

# Daily Prayers

Monday 26<sup>th</sup> January

3<sup>rd</sup> WEEK IN ORDINARY TIME

**Prayer Theme this week – RIGHTS AND RESPONSIBILITY- ENCOUNTER**

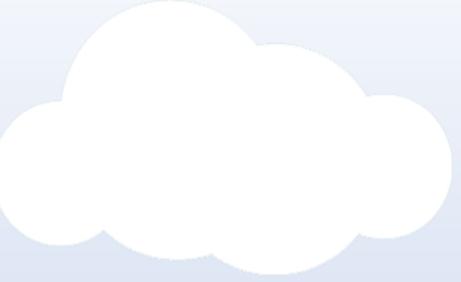
CST Theme:  
PREFERENTIAL OPTION  
FOR THE POOR.



In the name of the Father, and the Son and the Holy Spirit...



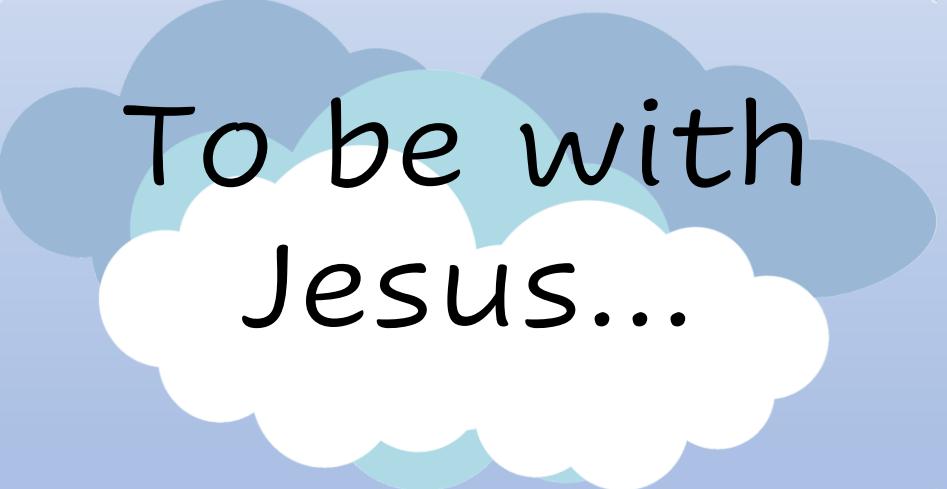
“For the body is not one member, but many.”  
(1 Corinthians 12:14)



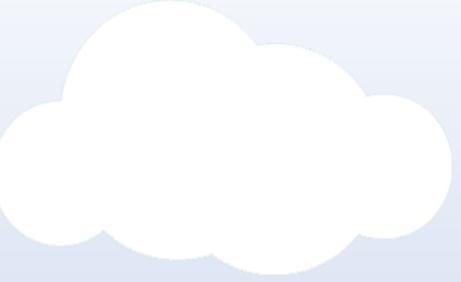
Be Still...



Calm your  
mind...



To be with  
Jesus...



Take time...

# Word for the Week

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## The Gospel – Matthew 4:12-17

When Jesus heard that John had been arrested, he withdrew to Galilee.

He left Nazareth and went to live in Capernaum by the sea, in the region of Zebulun and Naphtali, that what had been said through Isaiah the prophet might be fulfilled:

*Land of Zebulun and land of Naphtali, the way to the sea, beyond the Jordan, Galilee of the Gentiles, the people who sit in darkness have seen a great light, on those dwelling in a land overshadowed by death, light has arisen.*

From that time on, Jesus began to preach and say, “Repent, for the kingdom of heaven is at hand.”

As he was walking by the Sea of Galilee, he saw two brothers, Simon who is called Peter, and his brother Andrew, casting a net into the sea; they were fishermen. He said to them, “Come after me, and I will make you fishers of men.” At once they left their nets and followed him.



## Understanding the Gospel:

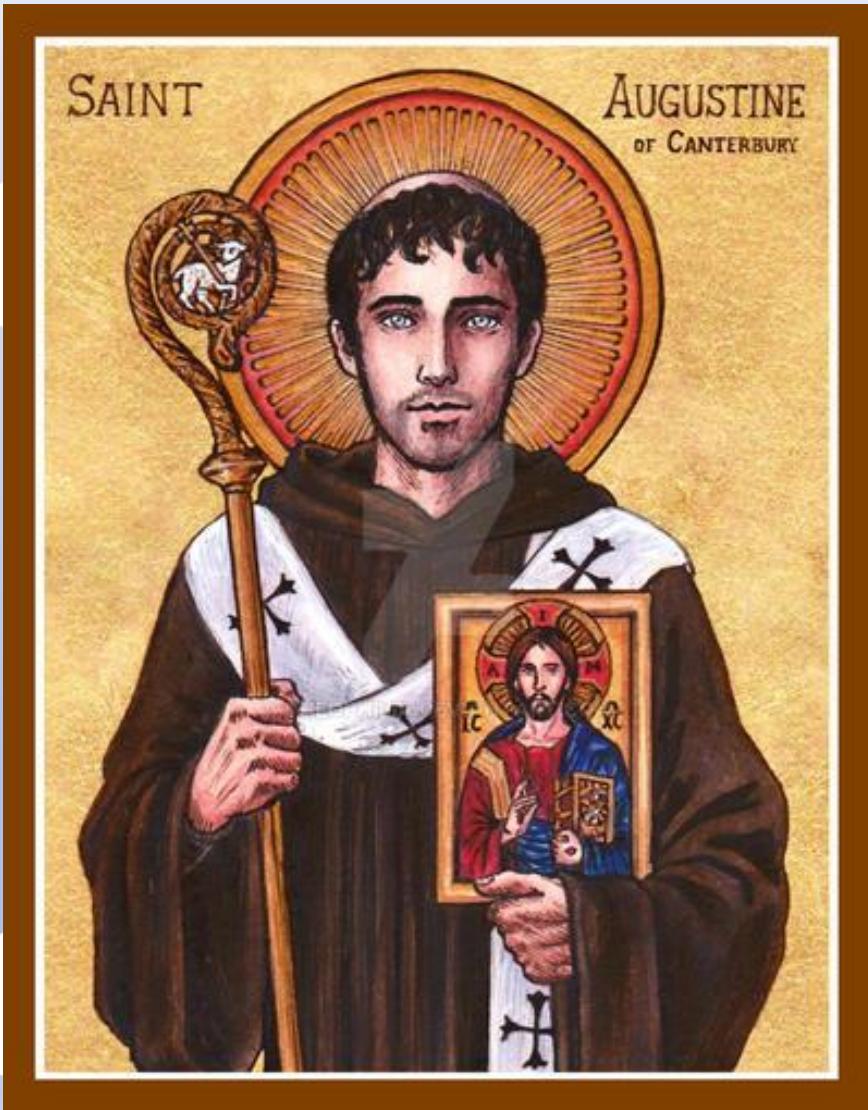
This Sunday in the Gospel Jesus begins preaching and calling his first followers- simple fishermen called to follow Him and spread the Good News. This reminds us that God doesn't choose us based on our skills or status but on our willingness to serve. He brings light to Galilee, a place people often forgot. He tells the fishermen to turn their lives around and follow him. His message is simple but clear: the kingdom of heaven is close.

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## Let us pray...

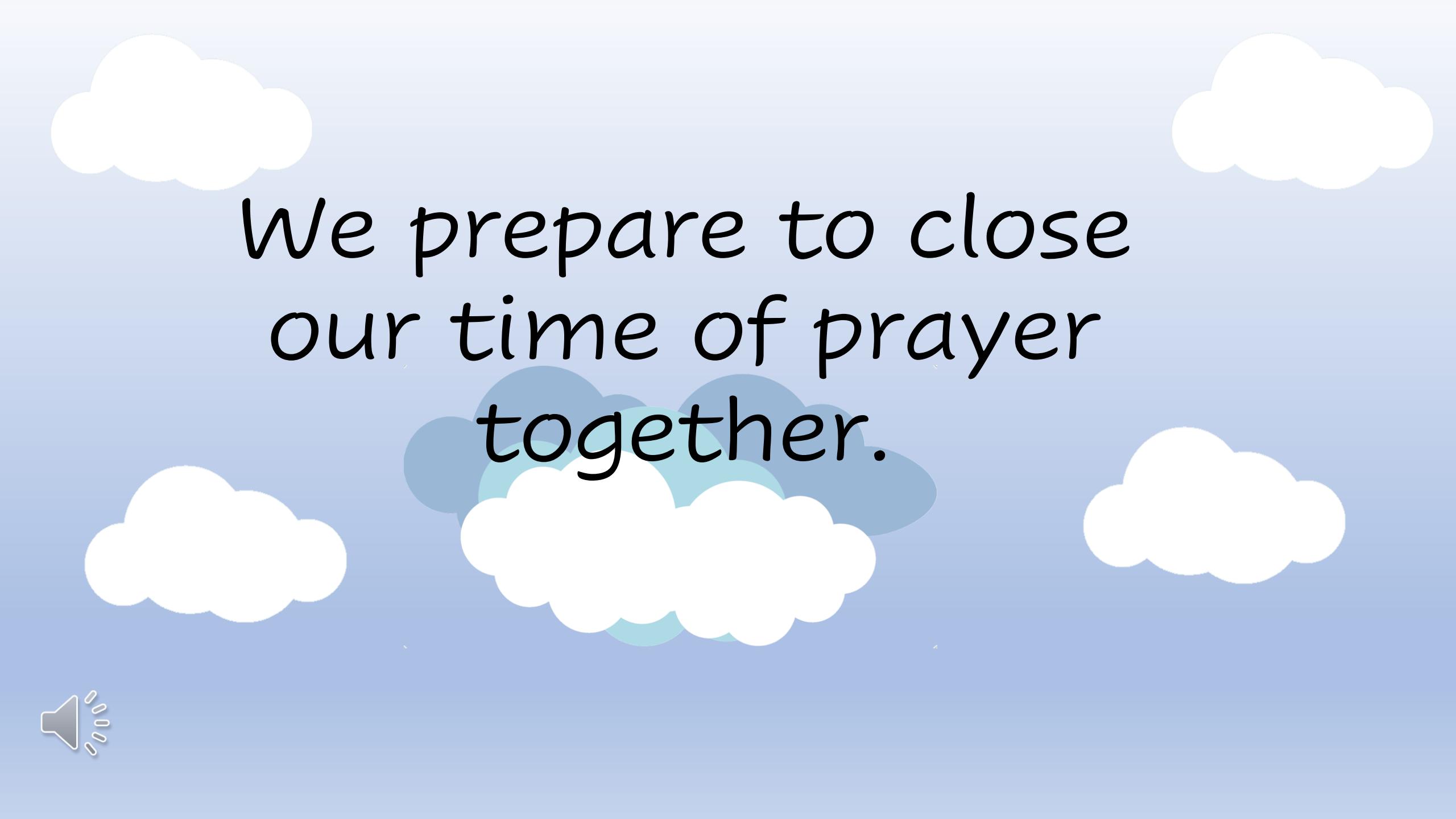


I wonder... where will  
we encounter Jesus  
and see his light  
today?

Almighty God,  
by the preaching of St  
Augustine of Canterbury,  
you led the people of  
England to the gospel.  
Grant, we pray, the grace to  
love and serve through  
Christ.

In imitation of our great  
patron, may we do so in a  
spirit of love, respect, service,  
joy, and responsibility.  
Amen

St. Augustine, pray for us.  
St Cuthbert, pray for us.



We prepare to close  
our time of prayer  
together.



We close our time of  
Jesus. help us to  
prayers with the sign of  
take this peace  
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In this name of the  
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12.40pm - B3

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- Mr Edwards  
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Divina**  
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CST Theme

*Preferential  
Option for the Poor*

Feast days this week:

Year of St Francis

This year Pope Leo XIV has announced that we will spend this year in prayer reflecting on Saint Francis. St Francis lived in poverty and showed us how to be compassionate to all. This year is a chance for us to rekindle our faith and strengthen our relationship with God.

Pope Leo said 'This year is not a spiritual shortcut, but an encounter with God'

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Tuesday 27<sup>th</sup> January

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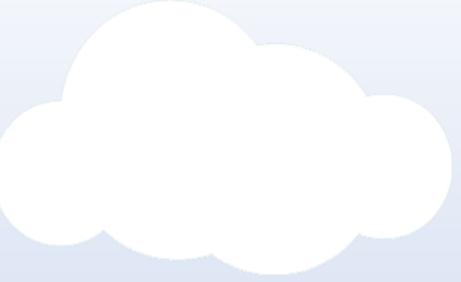


In the name of the Father, and the Son and the Holy Spirit...



"For the body is not one member, but many."  
(1 Corinthians 12:14)

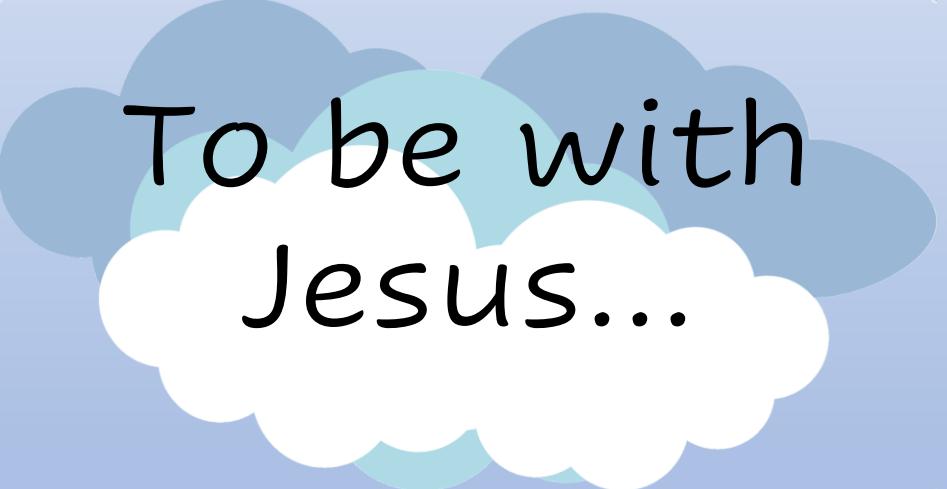




Be Still...



Calm your  
mind...



To be with  
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Take time...

# Seasons Tuesday

Tuesday 27<sup>th</sup> January

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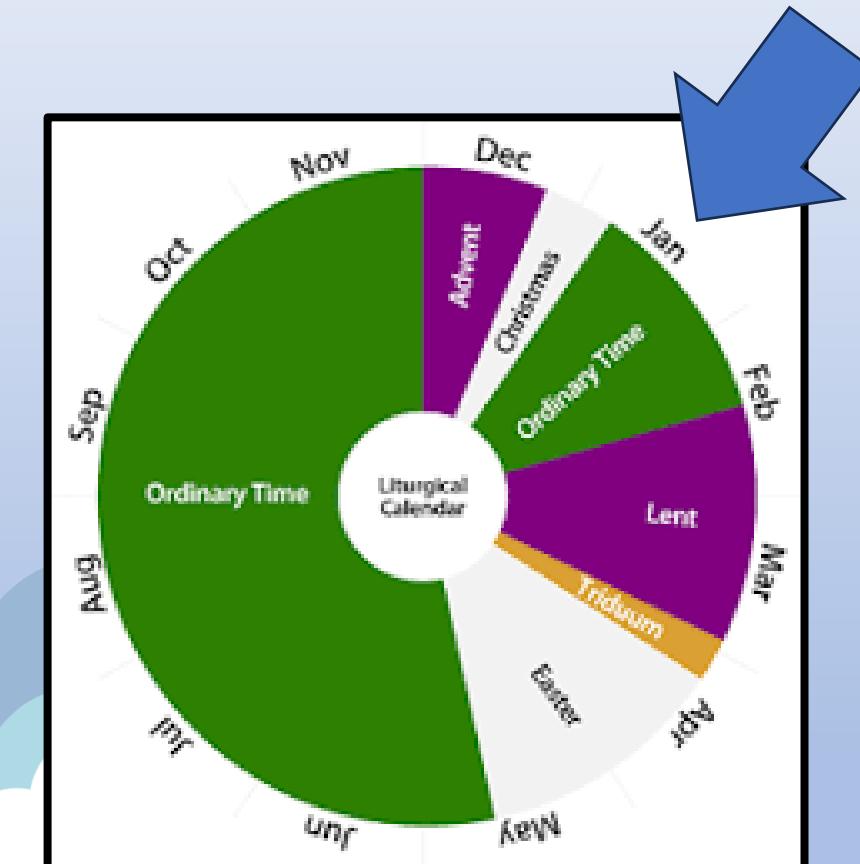
We are now back in Ordinary Time, the time in between the great seasons and celebrations of the Church year.

It is a time in between; a time when we can explore the rhythm of our faith, the meaning of prayer in our life, the teachings of Jesus and what his example of love means in our daily life.

It is a time to reflect, to ponder and to learn in the peace and silence of the time in between.

There is nothing ordinary about Ordinary Time!

I wonder how will you grow in faith in this season of green?



Let us pray...

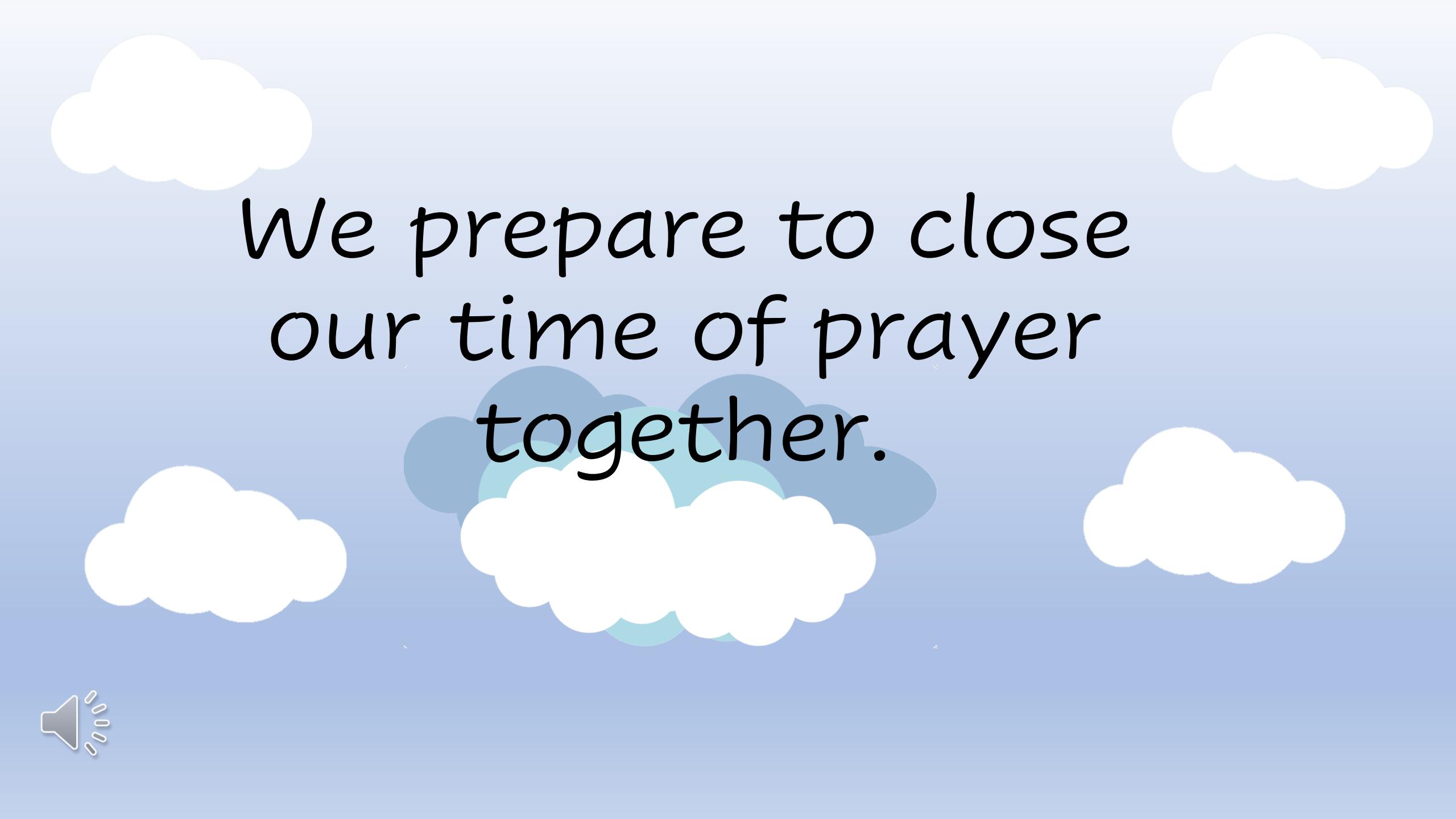


Lord Jesus,  
Son of God and Light of the World,

Remind us to look for your light,  
especially when life is difficult and the world seems so very dark.

Walk beside me each new day,  
Lord Jesus, this I pray.  
Amen.

St Augustine. pray for us  
St Cuthbert, pray for us.



We prepare to close  
our time of prayer  
together.

We close our time of  
prayer with the sign of  
the cross. Help us to  
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Wednesday 28th January  
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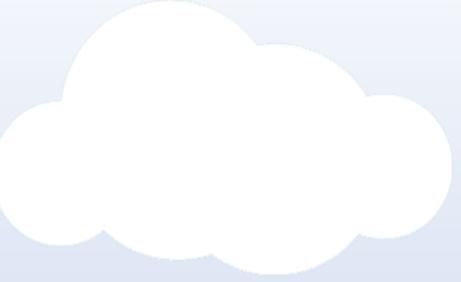
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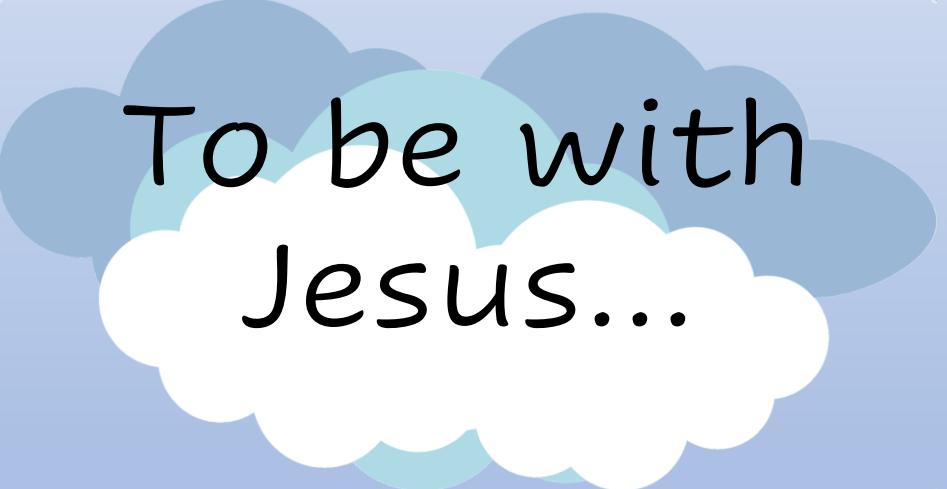




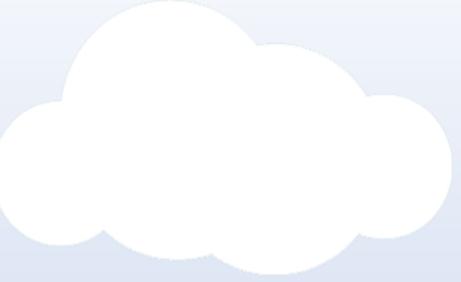
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# CST Wednesday

Wednesday 28<sup>th</sup> January

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This half term our Catholic Social Teaching focus is -

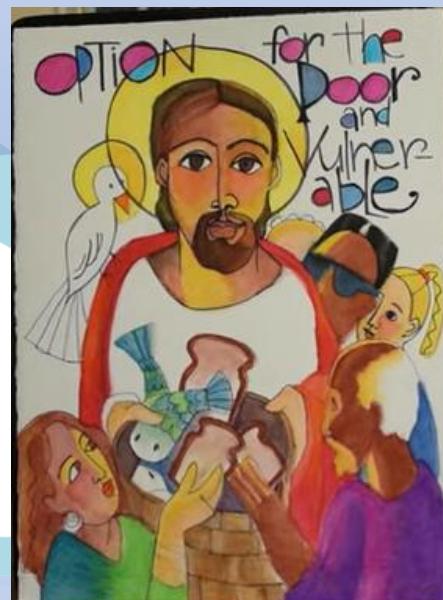
## **Preferential Option for the Poor.**

- John the Baptist was looking – he was perceptive and open - he saw Jesus coming toward him and perceived something in him.
- **Read slowly and reflect** - ask yourself -
- What do I see in Jesus...?
- Where and in whom do I notice Jesus coming toward me...?
- In what places and circumstances... in what kinds of people...?
- What does it really mean to see someone...?
- **‘Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.’**      *Matthew 25:40*

**Let us pray...**



**I wonder where we will encounter Jesus today...**



**O Jesus,**

**Open our eyes so we see You in those we meet today.**

**Open our ears to hear your voice in the words of others.**

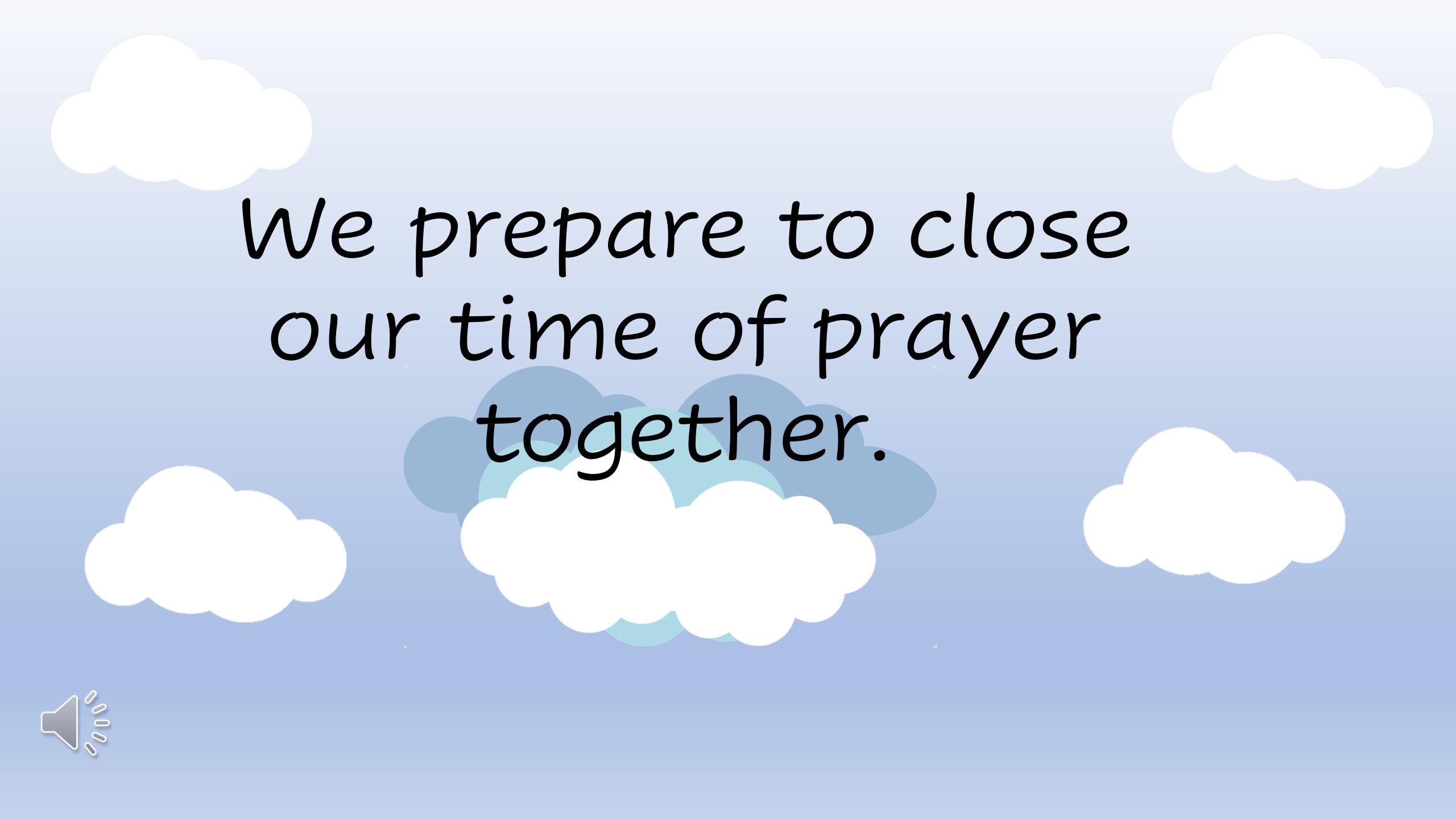
**Open our lips to speak in your way with love, compassion and kindness.**

**Open our hearts to love one another as you have invited us to do.**

**Jesus, let us be open to encounter You today.**

**Amen.**

St Augustine, pray for us.  
St Cuthbert, pray for us.



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our time of prayer  
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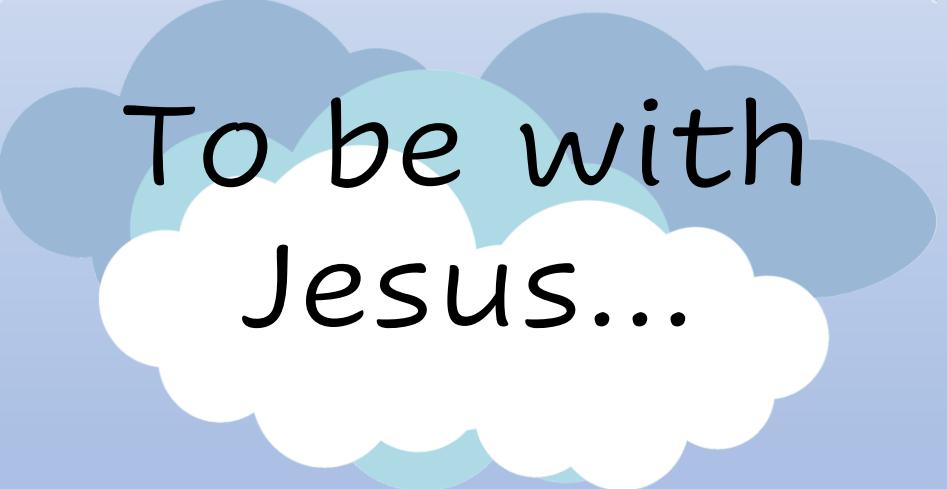




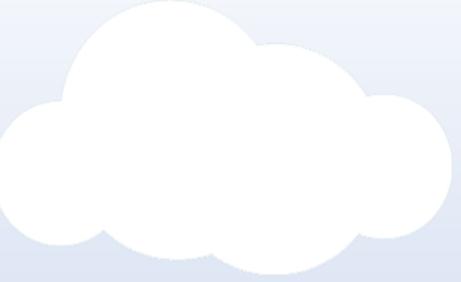
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# Scripture Thursday

Thursday 29<sup>th</sup> January

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## Scripture of the Week:

Read the scripture →

- Take a moment to let these words from this week's gospel enter your heart...

Read the scripture →

- I wonder what God is saying to you through these words?

Read the scripture →

- I wonder which word you will take with you today?

*...the people dwelling in darkness have seen a great light ...*

**Matthew 4:16**



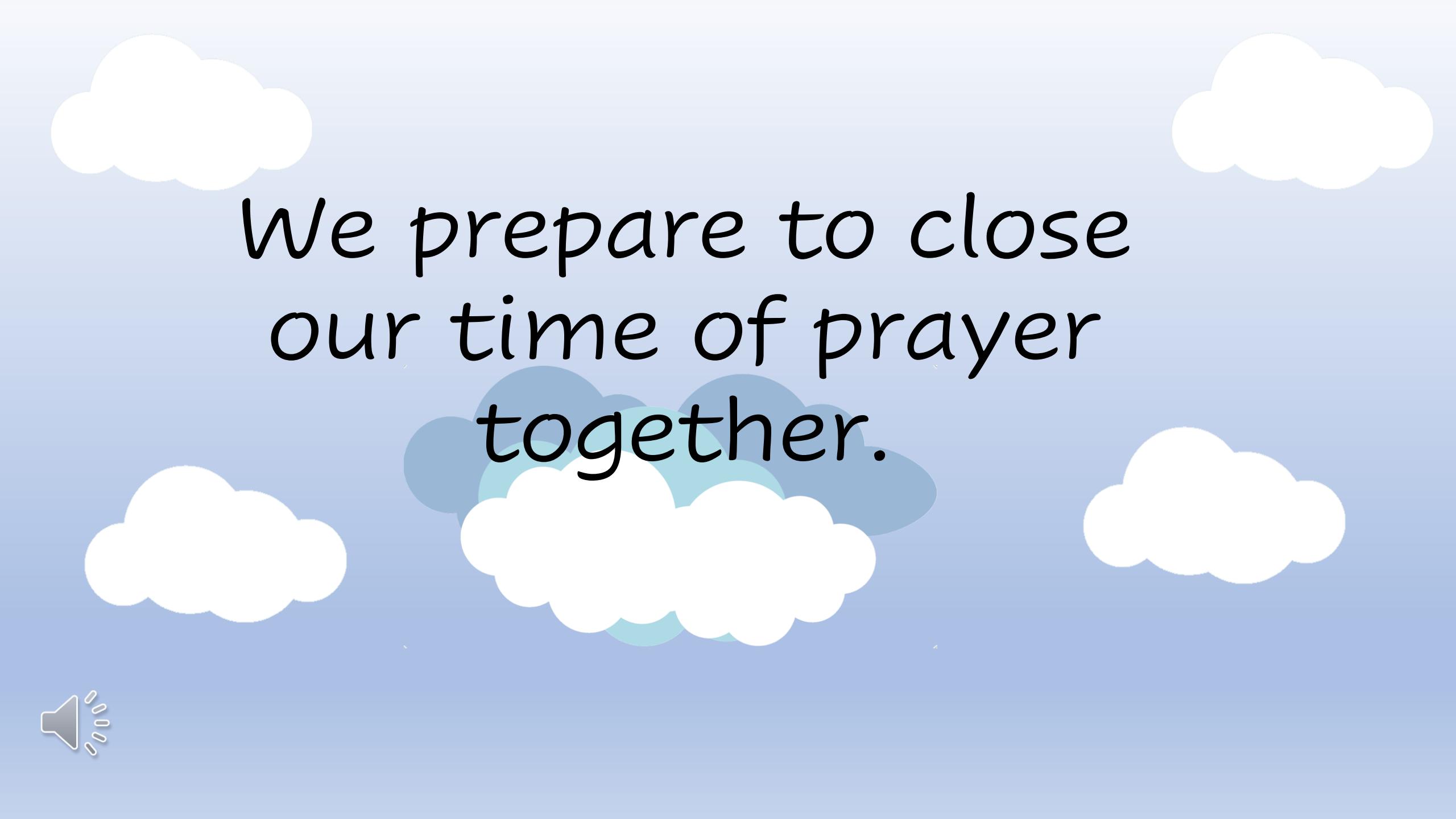
**Let us pray...**



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.

St Augustine, **pray for us.**  
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our time of prayer  
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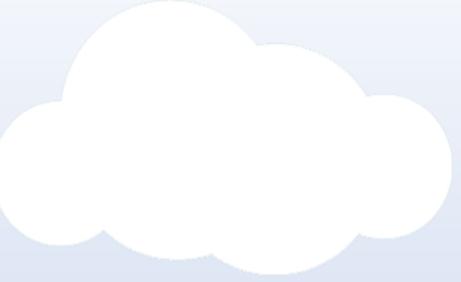


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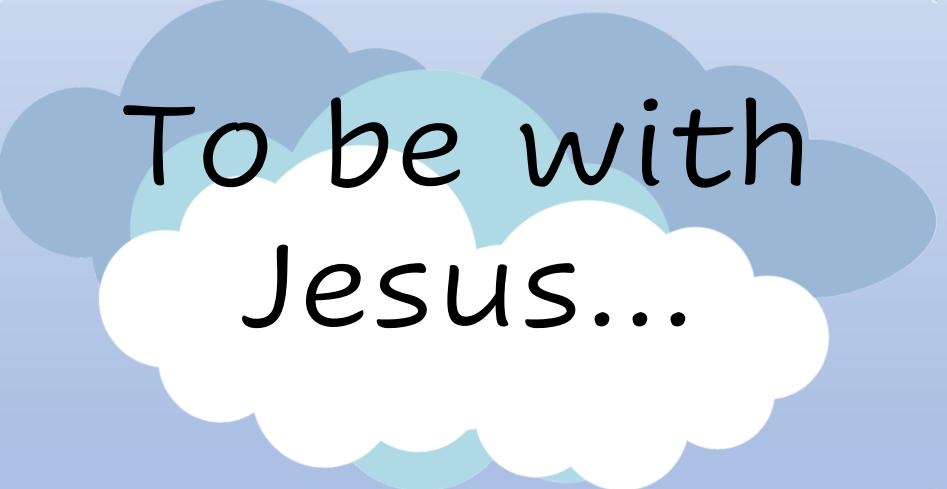




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# Examen Friday

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**1. Give thanks:** Reflect on the good things you have experienced this week... unity with your family, with your friends, with school.



**2. Ask for light:** Ask God to show you where he has been present in your life.

Ask for God's light where you have lost your way or lost hope.



**Prepare for prayer.**

We take a moment to pray the Examen together. Place your hands together, you can put your head on the desk if you wish! As you listen to the music reflect on the five stages .



**3. Reflect on your week:**

Think about your week – when did feel hopeful?

When did you feel hope had gone?



**4. Seek forgiveness:** Ask for forgiveness for the times you gave up hope or took away someone else's hope.



**5. Resolve to change:** What are you going do differently next week? What are your hopes? Ask God to be with you in all you hope for.

**REMEMBER –  
YOU ARE LOVED!**





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