

# Prayer

Lent is a time of reflection, looking inwards.

A lot of stories in the Gospels are about Jesus being with people: talking, healing,...

But we also find examples where Jesus looks for solitude to pray.

Prayer, fasting and works of love go hand in hand.

In prayer we become more aware of who we are, what our gifts are, who loves us and who we love.

Prayer helps us to realize what is important, to become the best person we can be and make the world a better place.

It's the fundraising week for year 8. We pray for their efforts and we pray for Caritas Shrewsbury as they try to reach out to those most in need in our diocese.





# Monday 2<sup>nd</sup> March

A reading from the Gospel according to Matthew

At that time Jesus came from the town of Nazareth in Galilee to the place where John was. John baptized Jesus in the Jordan River. When Jesus was coming up out of the water, he saw heaven open. The Holy Spirit came down on him like a dove. A voice came from heaven and said: "You are my Son and I love you. I am very pleased with you."

Then the Spirit sent Jesus into the desert alone. He was in the desert 40 days and was there with the wild animals. While he was in the desert, he was tempted by Satan. Then angels came and took care of Jesus.



Jesus can resist temptation because he has just experienced God's love for him. He knows who He is and what his mission is.

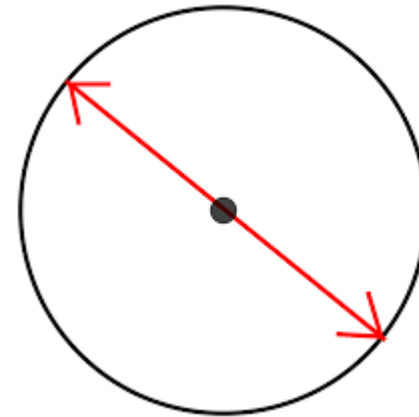
What tempts you and what helps you to resist temptation?

# Words of the Day

Prefix: **dia** meaning **through, across or  
between**

# Monday 2<sup>nd</sup> March: diameter

- A straight line passing from side to side through the centre of a body or figure, especially a circle or sphere.





We don't pray to change God's mind. We pray to let God change our hearts.

Loving God,  
you call us back to you with all of our hearts.  
I feel your call for me deep in my heart  
and I know you want me back  
as much as I want to return.

Please, Lord,  
give me the wisdom  
to know how to return.  
Make my journey back to you this Lent  
one of grace, forgiveness and gentle love.  
Amen.

Is there  
anything in life  
standing in your  
way between  
you and God or  
you and other  
people.  
Pray for  
forgiveness and  
reconciliation.



# Tuesday 3<sup>rd</sup> March

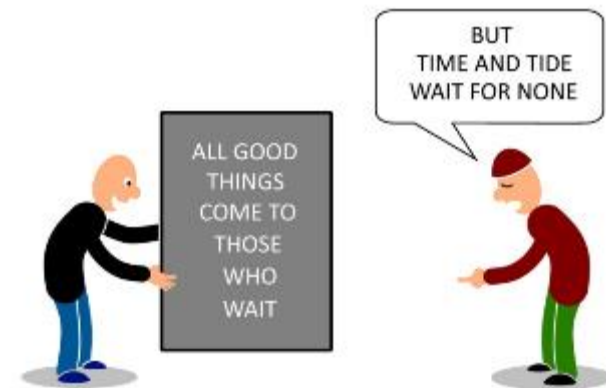
Lenten meditation <https://www.youtube.com/watch?v=b56UN-OqxMU>



Idea: take some personal quiet time: mindfulness, prayer or just be still for moment.

# Tuesday 3<sup>rd</sup> March: dialectic

- The art of investigating or discussing the truth of opinions, contradictions and their solutions.
- *The ancient Greeks used the term dialectic to refer to various methods of reasoning.*







# Tuesday 3<sup>rd</sup> March

We don't pray to change God's mind. We pray to let God change our hearts.



Lord, your commandment of love is so simple and so challenging.

Help me to let go of my pride,  
I want only to live the way  
you ask me to love, to love  
the way you ask me to live.

I ask this through your son,  
Jesus, who stands at my side  
today and always.

Pray for a more generous and loving heart. Pray especially for someone you find difficult.





# Wednesday 4<sup>th</sup> March



## Jesus Teaches About Prayer (Matthew 6: 1-13)

"When you pray, don't be like the hypocrites. They love to stand in the synagogues and on the street corners and pray loudly. They want people to see them pray. I tell you the truth. They already have their full reward. 6 When you pray, you should go into your room and close the door. Then pray to your Father who cannot be seen. Your Father can see what is done in secret, and he will reward you.

And when you pray, don't be like those people who don't know God. They continue saying things that mean nothing. They think that God will hear them because of the many things they say. Don't be like them. Your Father knows the things you need before you ask him. So when you pray, you should pray like this:

'Our Father in heaven,

we pray that your name will always be kept holy.

We pray that your kingdom will come.

We pray that what you want will be done, here on earth as it is in heaven.

Give us the food we need for each day. Forgive the sins we have done, just as we have forgiven those who did wrong to us.

And do not cause us to be tested;

but save us from the Evil One.'

Idea:

Take a moment  
before going to bed  
to say a prayer.

# Wednesday 4<sup>th</sup> March: diagnosis

- The identification of the nature of an illness or other problem by examination of the symptoms.
- *Early diagnosis and treatment are essential.*



# Wednesday 4<sup>th</sup> March



Go into the desert (1:50 mins) <https://www.youtube.com/watch?v=ApVRGHoeH9w>



Idea: take some personal quiet time: mindfulness, prayer or just be still for moment.



# Thursday 5<sup>th</sup> March

1st of Friday of March is Women's World Day of Prayer. This prayer was prepared for this occasion by women of Zimbabwe.

## The Knots Prayer

Dear God:

Please untie the knots  
that are in my mind,  
my heart and my life.

Remove the have nots,  
the can nots and the do nots  
that I have in my mind.

Erase the will nots,  
may nots,  
might nots that may find  
a home in my heart.

Release me from the could nots,  
would nots and  
should nots that obstruct my life.

And most of all,  
Dear God,

I ask that you remove from my mind,  
my heart and my life all of the 'am  
nots'

that I have allowed to hold me back,  
especially the thought  
that I am not good enough.

AMEN

# Thursday 5<sup>th</sup> March: diachronic

- Concerned with the way in which something, especially language, has developed through time.
- *The diachronic aspect of linguistic change.*







# Thursday 5<sup>th</sup> March

Tomorrow on the first of Friday of March is Women's World Day of Prayer

We pray for economic opportunities for women and girls living in poverty. Girls everywhere are vulnerable to exploitation when their families are extremely poor.

The FCJ Learning and Development centre in the Philippines teaches women skills such as card making, weaving, bookkeeping and to operate small businesses. As women gain confidence in operating these businesses, they are able to positively influence family decision-making on important issues such as food choice, children's education, healthcare, and child marriage.

Loving God, You delight in us when we honour You in our work. Bring opportunities for employment or business that fulfils parents' desires to make life better for their children. Amen.

Idea: pray for another woman or girl and do something kind for her as well.



Sr Ciony FCJ teaching women in the Philippines



# Friday 6<sup>th</sup> March



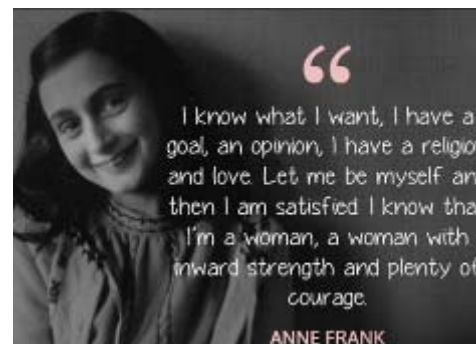
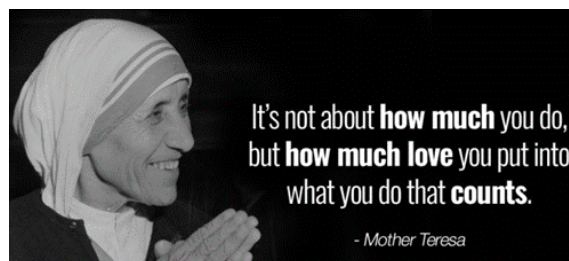
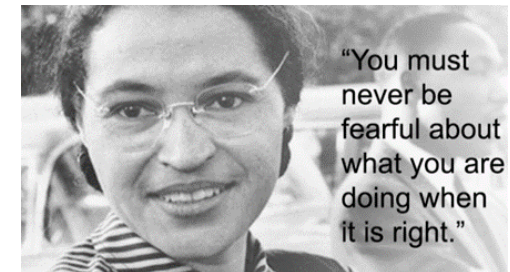
1st of Friday of March is Women's World Day of Prayer

Pause for thought:

Which women inspires you?

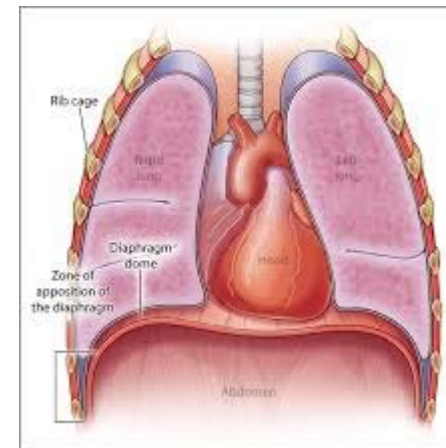
Think of someone famous and of someone you know or have known personally. Why do they inspire you?

We thank you, God, for women who are kind, gentle and courageous. Help us to follow in their footsteps. Grant us the graces we need to make this school and the world a better place for all. Amen.



# Friday 6<sup>th</sup> March: diaphragm

- A dome-shaped muscular partition separating the thorax from the abdomen in mammals.
- *A hernia of the diaphragm.*





# Friday 6<sup>th</sup> March

## Examen

Be silent and place yourself in God's loving presence. Think about the good things that have happened this week and give thanks.

Who have you left a good memory with this week?

Look back over your week. Where have you felt joy and what has been difficult and challenged you?

How is Lent going for you?

In the quiet of your heart, tell God about your experiences. Give thanks for who you are.

As you look ahead, with what spirit will you enter next week?

Ask God to help you.