

Prayer & Reflection



Week beginning: **Monday 14th October**

Our Father prayer

(Jubilee Year 2025= the importance of prayer)

In preparation for the 2025 Jubilee Year “Pilgrims of Hope”, Pope Francis spoke about the importance of prayer.

Pope Francis called us all to join in a great “symphony” of prayer, “to renew our desire to be in the presence of the Lord, to listen to him and to adore him.”

CAFOD
Catholic Agency for
Overseas Development



Prayer unites us; it makes us brothers and sisters. It is in prayer that our hearts find the strength not to be cold and insensitive in the face of injustice. In prayer, God keeps calling us, opening our hearts to charity.

POPE FRANCIS



When the disciples asked Jesus to teach them to pray, he responds by giving them what we call the Our Father or the Lord's Prayer. This prayer has been prayed for more than 2,000 years in hundreds of languages, by millions of people. And we pray it still today.

In his message for the first World Children's Day, Pope Francis encourages us to pray the Our Father, writing:

“Think about those words that Jesus taught us. He is calling us and he wants us to join actively with him... to become builders of a new, more humane, just and peaceful world.”

Pope Francis

The Lord's prayer covers THREE aspects of Catholic Social Teaching: Life and dignity of the human person, Solidarity and Care for God's Creation.

OUR FATHER PRAYER

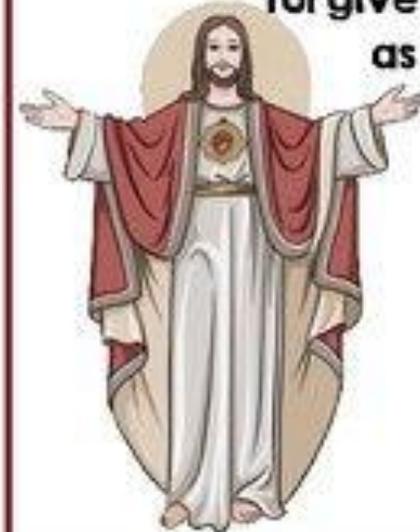
We will now explore this familiar prayer together as a school family.

Over this week, we will now look at each phrase of the Lord's prayer and consider what it means for us.

Many aspects of Catholic Social Teaching are included in this prayer.

Our Father

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.

**Catholic Social Teaching = Life and dignity of the human person,
Solidarity and Care for God's Creation.**

Our Father, who art in heaven, hallowed be your name.

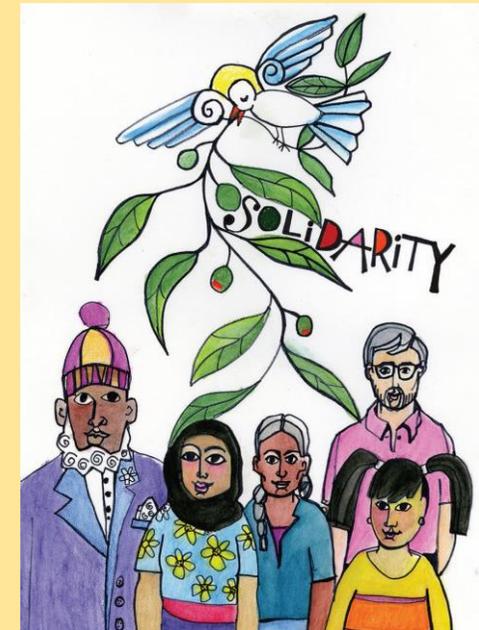
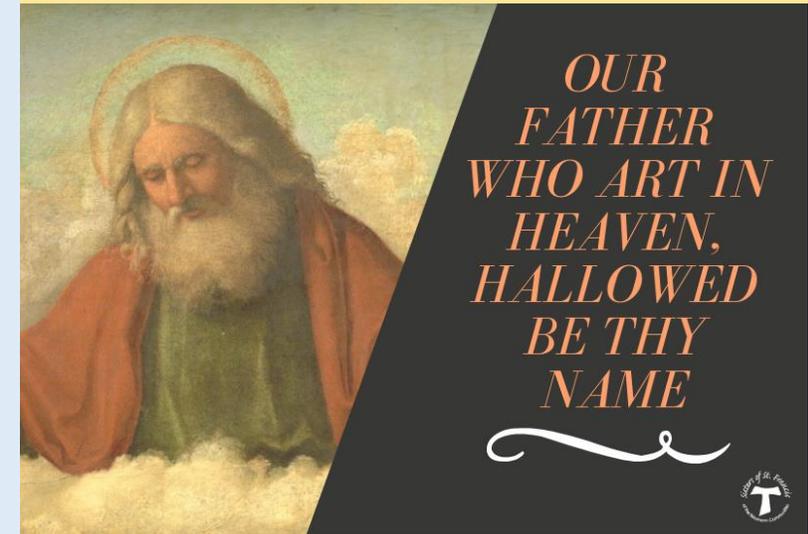
Reflect

Jesus does not teach us to say “my Father” but rather to say “Our Father.” The very beginning of the prayer reminds us that each of us is a beloved child of God and we are all brothers and sisters. As one global family we are called to care for each other and our common home, the earth. This links to the CST theme of SOLIDARITY.

The word hallowed means holy and sacred. As we begin this prayer we are remembering how special God is and when we speak to him we do so with wonder and love.

REFLECTION/Discuss

What difference does it make to know we are all God’s children?



Your kingdom come. Your will be done, on earth as it is in heaven.

Reflect

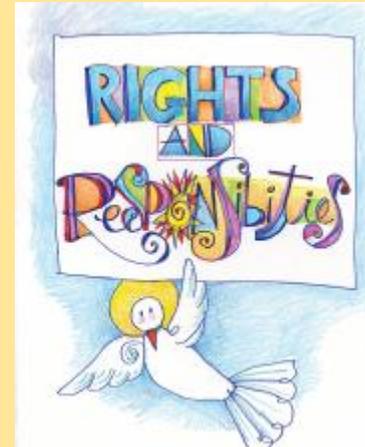
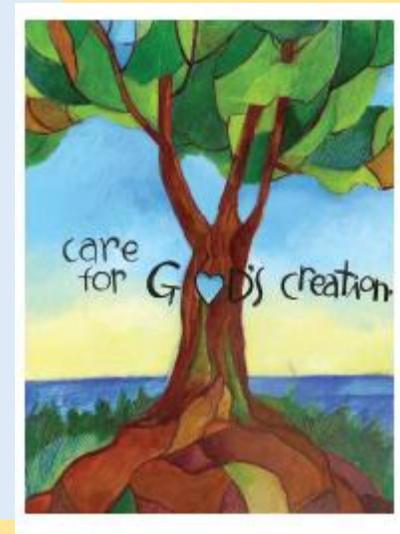
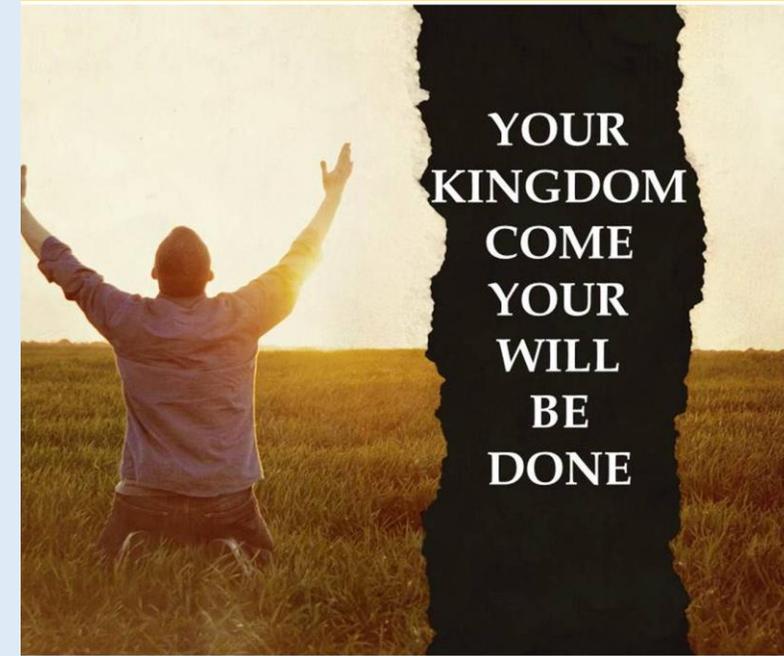
God's kingdom is a place where all people and all creation is cared for, where there is justice and all people have what they need to live happy and healthy lives.

When we pray for God's kingdom to come, we remember that we can help bring this about by acting in a loving way, sharing with others and standing up for what is right.

This links to the CST theme of Rights and Responsibilities. We have a responsibility to Care for God's Creation.

REFLECTION/Discuss

What ways can you do to help bring about God's kingdom?



Give us this day our daily bread.

Reflect

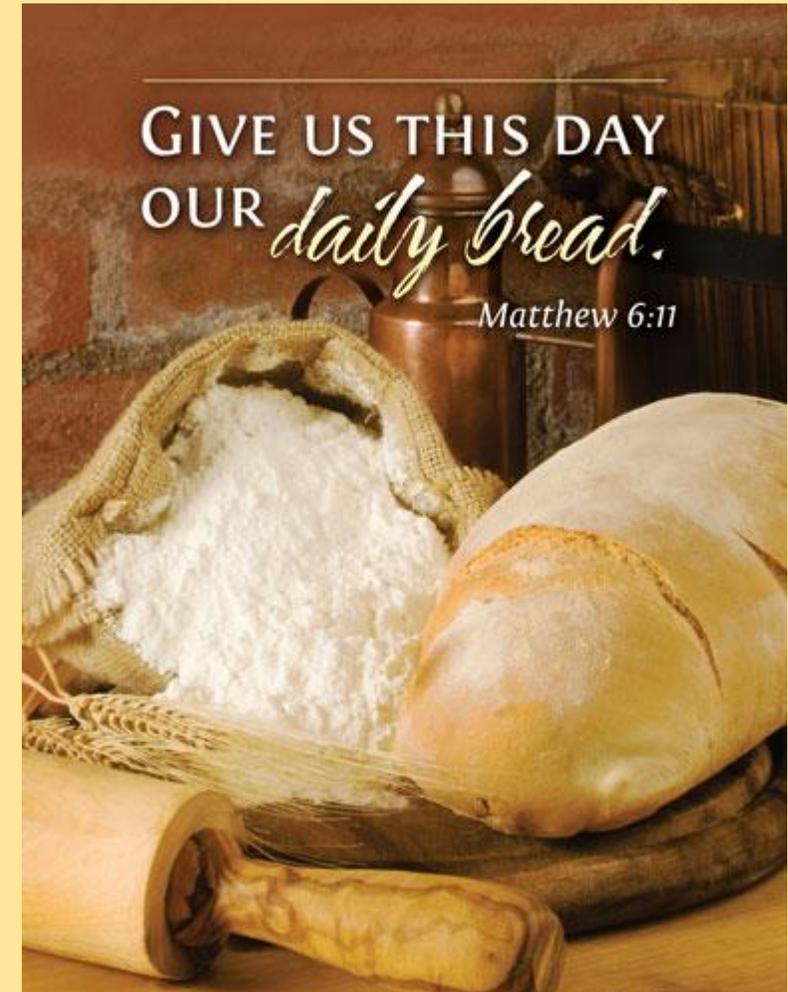
We pray for our daily bread – enough food not just for me, or for you, but for us. All of us together, having our needs met. We pray for that bread one day at a time – daily prayer for daily needs.

Jesus calls himself “the Bread of Life”. At Mass each Sunday, we are reminded that Jesus feeds each of us with the gift of himself to help us love like him and build a better world.

Reflection/Discuss

How many different kinds of bread can you think of?

Why do you think Jesus used a simple food shared by people throughout the world in this prayer?



And forgive us our trespasses as we forgive those who trespass against us.

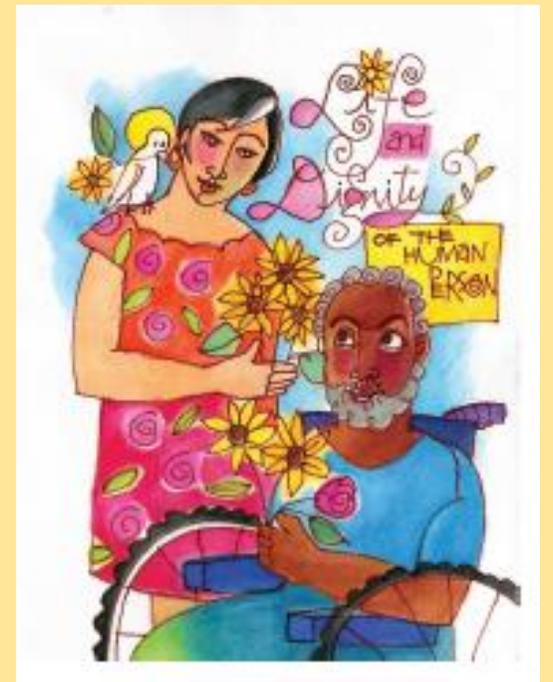
Reflect

We all do things that are wrong and hurt others. God is always ready to forgive us when we ask him to. He asks that we also forgive those who have hurt us.

This links to the CST theme of life and dignity of the human person. We often need to forgive to prevent war and conflicts.

Reflection/Discuss

Have you ever forgiven someone for something?
Have you ever been forgiven? How did it feel?



**And lead us not into temptation,
but deliver us from evil.**

Reflect

Being tempted is wanting to make a choice you know you shouldn't make. In this prayer we ask God to lead us away from selfish choices that hurt others so we can follow his way of love.

Reflection/Discuss

What has helped you do the right thing when you feel tempted?



Amen.

Reflect

Often prayers end with “Amen,” which is a way of saying “yes” or “may it be so.” By ending the prayer with this, we are committing to trying to make the prayer a reality in our world today.



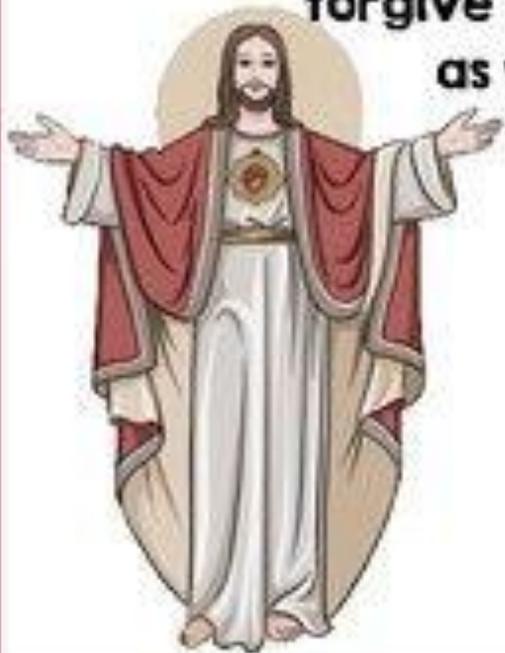


**PLEASE
PRAY
FOR ME**

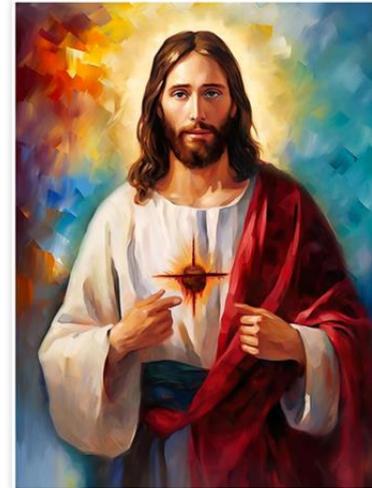
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Amen.



**St John the Apostle and Evangelist,
pray for us. Amen**



**inspirati a christo
which means Inspired by Christ**

St John's School Prayer

God our Father,
You have revealed to us, Your Word through St. John the beloved disciple.
We thank you LORD for our school community.
You have formed our diversity into one family that is Inspired by Christ.
At St. John's School, we seek to journey together,

Help us today to achieve our mission of Excellence and Service to Others.
We ask you LORD to increase our knowledge and understanding today.
May we become the people you have called us to be.
Keep us growing every day in kindness and in respect for one another.
We ask for your guidance so that we may do our best, and embrace all opportunities that you grant us today.

St. John the Apostle & Evangelist, Pray for us.
Amen



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which means Inspired by Christ

