



Autumn 2025 – Week 7

Morning Prayers



Dates of Interest this week – 13th to 17th October

- 1st to 31st October – Black History Month ([info](#))
- 12th October – 28th Sunday of Ordinary Time ([info](#))
- 12th to 18th October – Prisons Week ([info](#))
- 13th to 19th October – International Adolescent Health Week ([info](#))
- 13th October – St Edward the Confessor ([info](#))
- 15th October – St Teresa of Avila ([info](#))
- 16th October – St Margaret Mary Alacoque ([info](#))
- 16th October – World Food Day ([info](#))
- 17th October – St Ignatius of Antioch ([info](#))
- 17th October – International Day for the Eradication of Poverty ([info](#))
- 18th October – St Luke ([info](#))
- 18th October – Anti-Slavery Day ([info](#))
- 18th October – World Menopause Day ([info](#))
- 19th October – 29th Sunday of Ordinary Time ([info](#))
- 19th October – World Mission Day ([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 – 13th to 17th October

Theme for the week – Forgiveness & Reconciliation

Question for Day 1:

What is the hardest part of forgiving someone?

Bible Quote for Day 1:

'Instead, be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ' Ephesians 4:32

Prayer for Day 1:

O Lord, because we so often sin and have to ask for pardon, help us to forgive as we would like to be forgiven; neither mentioning old offences committed against us, nor dwelling upon them in thought; but loving our brother freely as you freely love us; for your names' sake.

Amen

(Christina Rossetti)

Question for Day 2:

What emotion do I feel when I forgive?

Bible Quote for Day 2:

'Because of our sins he was handed over to die, and he was raised to life in order to put us right with God' Romans 4:25

Prayer for Day 2:

Forgive us Lord,
For everything that has spoiled our home life:
For moodiness and irritability
which made us difficult to live with;
for the insensitiveness
which made us careless of the feelings of others;
For selfishness which made life harder for others.
Strengthen us by your spirit,
So that in the days to come,
We may live more nearly as we ought.
Through Jesus Christ our Lord.
Amen

(William Barclay)

Question for Day 3:

How does it make me feel when I am being forgiven?

Bible Quote for Day 3:

'And when you stand and pray, forgive anything you may have against anyone, so that your Father in heaven will forgive the wrongs you have done'
Mark 11:25

Prayer for Day 3:

Loving Lord,
You tell us in the bible that whatever wrong we have done
You tread down our faults to the bottom of the sea.

We know that there is no need to keep thinking about what we have done in the past, because you pardon the wrongs that we have done, and you delight in showing mercy. You bind up all our wounds and you renew us by your love.
Lord, You love all that you have made,
and it is your very nature to love and forgive.
Lead us to be generous in accepting and forgiving others
In the same way as you accept and forgive us.
Amen

(Author Unknown)

Question for Day 4:

Which role models have inspired me to forgive and be reconciled?

Bible Quote for Day 4:

'Foolish people don't care if they sin, but good people want to be forgiven' Proverbs 14:9

Prayer for Day 4:

Help us not to be bitter towards people or situations; but empower us to take the initiative, and break the cycle of hatred, bitterness and evil actions. Help us to transform; the difficulties that come our way into opportunities for personal growth; and service of others.

Amen

(Author Unknown)

Question for Day 5:

How can my forgiving affect my community?

Bible Quote for Day 5:

And Christ himself is the means by which our sins are forgiven, and not our sins only, but also the sins of everyone.' 1 John 2:2

Prayer for Day 5:

If we put ourselves down, we will also put other people down.

If we reject ourselves, we will reject others.

If we judge ourselves. We will judge others.

We know that we are not perfect,

So we need to forgive ourselves.

We sometimes need to be forgiven by others.

And we also need to forgive those who hurt us.

To forgive is not weakness but strength.

We may reject some aspects of a person's behaviour,

But we should never reject the person.

(Author Unknown)



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

