

# Richard Challoner School

## Tutor Group Prayers

### Spring B 2020



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### Venerable 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. Indeed he was rewarded with the title of “venerable”. 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

## Guidance for use of the Tutor Group Prayer Booklet

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/spirituality](http://www.richardchalloner.com/spirituality), or both.

The following pages contain a selection of prayers suitable for collective worship within the Tutor group during morning registration. The prayers have been organised into different weekly themes:

- Week One: Starting Afresh for Lent
- Week Two: Appreciating Others
- Week Three: In Times of Doubt
- Week Four: Mother's Day
- Week Five: Seeking Forgiveness
- Week Six: Lent

Each morning an act of worship should try and include:

**1) Invitation** - *to mark the entry into prayer, like standing up and making the Sign of the Cross*

**2) Clear Theme & Message**

**3) Balance of speech & silence** - *try to vary the delivery of your theme to ensure that it appeals to as many as possible.*

**4) Time for Quiet Reflection** - *give time for them to take in and reflect on the theme*

**5) Prayer – this should be both led and collective** - *there should be a prayer which links in the theme, and an act of communal prayer from the page opposite.*

**6) Clear links with Catholic Ethos** – *if you are not using one of the themes above then ensure it is inline with the School's Catholic Ethos or the Liturgical Calendar.*

## Week One: Starting Afresh for Lent

Lord, I'm not much good at giving things up.  
It seems like a great idea,  
then a few days, hours or minutes later, I've started again.  
But this time I really want to make it count.  
I want to give something up and learn from the process of not giving into temptation.  
I want to wake up on day forty of Lent  
and look in the mirror and feel like I've actually achieved something,  
even though it may seem so small.  
But by achieving something small  
perhaps it will lead to bigger and better things?  
If I can do this then what else can I do?  
What else am I capable of? Help me to discover my own potential, Lord. Amen

(Dave Gatward)

Lord, take our small offerings of self-denial this Lent as a sign of our love for you.  
Let us use this time to start afresh in our work for you:  
let us work for justice for those who are wrong or oppressed.  
Let us pray for peace across the world in these troubled times.  
Let us do your will in all of our actions. Amen

(Author Unknown)

God of the desert, as we follow Jesus into the unknown,  
may we recognise temptation when it comes.  
Let it be your bread that we eat, your world that we serve and you alone that we worship. Amen

(A New Zealand Prayer Book)

"Then the Spirit led Jesus into the dessert to be tempted by the Devil. After spending forty days and forty nights without food, Jesus was hungry. Then the Devil came to him and said, "If you are God's Son, order these stones to turn into bread". But Jesus answered, "The scripture says Human beings cannot live on bread alone, but need every word that God speaks". The Devil took Jesus to Jerusalem, The Holy City, set him on the highest point of the Temple, and said to him "If you are God's son, throw yourself down, for the scripture says: 'God will give orders to his angels about you; they will hold you up with their hands so that not even your feet will be hurt on the stones'". Jesus answered, "But the scripture also says, 'Do not put the Lord your God to the test'". Then the evil took Jesus to a very high mountain and showed him all of the kingdoms of the world in all their greatness. "All this I will give you," the Devil said, "If you kneel down and worship me." Then Jesus answered, "Go away. Satan! The scripture says, 'Worship the Lord Your God and serve only him!'" The Devil left Jesus and angels came and helped him.

(Matthew 4: 1 – 11)

Have mercy on our efforts Lord.  
May we follow you at this time with self denial, steadfastness and courage.  
Give us a pure heart that we may see you,  
a humble heart that we may hear you,  
a heart of love that we may serve you,  
a heart of faith that we may love you.

(Dag Hammarskjöld)

## Week Two: Appreciating Others

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)

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)

Lord, inspire me to give of my best and make good use  
Of the talents that you have given me.  
Show me how to be positive in attitude  
Appreciating and valuing others,  
Always ready to encourage and give praise.  
Lead me 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)

Loving Lord.  
I often see on the TV news examples of inhumanity to others:  
People being tortured, abused injured or killed.  
I need to remind myself That the commandment 'do not kill'  
Also refers to my attitude and to what I do each day,  
Because it is in smaller ways that I can destroy people  
If I ignore them or cut them off or let them down.  
Loving Lord, inspire me to take care of the smaller things in life  
As well as the bigger issues. Amen

(De La Salle Brothers)

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)

## Week Three: Mothering Sunday

God of Love,  
Thank you for my mother.  
Sometimes she's angry, sometimes disappointed,  
but she never stops believing in me.  
She never stops seeing the potential even I don't recognise.  
What she has done for me,  
how she has worked and sacrificed...I don't even know how much,  
but I am grateful for the warmth,  
the hug,  
the person I know is always there for me.  
Thank you God for my mother.  
Bless her always.

Amen (Author Unknown)

Please God,  
bless our mothers  
wherever they are.  
Help us to appreciate how selfless they are  
day after day.  
Let us make time  
to tell our mothers  
How much we love them  
as our actions do not always make this clear.

Amen (Author Unknown)

Thank you God that you are tender as a mother as well as strong as a father.  
You give us life and care for us  
like a mother who will not forsake her children.  
We pray for our mothers today  
putting them into your hands for time and for eternity  
and we ask your blessing on all our relationships  
in the families of our homes  
And our communities.

Amen (Angela Ashwin)

God made a wonderful mother,  
A mother who never grows old;  
He made her smile of the sunshine,  
And He moulded her heart of pure gold;  
In her eyes He placed bright shining stars,  
In her cheeks fair roses you see;  
God made a wonderful mother,  
And He gave that dear mother to me.

Amen (Pat O'Reilly)

"All that I am or ever hope to be, I owe to my angel Mother."  
(Abraham Lincoln)

## Week Four: In times of Doubt

Faith's difficult, Lord.

Life puts up so many obstacles

that most of the time I can hardly see you.

At times like this Lord, you seem so far away.

I sometimes feel that I'm fooling myself that you don't exist, that I'm wasting my time.

But I keep thinking back to your life here on earth.

No matter how many doubts I have, you seem to make me sit up and listen.

A life lived so long ago affecting a life lived right and now. It seems amazing, Lord,

and if all those things you did and said are true,

then I have no option but to believe and follow.

Never let me leave you, Lord. Amen

(Dave Gatward)

Lord of life

Why do I anticipate the worst when time and time again the worst never happens?

And even when it does, life goes on and every day comes to an end.

Lord help me to overcome my fears in this brief moment of reflection.

Help me to relax. Let your loving spirit fill me with peace. Amen

(Frank Topping)

O God, you know we are often filled with fear and foreboding.

Give us courage to deepen our trust.

You are a rock which nothing can shatter.

On you we can place the whole weight of our lives. Amen

(Richard Harries)

God, my shepherd. I don't need a thing.

You have bedded me down in lush meadows,  
you find me quiet pools to drink from.

True to your word, you let me catch my breath  
and send me in the right direction.

Even when the way goes through Death Valley,  
I'm not afraid when you walk at my side.

Your trusty shepherd's crook makes me feel secure.

You serve me a six-course dinner right in front of my enemies.

You revive my drooping head.

You cover me with your blessings.

Your beauty and love chase after me every day of my life.

I'm back home in the house of God for the rest of my life.

(Psalm 23 adapted by Eugene H. Peterson)

Forgive us Lord

When we want proofs for our faith and demand absolute certainty  
before we will commit ourselves to you.

Strengthen our trust in you, so that we who have not seen you may still believe  
and in believing may be blessed with the fullness of joy now and always. Amen

(Angela Ashwin, based on John 20:24 – 29)

## Week Five: Seeking Forgiveness

Our insensitivity to the needs of others, O Lord forgive.  
Our prejudice and fear that prevent us from loving, O Lord forgive.  
The narrowness of our vision and our shrinking from your demands, O Lord forgive.  
Our resentment against those who have hurt us, O Lord forgive.  
Our impatience with those who are different from us, O Lord forgive.  
Our failure to do your work, O Lord forgive.

(Angela Ashwin)

Lord, I deny that I know you each and every day of my life,  
through the things that I say  
the things that I do and the things that I think.  
I ignore you. I walk away from you.  
I hide from you.  
And sometimes I even think that you don't notice.  
Sometimes I do this because I'm weak:  
I don't want other people to laugh at me.  
Other times I do it because I'm scared.  
And then more times I do it because I'm just not thinking and forget.  
So I'm sorry Lord,  
and I pray that even when I ignore you  
you won't ignore me.

Amen (Dave Gatward)

Jesus, our friend,  
You ask for our love in spite of us constantly turning our backs on you.  
Give us the courage to embrace forgiveness  
and know you again.

Amen (Janet Morley)

O God,  
Though our sins be seven,  
though our sins be seventy times seven,  
though our sins be more in number than the hairs of our head,  
let us turn back to you in our repenting and trust in your loving compassion.

Amen (Christina Rossetti)

Lord, I know that I've done things wrong.  
I don't want to admit it;  
neither to my friends nor family nor you.  
Lord, sometimes it's hard to live with myself.  
I want to ask for your forgiveness  
but I don't always feel that I deserve it.  
But thanks to you I know that it's still there for the taking,  
so I ask that I may be given a fresh start  
and be directed again on the right path.

(Nick Aiken)

## Week Six: Prayers for Lent

Jesus Our Brother,  
thank you for loving us so much  
that you died for us,  
lonely and in pain;  
and thank you that you are close to us  
when we are hurt or miserable,  
for you are our true friend.

Amen (Angela Ashwin)

God grant me the ability to see myself as you see me.  
Yet protect me from what I find in my own heart, for surely it is more awful than I can bear.  
Forgive me, and carry my burden of grief when I see my failings.  
And God, don't let me take credit for the good things you have given me.  
In your mercy help me to see the pride in my own heart.  
Heal and renew my spirit; refine the passion of my heart; and help me to walk in humility.

Amen (David Maddalena)

Lord, thank you for your passionate love for me,  
that you would die for me.  
And thank you for your passionate love for the Father,  
that you would obey him, even to death.  
Lord, I am so often harassed and helpless, like a sheep without a shepherd—  
How can I find my way unless you help me?  
Have mercy on me. Lead me Lord.  
Come, and give me the strength I need to follow you in doing the Father's will.  
Bless the time I give to you this week.  
Pour your blessing over me.  
Give me a passionate love equal to yours,  
so that I would be willing to endure all for the glory of Easter.

Amen (David Maddalena))

Almighty and Everlasting God, You have given the human race Jesus Christ our Saviour as a model of humility. He fulfilled Your Will by becoming Man And giving His life on the Cross. Help us to bear witness to You By following His example of suffering And make us worthy to share in His Resurrection. We ask this through our Lord Jesus Christ, Your Son.

Amen. (Unknown Source)

Stretching out Thy divine hands upon the Cross,  
Thou hast joined together  
that which before was divided,  
and by Thy mediation  
Thou hast offered as a gift to the Father  
the nature of mortal man,  
that was under condemnation.  
Therefore we sing the praises  
of Thy sinless Crucifixion.

Amen (St. Joseph the Studite)