



Morning Prayers

Spring 2026 Week 4



Dates of Interest this week –26th to 30th January

25rd January – 3rd Sunday of Ordinary Time ([info](#))

25th January – Sunday of the Word of God ([info](#))

25th January – Burns Night ([info](#))

26th January – St Timothy ([info](#)) & St Titus ([info](#))

26th January – International Day of Clean Energy ([info](#))

27th January – St Angela Merici ([info](#))

27th January – Holocaust Memorial Day ([info](#))

28th January – St Thomas Aquinas ([info](#))

28th January – International Day of Peaceful Coexistence ([info](#))

31st January – St John Bosco ([info](#))

1st February – 4th Sunday of Ordinary Time ([info](#))

1st February – Racial Justice Sunday ([info](#))

1st to 7th February – World Interfaith Harmony Week ([info](#))

1st to 28th February – LGBT History Month ([info](#))

1st to 28th February – Heart Month ([info](#))



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MONDAY

Question for the Day

How can I learn to value my friends?



Bible Quote

“Two are better than one, because they have a good reward for their toil” **Ecclesiastes 4:9**

Prayer

Lord, I guess I should say thanks.
You've made my life full of friends and friendship.
Some I've lost contact with,
some I've drifted away from.
Others I've lost through argument,
And some were nothing but candles in the wind.
But without each of them,
my life would have been poorer.
They give me the happiness, guidance
and love that I need.
For that I thank you.
Amen

(Dave Gatward)



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TUESDAY

Question for the Day

When can I make time each day to thank God for my friends and those who have helped me?



Bible Quote

“No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you” **John 15:15**

Prayer

Lord Jesus,
thank you for being our friend
and enriching our lives
with so many gifts of your love.
Thank you for human friends
and for all that they mean for us.
Thank you especially for those
who have helped us and
stood by us in difficult times.
Help us,
who have received so much,
to give true friendship to others.
In your name and for your sake.
Amen
(Frank Colquhoun)



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WEDNESDAY

Question for the Day

What things help me to forgive?



Prayer

Lord, I thank you for my friends.
For those who understand me
better than I understand myself.
For those who know me at my worst
and still like me.
For those who have forgiven me
when I had no right to expect to be forgiven.
Help me to be as true to my friends
as I would wish them to be to me.
Amen

(William Barclay)

Bible Quote

‘As for you, O Lord you will not restrain your mercy
from me; your steadfast love and your “Greater love
has no one than this, that someone lay down his life
for his friends” **John 15:13**



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THURSDAY

Question for the Day

How can I understand others better?



Prayer

Help me O God,
to be a good and true friend.
To be always loyal, and never let my friends down;
Never to talk about them behind their backs
in a way in which I would not do their faces;
Never to betray a confidence
or talk about the things
about which have been entrusted to me;
Always to be ready to share everything that I have;
To be as true to my friends
as I would wish them to be to me.
Amen

Bible Quote

“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” **Colossians 3:13**



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FRIDAY

Question for the Day

How can I become a better friend?



Bible Quote

“Love bears all things, believes all things, hopes all things, endures all things” **1 Corinthians 13:7**

Prayer

Loving God,

I pray for the grace to be a good friend.

May I be a gentle presence in the life of my friends, always willing to listen and to forgive.

Remind me of the importance of friendship.

You have blessed us with the gift of friendship.

We thank you for the blessing of friends who love us, who share our joys and sorrows, who laugh with us in celebration, and who need us as we need them.

We thank you for the friends who give us the freedom to be ourselves.

Help us to always be a friend to others, no matter who they are.

Help us to always reach out in friendship to all those we meet. **Amen.**