

Over to  
you!



## The Ascension of the Lord (Matthew 28:16-20)

At that time: The eleven disciples went to Galilee, to the mountain to which Jesus had directed them. And when they saw him they worshipped him, but some doubted. And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.'



**This is the Gospel of the Lord**

# Prayer One

## The Sign of the Cross

Let us remember that everything we do is  
In the name of the Father, and of  
the Son, and of the Holy Spirit. Amen

*Reflection: This Thursday we celebrated  
the feast of the Ascension, when Jesus left  
the earth to return to his Father in Heaven.*

**The Ascension of Jesus was a key moment in the history of Christianity.**

**Jesus came to earth, born of the virgin, he lived with us, he taught us, he healed us, he taught us how to love, he suffered for us, he died for us and then he rose again.**

**..And then, he just sort of left...**

**When parents teach their children to ride a bike, there comes a point where they have to stop holding on to them and let them go. It's not about abandoning them, but rather about letting them get on with it and letting them achieve something independently.**

**Jesus ascended to the Father with a promise that he would always be with us and a promise that he would return.**

**He didn't abandon us, but he wanted to show us that he trusted us to get on with things without him holding onto us so tightly.**



# **Final Prayer:**

**Loving Father,**

**You are not with us in the same way anymore, but you are still walking with us every single day. Help us to live in your love every day of our lives and help us to remember when we can't that you are there to hold us up.**

**In the name of the Father and of the Son...**

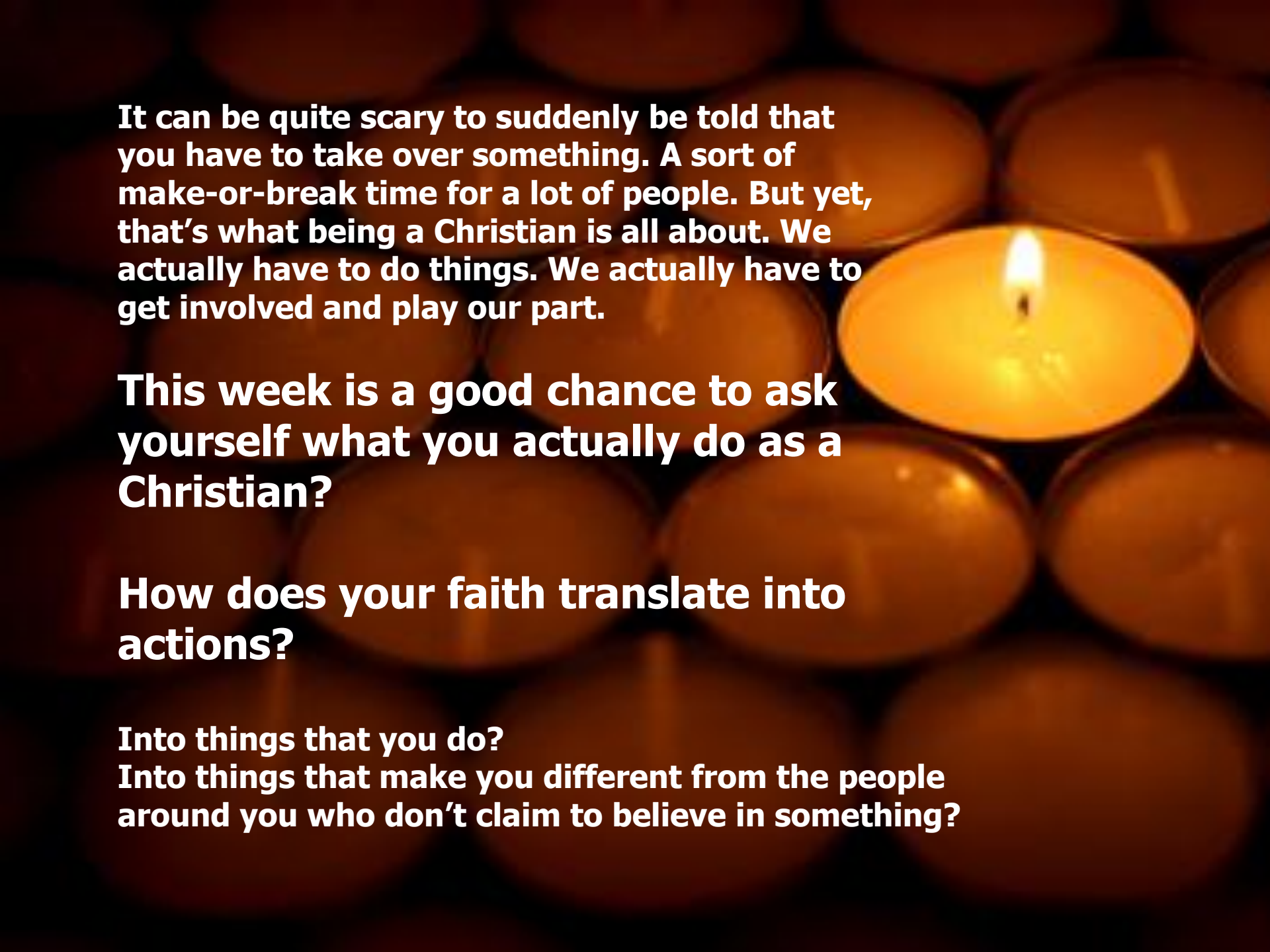
# Prayer Two

## The Sign of the Cross

Let us remember that everything we do is  
In the name of the Father, and of  
the Son, and of the Holy Spirit. Amen

### *Reflection:*

*The ascension was an important moment for the Church, because with Jesus' return to heaven, it was the Church that had to carry on his work on earth.*



**It can be quite scary to suddenly be told that you have to take over something. A sort of make-or-break time for a lot of people. But yet, that's what being a Christian is all about. We actually have to do things. We actually have to get involved and play our part.**

**This week is a good chance to ask yourself what you actually do as a Christian?**

**How does your faith translate into actions?**

**Into things that you do?  
Into things that make you different from the people around you who don't claim to believe in something?**



**Final Prayer:**

**LOVING FATHER...**

**May we always be people who don't just talk about what we believe with our words, but who actually live those beliefs out by our actions and choices. In all things, may we be a force for good.**

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

# Prayer Three

## The Sign of the Cross

**Let us remember that everything we do is  
In the name of the Father, and of  
the Son, and of the Holy Spirit. Amen**

***Reflection: The Ascension, in some ways, is  
about moving on, and it's interesting that it  
should fall at this time of year, because as a  
school we are saying "Goodbye" to our Year  
11 and Year 13 students at this time of year***



**This week, you are invited to make some time to pray for those who have just started their exams.**

**Pray for their well being and success.**

**Pray that they have happy lives and that they make a difference to the world around them.**



# **Final Prayer**

**LOVING FATHER...**

**Watch over the students who have just left us. We ask that you 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 their exams.**

**Keep them always in your love, keep them safe and happy, and help them to make their mark on the world around in a positive way.**

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**



# Final Thought...



***Next week: Glory***