



# Companionship and Anti-Bullying Week



This week's prayers are prepared by Bellerive FCJ

Let's keep year 13 in our prayers this week as they sit their mock exams

# Monday 9<sup>th</sup> November

In times of trouble or difficulty in our lives we can look to the bible as a source of comfort, courage and strength. Here are some extracts from the bible to look at this anti-bullying week.





1 John 2: 29

Whoever says, 'I am in the light', while hating a brother or sister, is still in the darkness.

Can we be happy if we continue to hate?  
Who do we need to forgive?

A person wearing a blue hoodie is seen from behind, with their arms raised high in a gesture of triumph or praise. They are standing on a beach or near the ocean, with a bright sunset or sunrise in the background. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The sun is low on the horizon, creating a strong glow and lens flare effect.

2 Timothy 1:7

God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline.


Do we recognise the power we have within us?  
Is it easy to love and be disciplined?



## Deuteronomy 31:6

Be strong and bold; have no fear or dread of them, because it is the LORD your God who goes with you; he will not fail you or forsake you.'

Is it easy to know this when we experience bullying?

A lit matchstick is positioned in the upper left, with a bright flame. In the lower right, a lit candle is shown with a small flame and thick white smoke rising from it. The background is dark, making the light from the match and candle stand out.

Can you love your enemies?  
Why is important to pray for people who  
mistreat us?

**Luke 6:27-28**

'But I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you.



Compassionate God,

It can be difficult to know you are our strength, especially when there are people that hate, that make us feel small and when we experience bullying.

We pray that we will grow to recognise your loving presence in our lives, so we live how Jesus taught us.

We pray for people who bully and hate, open their eyes so they see that we are all worthy of love, transform their hearts.

We ask this through Jesus Christ, our loving companion. Amen.





# Tuesday 10<sup>th</sup> November

United against bullying (2mins)

<https://www.youtube.com/watch?v=DOeRmP3XRHq>

God of Love,

Your word declares that anyone who claims to be in the light but hates a brother or sister is still in the darkness. I pray for those who are in the darkness right now, for those who choose to hate over love and choose intimidation over respect. I pray for bullies right now, please touch their hearts. Lord, please let Your light shine upon them and eradicate the darkness that surrounds them.

Amen.





# Tuesday 10<sup>th</sup> November

God of peace,  
We pray for those who are sometimes bullied by others  
In school, online or to and from school.

Give them the grace  
to break out of the cycle of bullying  
by telling someone  
they trust what is going on  
and to speak honestly about  
how they feel so those who  
bully will learn and grow.

Amen.

## Flanders Field by John McCrae

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



**Wednesday 11<sup>th</sup>  
November**

***Today is remembrance  
day. We pause in  
silence at 11am for two  
minutes to remember  
and pray for those that  
gave their lives for our  
freedom.***

# Wednesday 11<sup>th</sup> November



Ever-living God we remember those whom you have gathered from the storm of war into the peace of your presence; may that same peace calm our fears, bring justice to all peoples and establish harmony among the nations, through Jesus Christ our Lord. Amen.





Thursday 12<sup>th</sup> November



# Companionship

This word is one of our six FCJ Values

How did Marie Madeleine show Companionship?

What does it mean to you?

Where do you see companionship in school?

How can we show companionship in our daily lives?



**This song was written by Alison Benson (former chaplain of Bellerive) for the FCJ Bi-Centenary Year. As we near the end of this special year, we pray with this song**

**On we go The time is now  
Joyfully and blessed with hope  
For those who thirst  
Throughout the world  
With confidence, on we go.**

**Le Bon Dieu, We raise our voices  
Le Bon Dieu, We give our hearts  
Le Bon Dieu, God in everything we do.**

**Le Bon Dieu, We raise our voices  
Le Bon Dieu, We give our hearts  
Le Bon Dieu, God in everything we do.  
Le Bon Dieu, God in everything we do.**

**Faithfulness, Companionship  
Marie Madeleine's vision.  
Messengers Of God's love.  
To humanity And all creation.**

**And with Jesus Side by side  
In the good and hard times Loving God.  
Serving all.  
Holy Spirit as our Guide.**



# Thursday 12<sup>th</sup> November



Creator God,  
We thank you for this day  
and seek to live it for your greater glory  
as companions of your Son, Jesus.

Help us to see you in all things  
and to recognize our own spiritual thirst  
and that of our world.

In the spirit of Marie Madeleine  
may we be guided by her companions  
poverty, humility, obedience, and gentleness.

Send forth your spirit  
on the Faithful Companions of Jesus  
and their Companions in Mission  
throughout the world and draw us  
all together in the spirit of your love.  
Amen.

Companions in Mission (CiM) are a group  
of lay people who work alongside the  
FCJ Sisters in their mission. This is their  
prayer. We pray for all Companion in  
Missions around the world.



Some FCJ sisters and companions in mission in Indonesia



# Friday 13<sup>th</sup> November



Christ with me,  
Christ before me,  
Christ behind me,  
Christ in me,  
Christ beneath me,  
Christ above me,  
Christ on my right,  
Christ on my left,  
Christ when I lie down,  
Christ when I sit down,  
Christ when I arise,  
Christ in the heart of everyone who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.

- *From St Patrick's Breastplate*



**In challenging times, do not give up hope. God comes close to you  
in Jesus, who takes you by the hand and walks with you.**

*The Faithfulness of God*

# Friday 13<sup>th</sup> November

## Examen

What or who are you grateful for this week? Take a moment to thank God.

What has been challenging? Ask God to help you with this.

As you look ahead to the weekend, what would you like to ask of God?

