

“Virtues to Live by”

“Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals.”

(Pope Francis 2013)

Autumn Term:

PRAYER

Blessing

Lord, bless this day.
Make it a day in which we grow
In the likeness and mind of Jesus your Son.
And at the day's end,
May we be thankful for encountering you
In so many human ways and situations
And in other people.
Jesus, help us to follow you more nearly
Day by day. Amen

OPENING PRAYER:

God, you are our maker and loving Father.

You want us to know you and love you with all our hearts so we can share
in your life for eternity.

Give us the graces we need to give you the first place in our lives so that
our whole life is a growing, loving relationship with you.

Through our Lord, Jesus Christ Your son who lives and reigns with you in
the unity of the Holy Spirit, one God for ever and ever. **Amen**

READING:

Rejoice always, pray continually, give thanks in all circumstances; for this
is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

REFLECTION

Prayer is simply talking, praising and listening to God. It is our way of communicating with our heavenly Father.

There are so many beautiful ways of praying through formal prayers, liturgies, Mass, scripture readings etc. They all help us to grow in a knowledge and language of God.

We often pray as a community to ask for help for ourselves or others. We also pray to worship and praise and thank God.

But God wants a personal relationship with each of us, so as in any family or beautiful friendship, we have to find time to spend alone with each other – to talk and to listen.

The listening part can be very hard but if we are willing to give time and practise listening, we will be greatly blessed.

Like any relationship, once a year isn't enough. In our best relationships, we talk or communicate daily or at least regularly. We look forward to spending time together and know our friend will always support us through all our joys and struggles. This doesn't happen overnight – we give our time, love and attention to it.

And so, with God, time in prayer, time alone together is essential. God doesn't need it - we do!

Like all things that are good for us – it requires discipline.

Reflect on your current prayer life and if you haven't started it's never too late.

Start small and regular and know our loving God is always waiting with open arms to hear us and encourage us.

LIVING OUR VIRTUE

Inspire each one of us that we may help our children to:

- Spend time with God
- Listen to God
- Rest in His presence
- Tell God they love Him
- Grow in friendship with God
- Pray from the heart

May we support our children in recognising opportunities for growth so that they can make the most of the opportunities life presents

CONCLUDING PRAYER

Ponder on the words as we pray:

Our Father, who art in Heaven;

hallowed by Thy name;

Thy kingdom come;

Thy will be done on earth as it is in Heaven.

Give us this day our daily bread;

and forgive us our trespasses

as we forgive those who trespass against us,

and lead us not into temptation;

but deliver us from evil. Amen

VIRTUE TO LIVE BY

I grow in friendship with God through prayer