



Morning Prayers - Summer Week 5



Theme: Prayers for the Feast of the Ascension

Dates of Interest - 10th May to 16th May

1st to 31st May – National Walking Month ([info](#))

1st to 31st May – Local & Community History Month ([info](#))

10th May – 6th Sunday of Easter ([info](#))

10th May – World Migratory Bird Day ([info](#))

11th to 17th May – Mental Health Awareness week ([info](#))

12th to 18th May – ME Awareness Week ([info](#))

12th May – St Pancras ([info](#))

12th May – International Nurses' Day ([info](#))

13th May – Our Lady of Fatima ([info](#))

14th May – Feast of the Ascension ([info](#))

15th May – International Day of Families ([info](#))

16th May – St Simon Stock ([info](#))

16th May – International Day of Light ([info](#))

16th May – International Day of Living Together in Peace ([info](#))

17th May – 7th Sunday of Easter ([info](#))

17th May – World Telecommunication & Information Day ([info](#))

17th May – International Day Against Homophobia,

Biphobia, & Transphobia ([info](#))



Summer 2026 - Week 5



MONDAY

Question for the Day

What does it mean that Jesus is always with me?



Bible Quote

“And God raised the Lord and will also raise us up by his power.” **1 Corinthians 6:14**

Prayer

Lord Jesus, you became man and came to live among us.

For love of us, you suffered and died for us.

Because you are God,

you conquered death and rose on the third day.

You return to your Father and our Father,

but you promised to remain with us

until the end of time,

and to send us the Holy Spirit.

We rejoice and thank you, Lord Jesus.

Come Holy Spirit, purify and transform us,

kindle within us the fire of your love.

Amen.

(Diana Ng, CAFOD supporter)



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TUESDAY

Question for the Day

How can I call upon the Holy Spirit to guide me?



Prayer

Lord Jesus,
you have ascended to heaven,
but you left your work in our hands.
Give us the courage
to build your kingdom
of justice and love
here on earth.
We ask this through your holy name.
Amen.

Bible Quote

“So that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.” **2 Thessalonians 1:12**



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WEDNESDAY

Question for the Day

How do I develop my conversation with Jesus?



Prayer

Ascended Lord,
take my fear and turn it into faith.
Help me to be your witness
in my school
and in my daily life,
knowing you are always with me.
Amen

Bible Quote

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.” **Isaiah 41:10**



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THURSDAY

Question for the Day

What do I need to do to remain a loyal friend?



Prayer

When Jesus returned to his Father, perhaps his Father said to him:

“Son, what was the worst of all? Was it the nails?

“No Father, the hardest thing wasn’t the nails, it was the kiss of betrayal

– the kiss from someone I had trusted as a close friend.”

Help us Lord, to remain loyal to you and to all of our friends

through good times and bad times. Amen.

(Based on a reflection by G.K.Chesterton)

Bible Quote

“A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.” **Proverbs 18:24**

FRIDAY - Question to Think and Pray:

In "Homeless Jesus" the artist asks us to consider how we can help others.

Who in my life needs support and care?

Where can I be the hands and feet of Jesus?



**"Homeless Jesus" bronze sculpture
by Timothy Schmalz**