



# St Matthew Academy Prayer Book Spring 2020



*“Remember nothing is small in the eyes of God, do what you do with love”*

*St Therese of Lisieux*

## Daily Act of Worship

Four days a week when there is no assembly the Daily Act of Worship takes place immediately after registration.

It is the **QUALITY** of this time that is most important. We are supporting pupils to become more **REFLECTIVE** and therefore it is essential that the prayer time is **NOT RUSHED** and there is a time of silence.

### Daily Act of Worship

1. Prayer begins with the Sign of the Cross. "In the name of the Father and of the Son and of the Holy Spirit. Amen."
2. Each day a daily prayer can be found in the form prayer book and this can be followed by a short time for pupils to share prayer in silence of their own hearts or out loud. This can then be followed by a Common Prayer found at the front of the prayer book.
3. End the prayer by saying "St Matthew pray for us" and the sign of the cross "In the name of the Father and of the Son and of the Holy Spirit. Amen."
4. The prayer time should be led by pupils however it is essential that the Form Tutor ensures that the time is reflective and has a clear beginning and end.

### Saint Matthew

God of Mercy, you chose a tax collector,  
Saint Matthew, to share  
the dignity of the apostles.  
By his example and prayers help us follow  
Christ and remain faithful in Your service.  
We ask this through Our Lord Jesus Christ,  
Your Son, who lives and reigns with You  
and the Holy Spirit, one God, forever and ever.

**AMEN**

## **COMMON PRAYERS**

*Use one of these prayers each morning*

**Our Father** who art in heaven

Hallowed be your name

Your kingdom come your 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** full of grace

The Lord is with you

Blessed are you among women

And blest is the fruit of your womb, Jesus.

Holy Mary, mother of God

Pray for us sinners now

And at the hour of our death.

AMEN

**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

### **Morning Offering**

Lord I offer you this new day. I offer you everything that will happen. I offer you the routines and boring parts of the day ahead. Help me to keep listening to you, to do what you inspire in me and to shoulder the crosses that wait for me on this day's journey into learning, friendship and love with you. AMEN

# The God who Speaks



*Scripture is at the centre of everything the Church does. The word of God shapes our prayer and worship. The Bible shows us how to understand the world, how we are called to live and relate to each other.*

2020 is the 10th anniversary of Verbum Domini – Pope Benedict XVI’s writing on ‘The Word of the Lord’ and the 1,600 anniversary of St Jerome’s death. These dates have inspired the Catholic Bishops’ Conference of England and Wales to dedicate **2020** as a year of focus on the Bible and ‘**The God Who Speaks**’.

It’s an opportunity to enrich current practice and to develop and explore new ways of responding to ‘The God who Speaks’. To help achieve transformation in our hearts and in our communities there will be three themes of **celebrating, living** and **sharing** God’s word.

## **Why not...**

- ✓ Get involved in a Bible study session
- ✓ Be a *Scripture Squirrel* by giving someone an encouraging line of scripture.
- ✓ Reading the bible during your prayer time and using scripture in Collective worship
- ✓ Read at Mass or services

## **The God who Speaks Prayer**

Living God, you walk alongside us  
and speak to us throughout the Scriptures.

Your Son, Jesus Christ, listens to our hopes and fears  
and shows us how to live for one another.

Send us the Holy Spirit to open our hearts and minds  
so that we may be your witnesses throughout the world.

Amen

*Inspire others by the **Word** you’re inspired by*

<p><b><u>EEK 16</u></b></p> <p><b>Starting:</b> <b>6th January</b></p>	<p style="text-align: center;"><b>TRUST</b></p> <p style="text-align: center;"><i>“The people that lived in darkness have seen a great light”.</i></p> <p style="text-align: center;"><b>Matthew 4 v16</b></p>
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As we begin the New Year we are reminded of the trust of the Wise men. Matthew’s Gospel tells us that they were guided by a star to Bethlehem. A single light- can bring hope; the three Wise men followed the star, tirelessly and determinedly. When they arrived at the place where the star stopped, they found Jesus- who is called ‘the light of the world’. Jesus spent his life teaching kindness and mercy. He taught us to love and his message caught on. At the start of 2020 we are called to trust Jesus and share his light with others.

### **Day One**

God our Father, the star of Bethlehem was a sign of faith for the Wise Men. May we too, perceive the vision that you lay before us, knowing that Jesus himself is the way, and enable us to remain committed to the journey to its end. Amen

### **Day Two**

Jesus may we not hoard,  
but freely give  
the gold of our hearts,  
the myrrh of our grief,  
the frankincense of our dreams,  
to You.

### **Day Three**

#### **Epiphany**

Lord, I give thanks for the ‘gold’ in my life: for the people who are precious to me, for the happy memories I treasure, and for all that has been good over the years. May all that has been ‘gold’ for me, remind me always to appreciate all who are part of my life.

Inspire me, Lord, to live in such a way that I help to bring out the best in others.  
Amen

### **SAINTS DAYS**

**Epiphany of the Lord is celebrated on Sunday**

**The Baptism of our Lord falls on Sunday**

**WEEK 17****GENEROSITY****Starting:  
13<sup>th</sup> January***“Give and there will be gifts for you a full measure”*  
Luke 6 v38**Who do you say that I am?**

The baptism of Jesus is considered an incarnation of God in Jesus, another “epiphany.” On this, the last day of the Christmas season, the relationship between God the Father and Jesus his Son is at the heart of Luke’s Gospel. It is an example of God’s unconditional love for his Son, which is so often lacking in a world where personal relationships are fragile and easily broken. Luke is highlighting that our identity is therefore found in the same baptism, the one shared with Jesus, with the Father’s voice saying “You are my child, my beloved, my favour rests on you”.

**Day One**

Compassionate God open our hearts that we may feel the breath and play of your spirit. Unclench our hands that we may reach out to one another in openness and generosity. Free our lips that we may speak for those whose voices are not heard. Unblock our ears to hear the cries of the broken-hearted. Open our eyes to see Christ in friend and stranger that in sharing our love and pain, our poverty and our prosperity we may move towards that peace and justice which come from you and so became bearers of divine reconciliation. Amen.

**Day Two**

God of Peace. Where there was only fear, today we hope. Where once our children suffered, now they laugh. Where all the land was empty, now the rice grows tall and people, who were scattered, build their homes. Together in your love we will realise our tomorrow. In place of cries of war, we sing your praise. In farms, in fields and cities we will celebrate your justice. Raise our voice against oppression; reap a harvest full of hope. Amen

**Day Three**

Lord, when we see people in trouble our heart goes out to them in love. Help us to recognise the time when that love also calls us to self-sacrifice and action for the good of others. Amen.

**SAINTS DAYS & DATES****Monday – Saint Hilary, Bishop****Friday – St Antony. Abbot**

<b><u>WEEK 18</u></b>	<b>PEACE &amp; UNITY</b> <i>“Here I am, Lord I come to do your will”</i>
<b>Starting: 20<sup>th</sup> January</b>	<b><i>Psalm 39:2</i></b>

### **Peace on Earth**

*“Peace is not merely a distant goal we seek, but a means by which we arrive at that goal”*. These are the words of a Man who sought to use peace as a means to gain freedom and reconciliation, Martin Luther King. True peace is more than the absence of war; it requires the presence of justice and care. Without these basic core values, there can be no real or lasting peace. These are the building blocks of humane, tolerant and inclusive societies. In fact, there are those who are now using the term ‘just peace’ to mean exactly this.

### **Day One**

Praise to you, Christ Jesus. You came to heal our wounds. Open our eyes and our heart so that in our turn we can draw close to those who suffer. May your limitless compassion renew the face of the earth; may the stranger be welcome among us. Amen

### **Day Two**

Come Lord Jesus, come and let your light shine through us so that through our actions we may be salt to the earth, a light in people’s sight and that we may reach you in one another, especially those in need. Amen

### **Day Three**

Christ Jesus, you gather us from all nations into one communion, the Church which is your body. Kindle in us a passion for communion so that your work of peace may shine forth across the earth. In Christ our Lord, Amen

## **SAINTS DAYS & DATES**

**Last Sunday was World Day of Peace**

**Thursday - St Frances De Sales a bishop who was known for his gentleness. He once said “a spoonful of honey is better than a barrel full of vinegar”.**

<b><u>WEEK 19</u></b>  <b>Starting:</b> <b>27<sup>th</sup> January</b>	<b>RESPECT FOR OTHERS</b>  <i>“Love one another as Sister’s and Brother’s should  and have a profound respect for each other”</i>  <b>Romans 12 v10</b>
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Jesus’ life and actions exemplified the profound respect he had for everyone. Our respect has to be unconditional and therefore it should never be influenced by another’s wealth, appearance or achievements. Our respect is based upon the knowledge that every human being is made in the image and likeness of God.

**Day One**

All-powerful God, you urge us to be angry, you urge us to be discontented, you urge us to be challenging: To be angry at injustice, at racism, at oppression; to be discontented with the violence and the inequality of our world; to challenge the powers and the authorities which tell us this is the way the world must be. So like the widow at the judge’s house, we batter on your door crying out for justice. Give us strength, O God, to keep shouting do not allow us to lose heart, but answer our pestering with signs of hope. Amen.

**Day Two**

May we live in such a way that our attitudes, words and actions reflect to all people their own value, dignity and self worth, helping people to feel wanted and appreciated for who they are. Amen.

**Day Three**

Lord, you frequently remind us to love our enemy, please help us to do so. Help us to stand up against racism and prejudice as Martin Luther King did. Amen.

**SAINTS DAYS & DATES**

**Thursday – Feast of St John Bosco known for his work with young people.**

**Sunday – is the Feast of the Presentation sometimes called “Candle Mass” when the candles for the year are blessed and Jesus’ welcome into the temple took place.**

**WEEK 20****Starting:  
3<sup>rd</sup> February****WOMEN OF FAITH***"My eyes have seen your salvation"***Luke 2:26**

In Luke's Gospel this Sunday, we hear of a woman called Anna, who lived in the Temple and "served God day and night". She was not only a prophet, but one of the first evangelists after her encounter with Jesus, Mary and Joseph. She responded by preaching the good news to those around. As young women it is important that we know others whose lives and beliefs inspire us to become the people that God has called us to be. Our Mothers, our Grandmothers, our Aunts and our Teachers will have made a lasting imprint upon our lives. This week we thank God for the women who have inspired us.

**Day One**

We thank God for women who work for justice and peace. We pray that opportunities for leadership and responsibility will be available to women in every area of society. We also ask that our Churches will use the gifts of women for leadership and decision making.

**Day Two**

We remember this week women throughout the world. We pray that opportunities for education will be available, and that women will receive a just wage for their work. We pray that women in developing countries will have the medical support they need during childbirth.

**Day Three**

We pray for women who are suffering violence and abuse. We ask that women everywhere will realise their inner strength and do everything they can to achieve their full potential, and bring their particular gifts to the world of work.

**SAINTS DAYS & DATES****Tuesday – St Agatha Virgin and martyr****Friday - St. Josephine Bakhita –Day for victims of trafficking**

<b><u>WEEK 21</u></b>  <b>Starting: 10<sup>th</sup> February</b>	<b>INTERNATIONAL TRAFFICKING</b> (Medaille Trust/CAFOD) <i>“For God so loved the world, that he gave his only begotten Son, that whoever believes in him should not perish.”</i> <b>John 3 v16</b>
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Trafficking has been described as modern day slavery. Men, women and children are victims of human trafficking. Trafficking of human beings takes place for sexual, economic and labour exploitation. The United Nations estimates that human trafficking generates a total of 7 to 10 million dollars annually for traffickers. Traffickers operate on a large scale in the United Kingdom and organisations such as the Medaille Trust provide safe houses for the victims of trafficking. This week we will pray for all those who are the victims of trafficking and reflect upon the work of the Medaille Trust.

### **Day One**

We pray for all those who have become the victims of international trafficking throughout our world. We pray that they will receive the support they need to return to their homeland and live in peace and safety.

### **Day Two**

We pray for all who are working to prevent trafficking. May governments and crime prevention agencies do everything in their power to alleviate trafficking.

### **Day Three**

We pray for the Medaille Trust and other organisations that support those who have been taken from their loved ones. May they have all the resources they need to provide ongoing support and resources for all who are victims of trafficking.

**SAINTS DAYS & DATES**  
**Sunday – Racial Justice Day**

<b><u>WEEK 22</u></b>  <b>Starting:</b> <b>24<sup>th</sup> February</b>	<b>PREPARING FOR LENT</b> <i>"If there is anything you need pray for it, asking God for it with prayer and thanksgiving."</i> <b>Phillipians 4 v 6</b>
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This week we will be praying for one another. Taking time to pray for another person is a way of expressing our support. Asking God to help us with our difficulties reminds us that we are never alone. God has a plan for us and he has told us "I am with you always". When we turn to him in prayer our problems seem more manageable. Remembering that he is with us assures us that we are never alone.

### **Day One**

Today we pray for one another. May those who are suffering experience our support and genuine concern.

### **Day Two**

Today we ask God to guide us in our relationships. May we show concern and support to each other. May we demonstrate the sincerity of our prayer by the way that we care for each other.

### **Day Three**

You the Risen one, you take care of what worries us. Like a poor person not wanting to impose you walk alongside each of us, without forcing your way into our hearts. You are there and you offer your trust. And even when the depths of our being cry out in loneliness you do not force your way in.

## **SAINTS DAYS & DATES**

**Friday – St David Patron Saint of Wales  
International Women's Day of Prayer**

**Wednesday – Ash Wednesday**

<b>WEEK 23</b>	<b>FIRST WEEK IN LENT</b>
<b>Starting:</b> <b>2<sup>nd</sup> March</b>	<i>“Let your hearts be broken not, not your garments torn”</i> <b>Joel 2:13</b>

*Kriah* is a Hebrew word meaning “tearing.” It refers to the act of tearing one’s clothes or cutting a black ribbon worn on one’s clothes. This is a striking expression of grief and anger at the loss of a loved one. During Lent, the Prophet Joel uses this tradition to remind us that it is not garments that should be torn, but hearts are broken when we turn away from God. This week we begin the season of Lent, a period of forty days preparation for the great Feast of Easter. Lent is also a time for looking again at our priorities and turning away from sinfulness. During lent we concentrate on prayer, reaching out to others, and taking time to receive God’s forgiveness.

### **Day One**

As we begin lent, O holy God, strengthen us in our endeavours to do good. Bless our efforts to live in union with you and all the people of the world. Help us to discover whatever interferes with loving each other , We ask this in union with all people who begin this season in your name. Amen

### **Day Two**

Father God, you have shown us your love through Jesus, your son. Today we pray that our special time of Lent will help us to know and experience that love. Fill our hearts and lives; fill this whole place, with the love and power of your Holy Spirit. We make this prayer in Jesus’ name. Amen

### **Day Three**

Dear God, help us to choose our Lenten promise wisely. May we remember to work especially for those in developing countries. We place our Lenten promise in your hands. Amen

## **SAINTS DAYS & DATES**

**Women’s World Day of Prayer for Zimbabwe - 6<sup>th</sup> March 2019**  
**Friday - Lent Fast Day**

**WEEK 24****Starting:  
9<sup>th</sup> March****FORGIVENESS***“You too must forgive your sister from your heart”***Matthew 18 v35**

Jimmy Mizen was murdered in May 2008. The day after his 16th birthday, he and his older brother went into a bakery near their home in Lee, South East London. While inside, his killer – who had been cautioned by police several years earlier for harassing Jimmy’s brother – brushed past the brothers. A scuffle followed, resulting in the perpetrator hurling a glass dish at Jimmy and fatally wounding him.

The following morning Jimmy’s family were in Church and the press and media asked his mother how she felt? This is what she said: “I hope the parents of Jimmy’s killer would be left alone as it wasn’t their fault. I don’t feel anger because anger breeds anger, and that is what killed our son and could destroy our family too.”

Since Jimmy’s death his parents have travelled across the world visiting prisons, schools, and speaking at conferences about forgiveness rather than revenge.

**Day One**

May we be ready to forgive others. May the example of Jimmy Mizen’s Mum inspire us to sort out our difficulties and offer forgiveness to others. Help us to remember that you told us that we are to forgive “seventy times seven”. Amen

**Day Two**

Father, there are people who have done wrong to me, just as I have done wrong to others. During this Lent forgive the wrong I have done, in the same way as I set out to forgive others and hold no grudges against them. Inspire me to break the cycle of hatred and evil whenever I come across them, and lead me always to grow in your love. Amen

**Day Three**

Lord, we are aware that we need to ask for your forgiveness but sometimes we forget that it’s also important to say sorry to others. Give us the courage to apologise to another when we know we have said or done something that could have been hurtful.

**SAINTS DAYS & DATES****Monday - St Frances of Rome**

<b><u>WEEK 25</u></b>  <b>Starting: 16<sup>th</sup> March</b>	<b>UPSTANDERS</b> <i>Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness and patience.</i> <b>Colossians 3:12</b>
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An “upstander” is someone who recognises when something is wrong and acts to make it right. When an upstander sees or hears about injustice, they speak up. Being an upstander is being a hero: we are standing up for what is right and doing our best to help support and protect someone who is being hurt. In many ways, this is another word for being socially responsible.

### **Day One**

Lord, give us the courage to stop untrue or harmful messages from spreading online. If someone sends a message that is harmful or untrue, help us to stand up and let the person know it is wrong. We know how we would feel if someone spread a rumour about us. Let us refuse to send the message on to friends and avoid adding to the story. Help us to make it clear that we do not think that this kind of behaviour is cool or funny. Amen

### **Day Two**

Teach us to be kind, may we eat lunch with someone who is alone at school. Help us to show support for a person who is upset at school, by asking them what is wrong and bringing them to an adult who can help. If someone new arrives at school, let us make an effort to introduce them to others and make them feel comfortable. Amen

### **Day Three**

Lord, give us the courage to challenge bullying. When we see or hear about someone being bullied grant us the courage to speak up. We are made in your image and likeness and all that comes from you is good. Amen

**SAINTS DAYS & DATES**  
**Tuesday – St Patrick’s Day**  
**Thursday – St Joseph’s Day**

<b>WEEK 26</b> <b>Starting:</b> <b>23<sup>rd</sup> March</b>	<b>PRAYER</b> <i>"Lord I believe"</i> <b>John1:38</b>
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The man born blind washed the mud from his eyes in the pool called Siloam, which means "the one who is sent." How is Jesus a pool to wash the mud from our eyes so that we might see? As soon as the man could see, his life became very difficult. People wondered whether he was the same man. Jesus calls us to live a transformed life in Him. He wants to restore our lives so that we are more caring, more loving and show greater kindness.

So much fear seems to surround the restoration of the man's sight. What fears do we have about seeing who Jesus is and what choices must we make to be with him? The grace will come when we acknowledge that the eyes of our heart have been opened. Spend a few moments in silent prayer asking Jesus to bring healing to our moments of spiritual blindness.

### **Day One**

Take some time to bow your head or close your eyes. So for a few moments let's be silent and still. Think about one thing that God could help you with. Share your prayer with God now and as you do be aware of God's presence very close to you.

### **Day Two**

Take some time today to pray for the school in Tanzania.

(Pause for a few moments of silent reflection).

May the Lord continue to open our eyes to the needs of other who and renew our strength during this Lenten season to fulfil our promises. Ask for God's blessing on our Lenten efforts. Amen.

### **Day Three**

Take a moment to reflect on one thing you have done to draw closer to God this Lent. You may have celebrated the Sacrament of Reconciliation, taken part in the sponsored activity or sponsored a friend. If you haven't done anything decide now what you will do.

## **SAINTS DAYS & DATES**

**Wednesday – Annunciation of the Lord**

<b><u>WEEK 27</u></b>	<b>LOVED BY GOD</b>
<b>Starting: 30<sup>th</sup> April</b>	<i>"Father into your hands I commit my spirit"</i> <b>Luke 23 v46</b>

Two weeks from now we celebrate Jesus arriving in Jerusalem on Palm Sunday and his death on the cross on Good Friday. The events of the week come to completion on Easter Sunday, when the cross of suffering is transformed into the cross of victory over death and sin.

### **Day One**

During Lent we will join Jesus on his journey to Calvary. Throughout Lent we are continually reminded of Gods amazing love for us. Do we believe that we are loved by God? They say that the longest journey is from the head to the heart. Are we aware that God is concerned with every detail of our lives?

### **Day Two**

God of mercy, in your presence we are often so disconcerted. You say to each of us in our solitude, "Come back to me, and do not give up." Then it simply takes a sigh rising from deep within for us to be flooded with trust, and write a poem of love with you.

### **Day Three**

"I asked Jesus how much he loved me, he stretched out his arms on the cross and he said this much". As we prepare for Easter may we realise how deeply we are loved by God. Amen.

**SAINTS DAYS & DATES**  
**5<sup>th</sup> April - Palm Sunday**  
**10<sup>th</sup> April - Good Friday**  
**12<sup>th</sup> April - Easter Sunday**

## Meditation Section

*This meditation can be read at any time, and can be split into parts. Meditation is a reflective prayer leading students to contemplation and awareness of their own consciousness and their impact on the world around them.*

*BEFORE PRAYING- Take the students through the following steps, this should take 1 minute*

- *Keep feet flat on the ground*
- *Keep back straight*
- *Keep head straight, not drooping*
- *Keep hands on knees or one resting in the palm of the other, in the lap*
- *Keep eyes preferably closed*
- *Don't force any feelings one way or the other*
- *Relax all your muscles, one by one, from your toes to the top of the head*
- *Become aware of your breathing but without changing it other than to gradually slow it down*

It is a spring day and you climb a beautiful mountain, you reach the top and you look over the horizon. From the top of the mountain you can see the beautiful blue sea below and the place where the mountain meets the sea. It is a beautiful view and you stand in wonder at the beauty of creation.

Jesus joins you and he assures you that he is always with you and he wants to do all that he can to support you to make a difference to the world today.

He asks you has there ever been a time when you felt desperate and alone? Where did your help come from?

He is aware of the way his loved ones suffer through poverty, war, hunger and violence.

How do you feel when you think of those who are suffering in poverty?

Jesus invites you to bring his kindness, generosity and goodness into our world. He asks you what can you do for his people who are suffering today.

How are you sharing his love with others?

As you look out at this amazing view he asks you:

What are you going to do for his people in difficult situations across the world?

How can you share the goods that you have with others today?

Are you going to pray regularly for others, donate pocket money and collect for those suffering in our world?

Think of one thing you will do and share this with Jesus now. As you sit on this mountain with Jesus you now ask him to be with all those who are suffering in the world.

The people of Syria, Yemen, those who are tortured, those who have lost families in war, ask Jesus now to help these people.

You also ask him to be with the people you know among your family, your friends, your school.

He assures you he will be with all these people. He also wants to support you to be with them, and do all you can for them. He wants you to be his hands, his feet, his eyes in our world today. He wants you to share his love with all his people. Jesus reminds you that we are all part of each other. No person is an island; we are all connected to each other through his love and his friendship.

As you look at the view in front of you, you are aware how beautiful this world is and how you really want to make a difference. Ask Jesus to help you to reach out to other people today.

