or community that needs to know they are valued?

Bible Quote for Day 2:

"And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved."

(Acts 4:12)

Prayer for Day 2:

We read in the gospel that Jesus was criticised for eating and celebrating with sinners. He told the story of the prodigal son and we hear that the father rejoiced and put on a feast when his lost son returned to him. In the same way, Father, you look out for us and rejoice and celebrate when we return to the fullness of life that Jesus offered. It is in and through our common humanity which Jesus himself shared that we are called to wholeness and holiness. Show us father how to be fully alive, rejoicing with those who rejoice and bringing comfort to those who are in sorrow. Amen

(Nicholas Hutchinson)

Question for Day 3:

How can I develop an understanding of God's mercy and forgiveness towards me?

Bible Quote for Day 3:

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

(1 John 1:9)

Prayer for Day 3:

I confess to almighty God, and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words,

in what I have done and in what I have failed to do,
through my fault, through my fault, through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints, and you, my brothers and sisters,
to pray for me to the Lord our God. Amen

(The Roman Missal)

Question for Day 4:

Do I believe that I can be forgiven by God and loved for who I am?

Bible Quote for Day 4:

“If you forgive men when they sin against you, your heavenly father will also forgive you. But if you do not forgive men their sins, your father will not forgive your sins”.

(Matthew 6: 14-15)

Prayer for Day 4:

Lord, I know that I am a sinner. Please forgive me and please guide me to become more like You. Please help me to watch my words and actions, and guard me against future mistakes and errors. Thank You for sending Your son, Jesus, to die for my sins — and thank You for Your forgiveness. In the name of Your son Jesus, I pray, Amen.

(Author unknown)

Question for Day 5:

What can I change in my attitude to help me be more forgiving?

Bible Quote for Day 5:

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

(Ephesians 4:31-32)

Prayer for Day 5:

Father,
I ask you to help me to be generous
when I think of the attitude and actions of others.
Forgiving someone isn't an easy option,
and I know that forgiveness isn't somehow pretending
that something wrong hasn't happened.
For what I have done wrong, forgive me father,
to the extent that I am generous in forgiving
those who have done wrong to me. Amen

(Nicholas Hutchinson)



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

