



**St Wilfrid's Catholic School**

**Prayer Booklet**

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## **Prayer Booklet**

**This booklet is designed to help any member of the St Wilfrid's Community to enrich and develop their prayer life.**

- It could be used in tutor time for collective worship in the morning.**
- It could be used in the chapel or in another quiet space for personal prayer or in a small group.**
- It could be used when you just need support with how to pray.**

**It is separated into different sections which can be found in the contents page so, you can access prayers which suit your need.**

# **Contents**

**Section One - School prayers**

**Section Two – Seasonal prayers**

**Section Three – House prayers**

**Section Four – Prayers for special occasions – sports fixtures, exams etc.**



# **Prayers of the Church**

## **Our Father (The Lord's Prayer)**

Our Father, who art in heaven.  
Hallowed be 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

## **Hail Mary**

Hail Mary, full of grace.  
The Lord is with thee.  
Blessed art thou amongst women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners, now and at the hour of our death.  
Amen

## **Glory Be**

Glory be to the Father, and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be.  
World without end.  
Amen.



# **School Prayers**

## **St Wilfrid's School Prayer**

Loving Father,  
When you created me, you had a definite plan;  
You didn't make me to be average, but to be beautiful,  
great and talented.  
You want the best from me and the best for me.  
And so Lord, I ask you with hope and joy  
to give me a strong faith in you;  
to give me a heart transformed with your amazing love;  
to give me a spirit of courage and generosity;  
to give me a mind full of brilliant ideas;  
to give me the will to make a difference in the world;  
and to give me the grace to love you and those  
around me in all that I do.  
Through Christ our Lord,  
Amen

## **St Wilfrid's Exam Prayer**

Dear Lord,  
We ask your blessing upon these young people gathered here,  
and elsewhere in the school who are sitting this exam today.  
We ask you to send your Spirit upon them, for their heads to  
be clear and their hearts to be calm, so that they can  
receive a just reward for their efforts.  
In Jesus' name.  
Amen

# **School Prayers**

## **St Wilfrid's School Grace**

Thank you, Lord,  
For the gift of food which nourishes our bodies.  
Thank you for the gift of education which nourishes our minds.  
Thank you for the gift of your Son, Jesus Christ,  
who nourishes our souls.  
Make us ever more mindful of the needs of others  
and the needs of our planet.  
In the name of the Father and of the Son and of the Holy Spirit,  
Amen

## **St Wilfrid's Thrive Prayer**

Heavenly Father,  
I know that I have been put on earth for a greater purpose.  
You have called me to love you first and foremost, and you  
have also called me to love and serve my neighbours.  
God, I ask that you reveal my individual calling to me.  
Show me who I need to serve, how I need to serve them,  
and why you need me to serve them in this way.  
Lord, break my heart for the things that break yours. Show me the  
needs of those around me. Help me to lean into the gifts and talents  
you have given me so that I may do my best work for your Kingdom.  
Holy Spirit, rise up in me so that I may have the courage, the strength,  
and the right words to love and serve my neighbours with.  
In the name of the Father and of the Son and of the Holy Spirit  
Amen

# School Prayers

## Sports' Day Prayer

God, let me compete well but fairly.  
Help me to learn something that matters once the event is over.  
Let competition make me strong but never hostile.  
Always let me help my opponent up.  
Never catch me rejoicing in the adversity of others.  
If I know victory, allow me to be happy;  
if I am denied, keep me from envy.  
Remind me that sports are just games.  
If through athletics I set an example,  
let it be a good one.  
Amen

Saint Sebastian, Patron Saint of Athletes, pray for us.  
[House Saint], pray for us,  
Saint Wilfrid, pray for us.



# **Seasonal Prayers**

## **Autumn 1**

### **For a new school year**

God of our journey,  
May the road ahead be easy this year  
and filled with joy and loved ones.  
May the obstacles be easily cleared  
and the junctions easily negotiated.  
May we journey well toward where we are going,  
and never miss a good chance along the way.  
Amen.

### **For the Feast of the Exaltation of the Holy Cross**

Lord,  
Through your sacrifice on the cross you saved us from sin and death.  
We give thanks for this great gift of the cross.  
May we who have crosses of our own to bear,  
never forget what you gave for us.  
Amen.

### **For the Feast of St Wilfrid – 12th October**

St Wilfrid,  
As you prayed for the people of Sussex so long ago  
We ask for your prayers for our community.  
Strengthen us in faith and help us to serve others as you did.  
So we may reflect your example.  
We ask this in Jesus' name. Amen

# **Seasonal Prayers**

## **Autumn 2**

(November is the month where we remember all those who have died in the feast of All saints, All souls and Remembrance Day)

### **For All Saints**

Dear God, thank you for the example of the Saints. I desire to join in their company, worshipping you forever in Heaven. Please help me follow their footsteps, and yours, Jesus Christ. Please help me to conform myself to Your image, seeking Your will in all things, as the Saints did. Please help me to devote myself, and all that I do, to Your glory, and to the service of my neighbours. Amen.

### **For All Souls**

Eternal rest grant unto them, O Lord,  
and let perpetual light shine upon them.

May the souls  
of all the faithful departed,  
through the mercy of God, rest in peace.  
Amen.

### **For Remembrance Day**

Heavenly Father, we lift up in prayer today our brothers and sisters who have gone before us, sacrificing their own lives for the protection and safety of others. We are grateful for their service.

May they inspire us to live selflessly in our own lives,  
as Christ calls us to do. In Jesus' name we pray.

Amen.

# **Seasonal Prayers**

## **Autumn 2**

### **For Christ the King**

Lord Jesus,  
You alone are King of all the universe.  
May all we do, be for the creation of your Kingdom  
and the glory of Your name.  
Amen

### **For Advent**

God of trust, help us this Advent to be like Joseph,  
the fiancé of the Virgin Mary who stood by her through thick  
and thin, and became the earthly Father of your Son Jesus Christ.  
Give us the courage to stick by those we love and to  
help them when they most need support. Amen.

God of life, help us to be like Mary this Advent, who said yes  
to God even though it would change her life for ever.  
When the angel visited her she said yes to the challenge with  
an open and loving heart. May we always have the courage  
to respond to your challenges and calls. May we never  
miss a chance to bring your love to others. Amen.

### **For Christmas**

Loving and kind God, at this time when joy and hope are all  
around us, help us not to miss the point of Christmas. Help us to love  
those around us, to celebrate and to laugh. But help us to remember,  
God, that the laughter, the joy and the celebration mean nothing  
without the one who gave those things to us. Amen.



# Seasonal Prayers

## Spring 1

### For Epiphany - 6th January

O God, by the leading of a star you manifested your only Son to the peoples of the earth: Lead us, who know you now by faith, to your presence, where we may see your glory face to face; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

### For Holocaust Memorial Day – 27th January

Loving God, we come to you with heavy hearts, remembering the six million Jewish souls murdered during the Holocaust. In the horrors of that history, when so many groups were targeted because of their identity, and in genocides which followed, we recognise destructive prejudices that drive people apart. Forgive us when we give space to fear, negativity and hatred of others, simply because they are different from us. In the light of God, we see everyone as equally precious manifestations of the Divine, and can know the courage to face the darkness. Through our prayers and actions, help us to stand together with those who are suffering, so that light may banish all darkness, love will prevail over hate and good will triumph over evil.  
Amen



# **Seasonal Prayers**

## **Spring 1**

### **For Lent**

God of sacrifice,  
You went into the desert for forty days and forty nights. You fasted, you prayed, and you overcame challenges. You made sacrifices so that we could have the very best of you. Help us to make small sacrifices this Lent so that others can have the very best of us.  
Help us to put others first. Help us to be prepared to forego what we like and want. Help us to be prepared to go without, so that others can know that love is alive in the world.  
Amen.

### **For the Feast of St Joseph**

Hail, Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.  
To you, God entrusted his only Son;  
in you, Mary placed her trust;  
with you, Christ became man.

Blessed Joseph, to us too,  
show yourself a father  
and guide us in the path of life.  
Obtain for us grace, mercy and courage,  
and defend us from every evil. Amen.

### **For the Feast of the Annunciation**

Lord, You sent Good News with an angel – news of your presence in the world. May we always see the Good News of your presence in our lives. Amen.

# Seasonal Prayers

## Spring 1

### For Holy Week

Lord of all sacrifice,

In Holy Week we give thanks for all you offered for us.

For the gift of the Eucharist in which we are close to you today.

For the gift of your suffering which you willingly endured for our sake.

For your selfless death on the cross which freed us from sin and death.

You are our saviour and redeemer.

Amen.

### For Easter

There are times, God, when I feel that all hope is lost. I feel lost, lonely or alone. It's at those times that I need your help the most.

But, I suppose that's what Easter is for, isn't it? After your Son died on the cross, everything seemed lost and hopeless, but you had other ideas! During this Easter when we remember your Son's resurrection from the dead, help us to remember that even the most broken situations can be healed by your power and love.

Amen.

In this season of great joy when the impossible became possible, we ask you, Father, to bless all that we do today.

Give us the strength today to remember that with you by our side great things can happen.

Amen.

# **Seasonal Prayers**

## **Summer**

### **For The Feast of the Ascension**

Lord Jesus in Heaven,  
In your last message to your Apostles you  
told them to spread your word.  
Help us to live out this mission in our lives.  
As you trusted the Apostles when you ascended to heaven  
Help us to be trustworthy followers to continue your great word.  
Amen

### **For the Feast of Pentecost**

Come Holy Spirit, fill the hearts of your faithful and kindle in them  
the fire of your love. Send forth your Spirit and they shall be created.  
And You shall renew the face of the Earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the  
faithful, grant that by the same Holy Spirit we may be truly wise and  
ever enjoy His consolations, Through Christ Our Lord, Amen.

### **For the Feast of the Holy Trinity**

One God, three Persons, Triune Unity, be near me in the temple  
of my soul. Draw me to share in your life and love.  
and rejoice in loving you for all eternity. Amen

# **Seasonal Prayers**

## **Summer**

### **For the Feast of Corpus Christi**

Almighty God, we thank you for feeding us with the body and blood of your Son Jesus Christ. Through him we offer you our souls and bodies to be a living sacrifice. Send us out in the power of your Spirit to live and work to your praise and glory. Amen.

### **For The Sacred Heart of Jesus**

In all my temptations, I place my trust in You, O Sacred Heart of Jesus.  
In all my weaknesses, I place my trust in You, O Sacred Heart of Jesus.  
In all my difficulties, I place my trust in You, O Sacred Heart of Jesus.  
In all my trials, I place my trust in You, O Sacred Heart of Jesus.  
In all my sorrows, I place my trust in You, O Sacred Heart of Jesus.  
In all my work, I place my trust in You, O Sacred Heart of Jesus.  
In every failure, I place my trust in You, O Sacred Heart of Jesus.  
In every discouragement, I place my trust in You, O Sacred Heart of Jesus.  
In life and in death, I place my trust in You, O Sacred Heart of Jesus.  
In time and in eternity, I place my trust in You, O Sacred Heart of Jesus.

### **For the Feast of Saints Peter and Paul**

Saints Peter and Paul,  
We thank you for your great example of loyalty and discipleship.  
When we falter may we be reminded of your dedication  
which led you both to a martyr's death.  
Amen.



# St Augustine House Prayer Booklet



**This section can be used when a group particularly wants to focus on St Augustine as part of their collective worship.**

**It can also be used by individual students who want to strengthen their relationship with God in the Chapel or at home or in another quiet space.**

St Augustine,

As your eyes and ears were opened to the reality of Jesus' presence, may we too find the Lord in our prayer and be filled with the truth of His love.

In our prayer, let us remember all those who are doubting or in despair, that they may be strong as you were strong.

We make this prayer in Jesus' name

AMEN





# St Augustine House



## Lectio Divina

St Augustine had a particular devotion to Holy Scripture, having spent time reflecting on the Bible when he first was called by God.

Lectio Divina is a brilliant way of using scripture to help you to pray and get closer to God.

You read a passage of scripture four times (maybe try the Gospel of the week). Each time you do something different as you read:

### **Lectio (Read)**

Read the passage through and as you do, pay attention to any words or phrases that stand out to you. Try to understand the meaning of the passage.

### **Meditatio (Meditate)**

Read the passage again and think about how it connects to your life. Imagine how it would feel to be present in the story. How would you feel? Why?

### **Contemplate**

Read the passage a fourth time and contemplate what God has brought to you through your reflection on his scripture. What have you learned about Him? What have you learned about yourself?

### **Oratio (Pray)**

Ask God to help you to understand what he wants the passage to show. Then read the passage again. Afterwards, thank Him for guiding you through his scripture.

# St Augustine House

## Prayers written by St Augustine

Breathe in me, O Holy Spirit, that my thoughts may all be holy.  
Act in me, O Holy Spirit, that my work, too, may be holy.  
Draw my heart, O Holy Spirit, that I love but what is holy.  
Strengthen me, O Holy Spirit, to defend all that is holy.  
Guard me, then, O Holy Spirit, that I always may be holy.  
Amen.

Watch, O Lord, with those who wake, or watch, or weep tonight,  
and give Your angels and saints charge over those who sleep.  
Tend Your sick ones, O Lord Christ.  
Rest Your weary ones.  
Bless Your dying ones.  
Soothe Your suffering ones.  
Pity Your afflicted ones.  
Shield Your joyous ones, and all for Your love's sake.  
Amen.

## Prayers written by Augustine House Students

Dear Lord, please help those who are sad and mourning.  
Please help them to see the beauty of life,  
and feel the strength of your love. Amen

Love and do what you will. If you keep silent, keep silent by love.  
If you speak, speak by love. If you correct, correct by love.  
If you pardon, pardon by love. Let love be rooted in you,  
and from the root nothing but good can grow. Amen

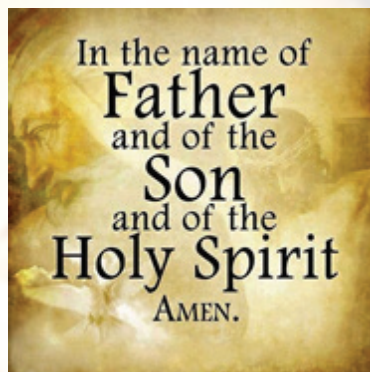
# St Augustine House

We pray for an end to terrorism, for peace where there is war, for healing where there is hurt, for food where there is hunger, for care for the environment, and respect for all human life. May God give us light to guide us, courage to support us, and light to guide us. Amen.

Dear God, help us to achieve all our goals this year, to set out to do something and complete it. Help us to be grateful for what we have and mindful of what others don't have. Help us to think of those who are less fortunate than us and help us to think of them when our lives get tough. Let us pray for those who have nobody to pray for them. Thank you for giving us people who care and friends and family who remind us how lucky we are. Amen



# St Benedict House Prayer Booklet



**This section can be used when a group particularly wants to focus on St Benedict as part of their collective worship.**

**It can also be used by individual students who want to strengthen their relationship with God in the Chapel or at home or in another quiet space.**

St Benedict,  
You created a community where all people are  
united through prayer and work.

May we be inspired by your example to live in  
community here at St Wilfrids'.

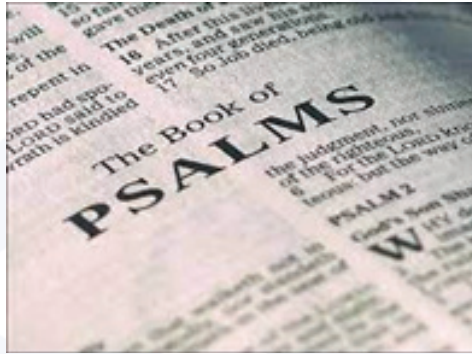
To work together to create a better world for all,  
and be united in praying for the world and all who live here.

AMEN





# St Benedict House



## Praying the Psalms

As part of the daily prayer a Benedictine monk will spend time praying the Liturgy of the Hours. Part of this is praying the Psalms which are prayers or songs from the Old Testament of the Bible.

Praying the Psalms would have been part of Jesus' prayer life in the Temple and continues to contribute to a rich prayer life in this day and age.

**Pick a Psalm** – maybe the Psalm of the day from Mass readings or just open the book wherever.

**BEFORE** – Ask God to be with you as you read the Psalm so that His inspiration will be with you.

**DURING** – Read the Psalm either in your head if you are praying independently OR out loud if you are leading group prayer. Read it slowly and focus on how the Psalm PRAISES God.

**AFTER** – Pick out one line from the Psalm and spend a couple of minutes just reflecting on that line – take it with you to help you throughout your day. Finish by praying the Glory Be and making the sign of the cross.

# **St Benedict House**

## **Prayers written by St Benedict**

Gracious and Holy Father,  
Give us the wisdom to discover You,  
The intelligence to understand You,  
The diligence to seek after You,  
The patience to wait for You,  
Eyes to behold You,  
A heart to meditate upon You,  
And a life to proclaim You,  
Through the power of the Spirit of Jesus, our Lord.  
Amen.

Gracious and Holy Father, give us the wisdom to discover You,  
the intelligence to understand You, the diligence to seek after You,  
the patience to wait for You, eyes to behold You,  
a heart to meditate upon You, and a life to proclaim You,  
through the power of the Spirit of Jesus, our Lord.  
Amen

## **Prayers written by Benedict House Students**

Father, we thank you for bringing us together as members of Benedict House. We ask you to bless each one of us in the coming year and to help us to grow in knowledge and love of you and of each other. May we, in the words of St. Benedict, become a 'House of the Lord's service' and use our many gifts and talents for the good of each other and to the glory of your name. We make this prayer with confidence through Christ our Lord. Amen.

My feelings for you cannot be put into words. I ask simply for your love.  
Your grace is unquestionable. You are my God. Amen



# St Benedict House

Dear Lord, we ask for your blessing upon us today to make sure we stay safe and calm. We pray for our family and friends. We also ask you to help the people who are having a hard time at the moment. Amen

Dear God, I come to school with a happy face, because I know that you'll be with me. I laugh, I cry, I fear, but I know you'll always be there for me. Amen.

Father, please help those in difficult situations, such as conflicts and disasters. Help us to make sense of life and death. Amen.



# Catherine House Prayer Booklet



**This section can be used when a group particularly wants to focus on Venerable Catherine McAuley as part of their collective worship.**

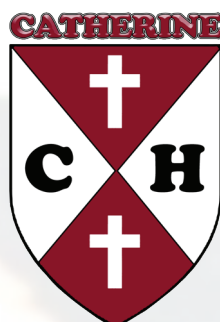
**It can also be used by individual students who want to strengthen their relationship with God in the Chapel or at home or in another quiet space.**

Venerable Catherine,  
You helped the most vulnerable in society and  
defended their right to security and health.

May we learn from your example to love our brothers  
and sisters who are most in need.

At this time when so many in society need so much,  
we prayer for those who are poor and sick.

AMEN



# Catherine House



## Stations of the Cross

Catherine McAuley spent a lot of time with those who were suffering. It is fitting, therefore, to reflect on those who are suffering as part of our focused worship along with her.

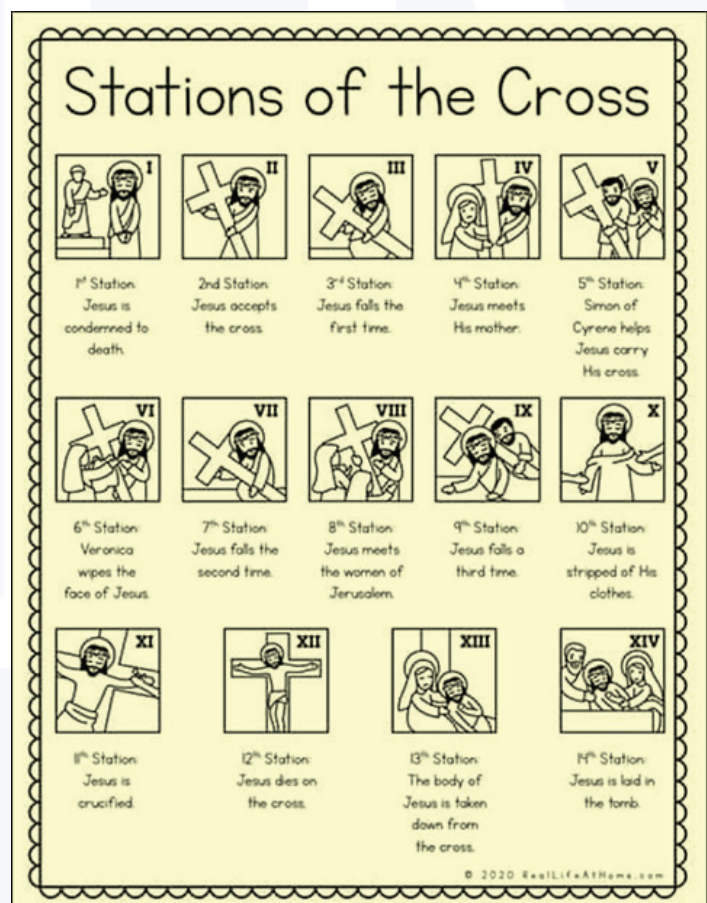
The Stations of the Cross remember when Jesus suffered. You can pray them in the chapel with the actual sculptures or in your tutor room using the images below.

At each station pause, reflect on what is happening and then offer a prayer for people in a similar situation.

You can then conclude with this prayer:

I love you Jesus, my love above all things. I am heartily sorry for having offended you. Never permit me to separate myself from you again.

Grant that I may love you always and then do with me whatever you will.  
Amen.



# **Catherine House**

## **Prayer written by Catherine McAuley**

My God, I am yours for time and eternity.  
Teach me to cast myself entirely  
into the arms of your loving providence with a lively,  
unlimited confidence in your compassionate, tender pity.  
Grant, O most merciful Redeemer,  
that whatever you ordain or permit may be acceptable to me.  
Take from my heart all painful anxiety;  
let nothing sadden me but sin,  
nothing delight me but the hope of coming to the possession  
of You my God and my all, in your everlasting kingdom.  
Amen.

## **Prayer used by the Sisters of Mercy**

Creator God, we thank you for all of creation. We ask your  
forgiveness where we have failed to be just stewards. And we  
now ask for your guidance in restoring the face of the earth.  
May we learn to live in harmony, safety and just sharing of  
resources among all so that we achieve the kingdom of God.

Peace be to this community. Peace be to this land.  
Peace be to all people.  
Amen.

## **Prayers written by Catherine House Students**

Dear Lord,  
You created me and them.  
You added a talent to me.  
You gave me a name.  
You gave me a personality; a gift, and I intend to use it.  
We're human. We are made for talent.  
Thank you. Amen.



# Catherine House

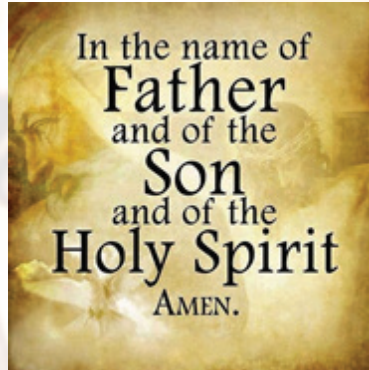
Dear God, every day we make a million choices and not all of them will be easy, so please help us make the right decisions. We know we won't always get it right, so please give us the strength to face the consequences. Amen

Dear God,

Please help us in our daily life, help us to be better students and give us patience and help us to help others who are in need. Please give us wisdom and love and help us to try our hardest in school work. Make sure we use our talents, and make sure that we feel your presence in us each day. Help us to live life to the fullest and bring us closer to you. Help us in our relationships with our friends and family and help us to open our hearts. Sometimes, we try to pretend everything is okay when it's not. And so, we ask you to help us with our lives and to bring us closer to you. Help our house to try our hardest and to put 100% into everything that we do. Help us to become one, together. Keep us safe. Amen



# St Dominic House Prayer Booklet



**This section can be used when a group particularly wants to focus on St Dominic as part of their collective worship.**

**It can also be used by individual students who want to strengthen their relationship with God in the Chapel or at home or in another quiet space.**

St Dominic,  
You committed yourself to serving God  
through poverty and humility.

Help us to follow your example through the  
way we serve God and others

May we start each day not thinking about our own selfish needs and  
desires but how we can serve others, particularly the poor.

AMEN





# St Dominic House

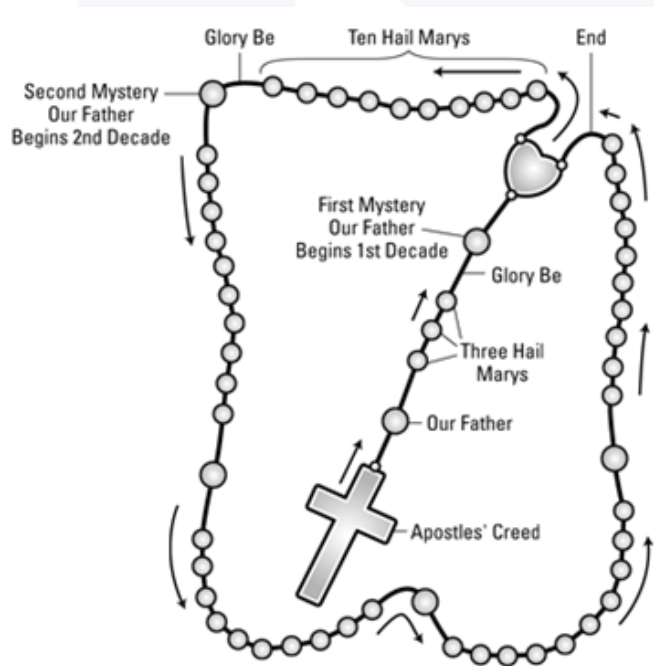
St Dominic had a particular dedication to the Virgin Mary and would often pray the Rosary as a way of being closer to her. You might have a rosary you can use – you can borrow one from the chapel. Or you can just use your fingers to count. Remember the Rosary is the set of prayers – not just the beads.

Depending on time you could pray one decade:

- 1 Our Father
- 10 Hail Marys
- 1 Glory Be

Or the whole rosary – which you can see in the diagram.

You can dedicate your prayers to one particular cause or concern such as peace or a particular person and reflect on one set of the mysteries – events in Jesus' /Mary's life.



Joyful Mysteries	Sorrowful Mysteries	Glorious Mysteries	Luminous Mysteries
Annunciation	Garden of Gethsemane	Resurrection	Baptism of Jesus
Visitation	Whipping of Jesus	Ascension	Miracle at Cana
Nativity	Crowning with Thorns	Descent of the Holy Spirit	Teaching about the Kingdom
Presentation in the Temple	Journey to Calvary	Assumption of Mary	Transfiguration
Finding of the child Jesus	Crucifixion	Crowning as Queen of Heaven	First Eucharist at the Last Supper

# St Dominic House

## Prayers written by Dominicans

Father and maker of all,  
You adorn all creation  
with splendour and beauty,  
and fashion human lives  
in Your image and likeness.

Awaken in every heart  
reverence for the work of Your hands,  
and renew among Your people  
a readiness to nurture and sustain  
Your precious gift of life.  
Grant this through our Lord  
Jesus Christ, your Son,  
who lives and reigns with you in  
the unity of the Holy Spirit, one  
God, forever and ever.  
Amen

God of Truth  
You gave Your church a new light in the life  
and preaching of our Father Dominic.  
Give us the help we need to support our preaching  
by holy and simple lives.  
We ask this through Jesus Christ.  
Amen.

May God the Father, who made us, bless us.  
May God the Son, who redeemed us, send healing into  
our midst. May God the Holy Spirit, who gives us life, move within us.  
Amen

# St Dominic House

## Prayers written by Dominic House Students

Dear God,

We pray for those in need. Please help us to be like St. Dominic who gave his belongings for the needy. We thank you too for giving us a good education. Please help everybody to have the same opportunities.

Amen.

Dear Lord,

I pray for all those who are suffering from terminal diseases.

I ask that you be with them always and welcome them into the Kingdom of God. I pray that they may feel no more pain and that you will send your love and support to their families.

I pray for all those children who died too young, that you will guard them in heaven and help their families to always love and remember them dearly. Thank you, Lord.

Amen.

Dear Lord,

Thank you for everything you have given me and everything I have. I know sometimes I do not appreciate it as much as I should, but I will try harder. I know that there are people in poverty that are much less fortunate than I. Please bless them and send them your guidance because they need it more than me.

Amen.



# St Edith House Prayer Booklet



**This section can be used when a group particularly wants to focus on St Edith Stein as part of their collective worship.**

**It can also be used by individual students who want to strengthen their relationship with God in the Chapel or at home or in another quiet space.**

St Edith,  
You made the ultimate sacrifice rather than leave  
your Jewish brothers and sisters alone in their fate.

Help us to fight for justice, peace and equality in our world.  
Through our prayers and actions, may we bring about a world where  
all are treated as equals as we are made in the image of God.

AMEN





# St Edith House

Eucharistic Adoration is one of the simplest ways to worship Jesus but also, fundamentally, one that brings us closest to him spiritually and physically.

Eucharistic Adoration involves people sitting, kneeling, standing or just being in the presence of the consecrated bread – that is the bread that has become the body, blood, soul and divinity of Jesus.



In our school this bread is always in the tabernacle so you could go to the chapel and be there.

Or you could ask Mrs Franke to set up the bread in a monstrance so you can view it as you adore.

Or thirdly you could access a livestream of Eucharistic Adoration such as this one:



Put yourself in a situation where you are comfortable but also aware of your surroundings – maybe kneeling. And then just allow yourself to be in the presence of Jesus.  
You might want to prayer – or just to be.



Here is a fantastic quote about Eucharistic Adoration from St John Vianney:

**“I look at Him  
And He looks at me...”**



# St Edith House

## Prayers written by St Edith

O Prince of Peace, to all who receive You, Your bright light and peace. Help me to live in daily contact with You, listening to the words You have spoken and obeying them. O Divine Child, I place my hands in Yours; I shall follow You. Oh, let Your divine life flow into me.

I will go unto the altar of God. It is not myself and my tiny little affairs that matter here, but the great sacrifice of atonement. I surrender myself entirely to Your divine will, O Lord. Make my heart grow greater and wider, out of itself into the Divine Life.

O my God, fill my soul with holy joy, courage and strength to serve You. Enkindle Your love in me and then walk with me along the next stretch of road before me. I do not see very far ahead, but when I have arrived where the horizon now closes down, a new prospect will open before me and I shall meet with peace.

How wondrous are the marvels of your love, we are amazed, we stammer and grow dumb, for word and spirit fail us.  
Amen

## Prayers written by Edith House Students

Lord,  
Your servant, Edith Stein said 'One cannot desire freedom from the cross, especially when one is chosen for the cross.  
So be it.

Show us the cross you set for us to carry and help us to hear the call of Jesus and take the burden of our Lord  
Amen.

# St Edith House

Dear Lord,

Please help children who are in need and can't access the resources of children who have more wealth. Thank you for the education we receive in this school.

Amen

Dear Lord.

Let us have a brilliant mind as St Edith once did and also give us her courage and bravery to help and support others. Help those who are homeless; in hardship, suffering abuse, families in crisis and those in need.

Amen.

We pray for all children, especially those who seek the help of the Catholic Children's Society - Please help them all to fulfil their potential.

As St Edith helped children, may we also do what we can to help.

Amen.



# St Francis House Prayer Booklet



**This section can be used when a group particularly wants to focus on St Francis as part of their collective worship.**

**It can also be used by individual students who want to strengthen their relationship with God in the Chapel or at home or in another quiet space.**

St Francis,  
You saw the beauty in a simple life which was not about  
possessions but about love of God and neighbour.

You were called to build the Church in humility and in grace.

Guide us to a simpler life which will protect the  
environment and help the poor.

AMEN



# St Francis House

## Meditative Prayer

Calm, focused and totally personal – many people find meditative prayer a fantastic way to connect with God and to feel closer to Him.

You can meditate in many different ways. You could repeat one word or phrase in your mind calling on God.

One popular phrase is: **Come Lord Jesus.**



St Francis of Assisi wrote a prayer which many people like to pray. It provides a great focus for meditative prayer.

Try picking one line of the prayer and then repeating it like a mantra in your mind. You can focus on your breathing too and breathe with it. Breathe in for two beats and then out for four while repeating the line in your head or out loud.

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.

For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.

Amen.



# St Francis House

## Prayers written by St Francis

O Most High, all-powerful, good Lord God,  
to you belong praise, glory, honour and all blessing.

Be praised, my Lord, for all Your creation  
and especially for our Brother Sun,  
who brings us the day and the light;  
he is strong and shines magnificently.

O Lord, we think of You when we look at him.

Be praised, my Lord, for Sister Moon,  
and for the stars which You have set shining and lovely  
in the heavens.

Be praised, my Lord,  
for our Brothers Wind and Air  
and every kind of weather by which You, Lord,  
uphold life in all your creatures.

Be praised, my Lord, for Sister Water, who is very useful to us,  
and humble and precious and pure.

Be praised, my Lord, for Brother Fire,  
through whom You give us light in the darkness:  
he is bright and lively and strong.

Be praised, my Lord, for Sister Earth, our Mother,  
who nourishes us and sustains us, bringing forth  
fruits and vegetables of many kinds  
and flowers of many colours.

Be praised, my Lord,  
for those who forgive for love of You;  
and for those who bear sickness and weakness  
in peace and patience - you will grant them a crown.

Be praised, my Lord, for our Sister Death,  
whom we must all face.

I praise and bless you, Lord, and I give thanks to You,  
and I will serve You in all humility.

St Francis famous prayer for peace is also on the previous page.



# St Francis House

## Prayers written by Francis House Students

Jesus, help us to open our minds before our mouths.  
Help us to accept that despite what we look like, dress like or think about, we are all human beings who should be treated with respect.  
Help those who society turns their backs on for whatever reason.  
Help them find people who care about them. Amen.

For those who are struggling to find food, we hope they find a feast. For those you struggle to stay warm at night, because they are homeless, we hope they find a palace.  
For those you struggle to cope with life, we hope they find peace.  
And for those who struggle to love and forgive  
me hope that they find God.

Loving Father, You are the fruit of the womb, the pip of the apple, the seed from which my plant grows.  
Your love is everlasting. We thank you for the lovely things you appear to us in: people, objects, plants, animals.  
Even some food! But ultimately you appear to us in our heart, soul, mind and strength. And so we say Thank You! Amen.

St. Francis, help us through the day.  
St. Francis, help us through the night.  
St. Francis, help us through the week.  
St. Francis, help us through our lives.  
Amen



# **Prayers for Special Occasions**

## **Prayer for Assemblies**

God our Father,

We thank You for bringing us here today and we ask  
You to remain with us. All of us gathered here will be thinking  
about different things at the moment. Some of us will be happy,  
some of us will be sad, some of us will be stressed and some of us will  
be excited. Take whatever is positive in us, Lord, and help it to spread.

Take whatever is vulnerable and weak in us,  
and heal it with your loving care. Help us to realise  
that you will walk beside us wherever we go.

Amen.

## **Prayer for Sporting Events**

Father in Heaven,

We ask Your blessing on the game we are about to play.  
Give each one of us the courage to play the game in a manner,  
which by our words and our actions, is pleasing to You.  
Let us enter into the competition in a spirit of sportsmanship  
and with respect for members of the opposing team.

Amen

## **Prayer for when someone has died**

Eternal Rest grant unto them O Lord.  
And let perpetual light shine upon them.  
May they rest in peace.

Amen

# **Prayers for Special Occasions**

## **Prayer for when someone is grieving**

God of our hearts,

You are with us in joy and celebration. You are with us when we see beauty, and with us when we find love. Help us to remember that you are also with us in the sad times. Even when you seem distant and all hope seems pointless, it's in those times that you hold us even more tightly than ever.

We pray for N. today and for all those who she/he loves. Be with them in their sadness and strengthen their hearts. Let them remember with joy the one they have lost. Let them find comfort, peace, support and understanding. Let them find your loving heart in the middle of these troubled times.

Amen.

## **Prayer for exams**

God of peace,

We ask you to enter into our lives with Your presence of love and reassurance. Take our anxiety and replace it with confidence and peace. Help us to be attentive to what we need to do and ready for what we might face. But help us to do so in the peace of Your spirit, knowing as we do that you know what's right for us, and that You always lead us to where we are meant to be,

Amen.

God of life,

Look upon everything that we do and, if it is your will, let us make a success of it. Help us to never be boastful or arrogant, and help us to always appreciate what we have. Look kindly on the efforts that we make and the work we put in. Bring it to perfection and grant us all the success we deserve.

Amen.

# **Prayers for Special Occasions**

## **Prayer for when someone is sick**

God of love,  
Be with those who are suffering due to sickness of body and of mind.  
Visit them with your love and compassion.  
Amen

## **Prayer for trips out of school**

Lord Jesus,  
We thank you for this opportunity to learn something  
new on this trip away from school.  
May we be safe on our travels and may we learn  
new things and enjoy new experiences.  
Help us to model excellent behaviour so that  
others may see us in the best light.  
We make this prayer through Christ our Lord  
Amen

## **Prayer for the end of a term or half term**

As we leave this place  
may the Living Lord go with us;  
May he go behind us, to encourage us,  
beside us, to befriend us,  
above us, to watch over us,  
beneath us, to lift us from our sorrows,  
within us, to give us the gifts of faith, hope, and love,  
and always before us, to show us the way.  
Amen



**In the name of Father**

**and of the Son**

**and of the Holy Spirit**

**Amen**