



# Morning Prayers

## Spring 2026 Week 5



**Dates of Interest this week – 2nd - 6<sup>th</sup> February**

**1<sup>st</sup> February – 4<sup>th</sup> Sunday of Ordinary Time ([info](#))**

**1<sup>st</sup> February – Racial Justice Sunday ([info](#))**

**1<sup>st</sup> to 7<sup>th</sup> February – World Interfaith Harmony Week ([info](#))**

**1<sup>st</sup> to 28<sup>th</sup> February – LGBT History Month ([info](#))**

**1<sup>st</sup> to 28<sup>th</sup> February – Heart Month ([info](#))**

**2<sup>nd</sup> February – Presentation of the Lord ([info](#))**

**2<sup>nd</sup> February – World Wetlands Day ([info](#))**

**3<sup>rd</sup> February – St Laurence ([info](#)), St Theodore ([info](#))**

**& St Blaise ([info](#))**

**4<sup>th</sup> February – World Cancer Day ([info](#))**

**4<sup>th</sup> February – International Day of Human Fraternity ([info](#))**

**5<sup>th</sup> February – St Agatha ([info](#))**

**5<sup>th</sup> February – Time to Talk Day ([info](#))**

**6<sup>th</sup> February – St Paul Miki and Companions ([info](#))**

**6<sup>th</sup> February – International Day of Zero Tolerance of FGM ([info](#))**

**8<sup>th</sup> February – 5<sup>th</sup> Sunday of Ordinary Time ([info](#))**

**8<sup>th</sup> February – World Day of Prayer for Victims  
of Human trafficking ([info](#))**



# Spring 2026 -Week 5



**MONDAY**

## Question for the Day

Who can I encourage today?



## Bible Quote

“Therefore encourage one another and build one another up, just as you are doing.” **1 Thessalonians 5:11**

## Prayer

God our Father,  
You call each one of us by name,  
And you treasure each one of us individually  
as though no-one else exists.

Inspire us  
to respect and value  
each person who comes into our lives this day.  
Amen

**(De La Salle Brothers)**



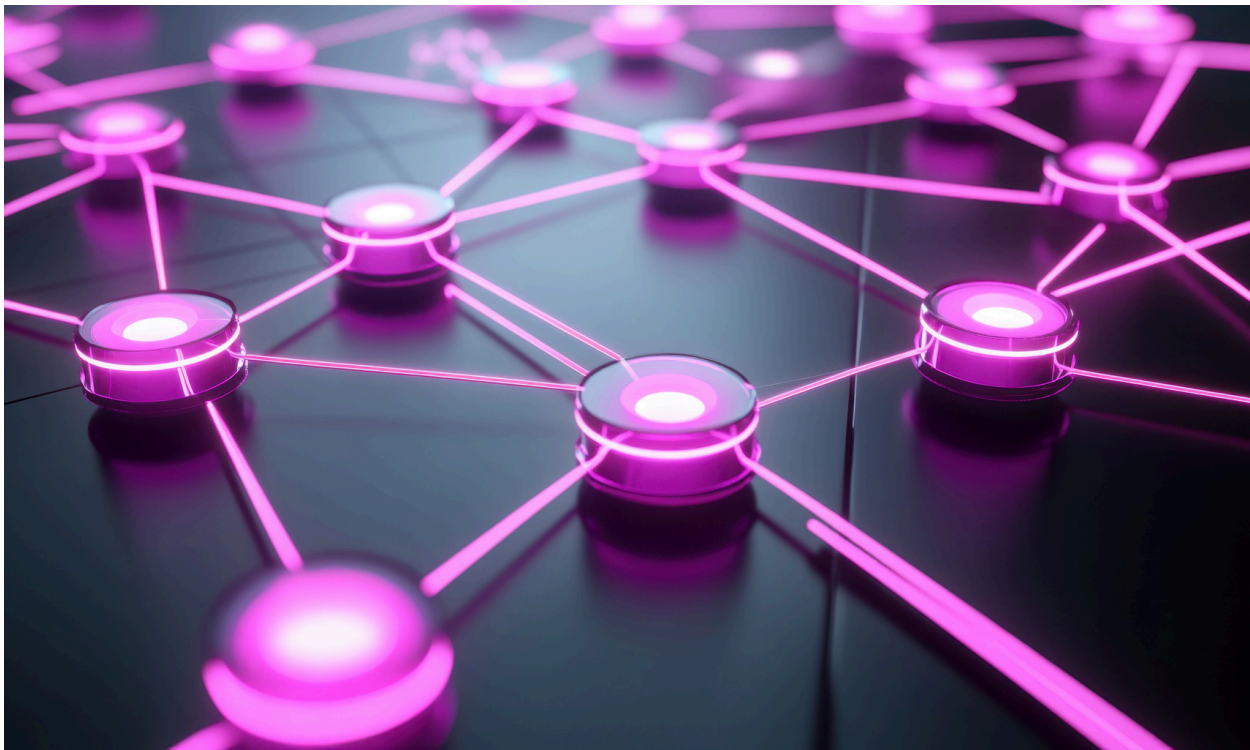
# Spring 2026 - Week 5



**TUESDAY**

## Question for the Day

What connects me to others in my class?



## Bible Quote

“Therefore welcome one another as Christ has welcomed you, for the glory of God.”

**Romans 15:7**

## Prayer

Lord

We ask you to open our eyes

That we may value

and appreciate all people

Recognising what we have in common

Rather than focusing

on what our differences might be.

Inspire us to distinguish between  
what is important and what is not,

And open our minds

and hearts that we may always

be people of good will

Who bring life and joy to others. Amen

**(De La Salle Brothers)**



# Spring 2026 - Week 5



**WEDNESDAY**

## Question for the Day

How can I develop a positive attitude to everyone I meet today?



## Bible Quote

“May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus.”

**Romans 15:5**

## Prayer

Lord,  
Thank you for the talents that you have given us.  
Show us how to be positive in attitude  
Appreciating and valuing others,  
Always ready to encourage and give praise.

Lead us never to judge people  
but to accept others as they are,  
Knowing that it is together,  
each with our differences,  
That we build your kingdom. Amen

**(De La Salle Brothers)**



# Spring 2026 - Week 5

**THURSDAY**



## Question for the Day

What can I do to make a positive difference in my community?



## Bible Quote

“In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one.” **Ephesians 6:16**

## Prayer

Loving Lord.

We often see on the TV news examples  
Of inhumanity to others:

People being tortured, abused injured or killed.

We need to remind myself

That the commandment ‘do not kill’

Also refers to our attitude

And to what we do each day.

Because it is in smaller ways

That we can destroy people

If we ignore them or cut them off

Or let them down.

Loving Lord,

Inspire us to take care of the smaller things in life

As well as the bigger issues. Amen

**(De La Salle Brothers)**



# Spring 2026 - Week 5



**FRIDAY**

## Question for the Day

How can I inspire and encourage and show care to those around me?



## Prayer

God our Father,  
Inspire us with a great respect for all human life  
From the time of the child in the womb  
To the point of death.  
May that respect lead us  
To grow in a sense of responsibility  
For all our brothers and sisters throughout the world  
Knowing that,  
where one person suffers and is degraded,  
All of humanity is belittled and abused.

May we grow in a sense of love and care for those  
less fortunate than ourselves,  
And lead us to do something about the troubles in  
the world. Amen

**(De La Salle Brothers)**

## Bible Quote

“Do nothing from selfish ambition or conceit, but  
in humility count others more significant than  
yourselves.” **Philippians 2:3**