

# Prayer & Reflection



Week beginning: **Monday 12<sup>th</sup> October**

## **Our Father prayer** **(The importance of prayer)**

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

## REMINDER

During the month of October, the school will offer you the opportunity at lunch time to pray the Rosary to Mary.

Catholics often use the rosary to ask Mary to intercede to God, to ask for God's help for the challenges in our lives.

**Praying the rosary together as a group links to the theme of Community and Participation in Catholic Social Teaching. You can pray the Rosary with your friends and/or family, (the person is not only sacred, but also social).**

## **PRAYING THE ROSARY**

Years 7, 8, 12 & 13 = FRIDAY, lesson 5 lunch from 12.40pm

Years 9, 10, 11 = FRIDAY, lesson 6 lunch from 1.20pm



Pope Leo teaches that prayer is a vital, living encounter with God and an essential "act of hope" that counteracts our lives in the busy modern world of consumerism and technology.

## Why Prayer Matters

**An Act of Hope:** Prayer is not an escape from reality or a simple psychological tool, but a confident turning toward God amidst a busy world

**Sanctifying Time:** Morning, midday, evening, and night prayers sanctify (make special) ordinary moments, offering gratitude, strength, and peace.

**A Community Bond:** Praying the "Our Father" reminds us that we are children of God, and brother and sisters to one another. This also links to the idea of Solidarity in Catholic Social Teaching.

**POPE LEO: PRAYER IS A POWERFUL  
ACT OF HOPE, NOT AN ESCAPE FROM  
REALITY**



"Never underestimate the  
power of prayer.  
One whisper to God can  
change everything."

*Pope Leo XIV*



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, our previous Pope Francis encouraged 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**

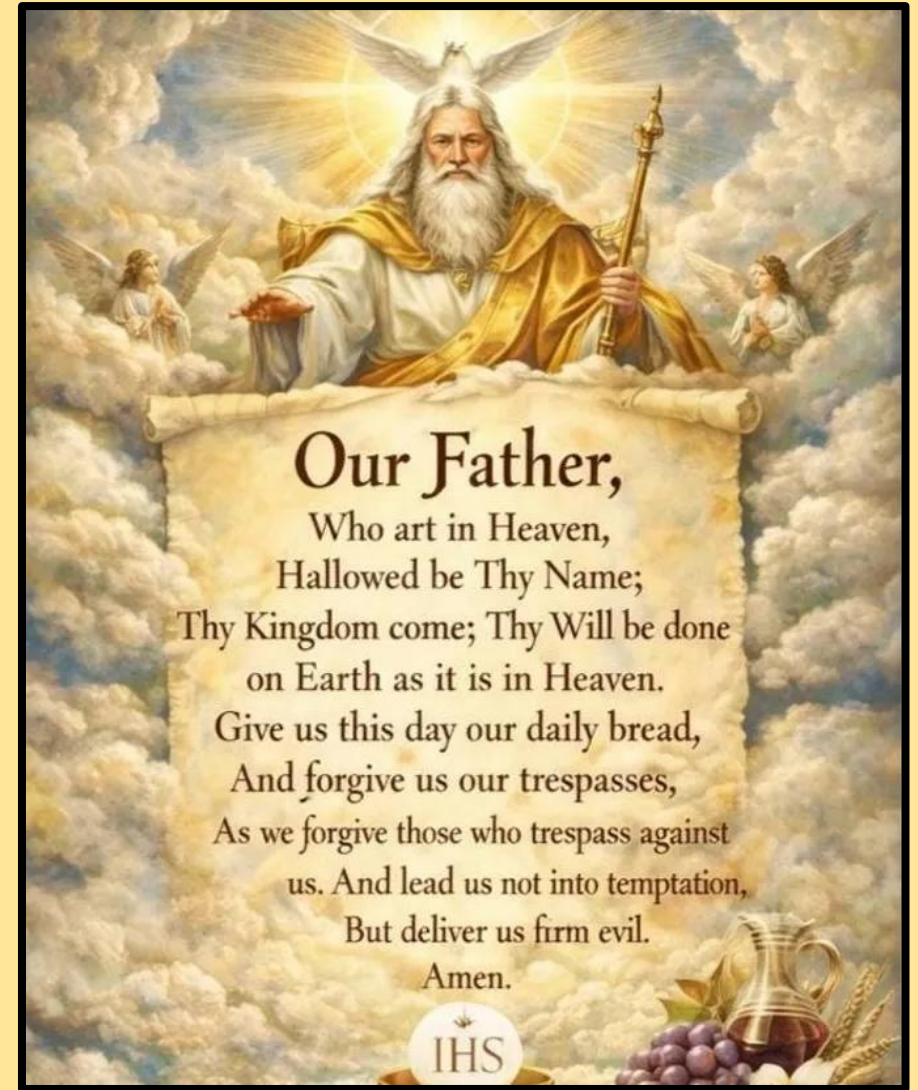
The Lord's prayer covers THREE aspects of Catholic Social Teaching: Life and dignity of the human person, Solidarity and Care for God's Creation.

# 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.*



**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

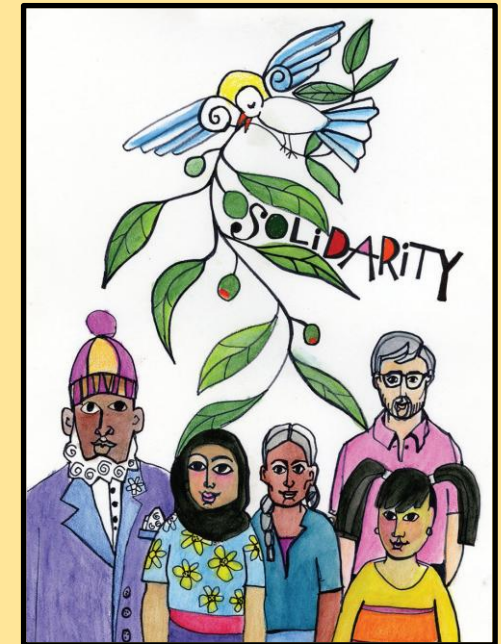
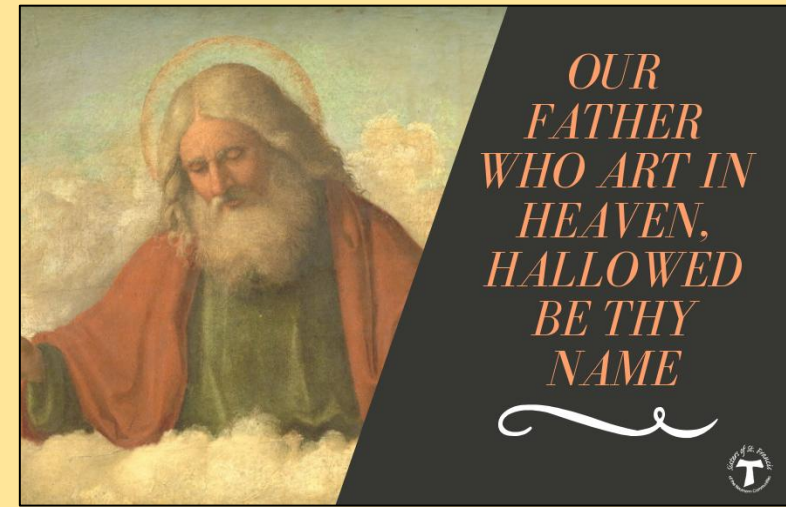
Jesus does not teach us to say “my Father” but rather to say “Our Father.” The very beginning of the prayer reminds us that each of us is a beloved child of God and we are all brothers and sisters.

- 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.

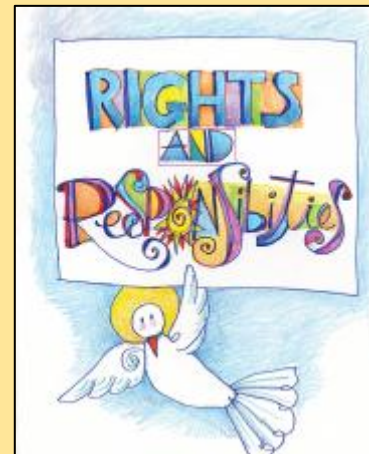
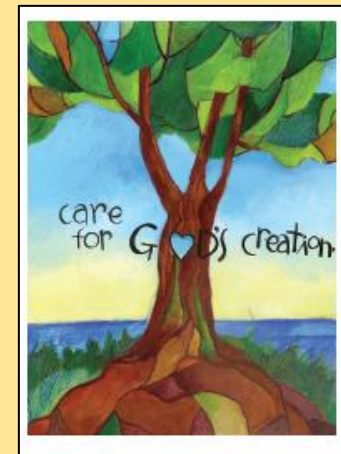
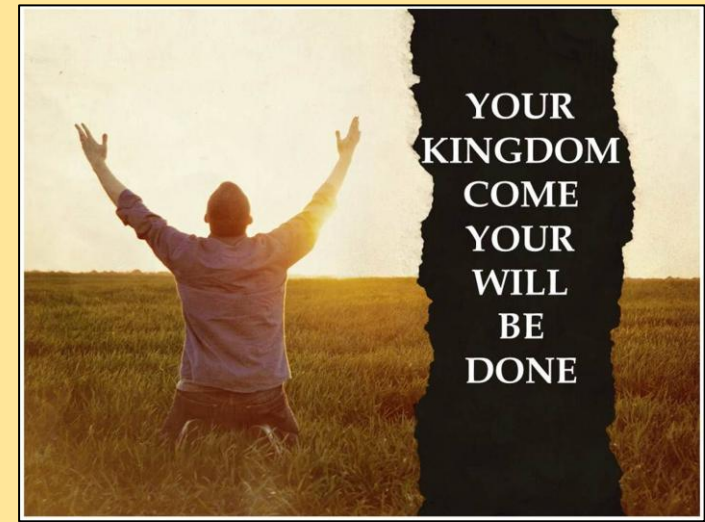
## Reflect

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 try to help bring about God's kingdom?



# Give us this day our daily bread.

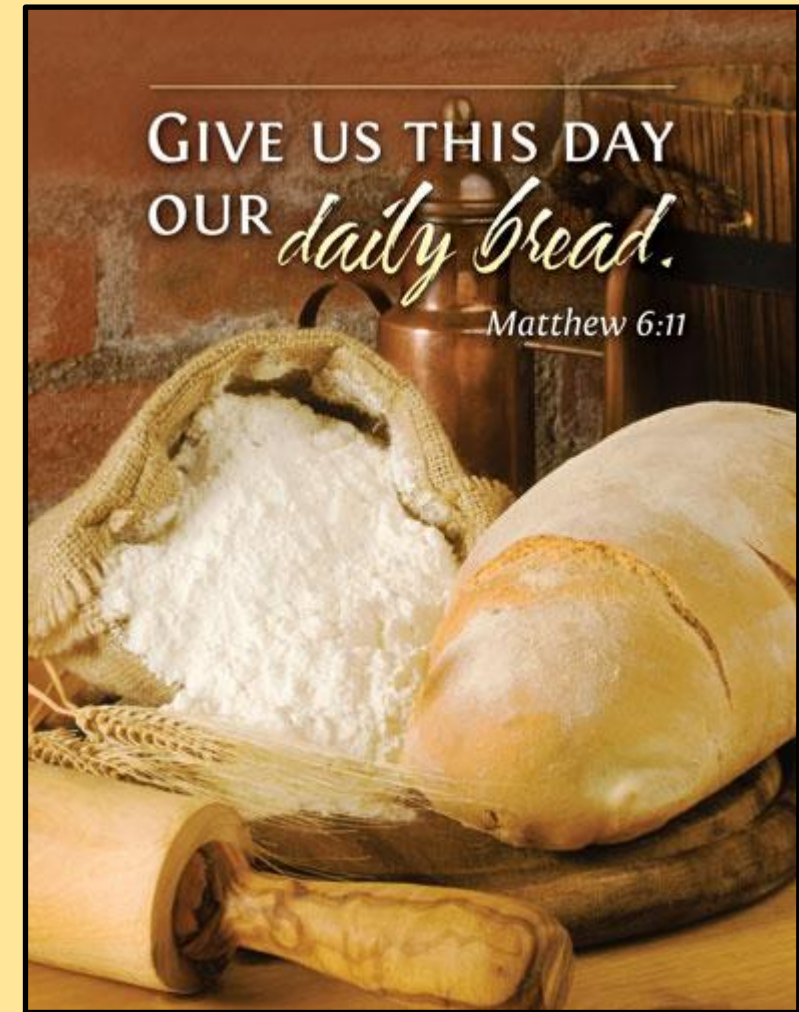
## Reflect

- 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?

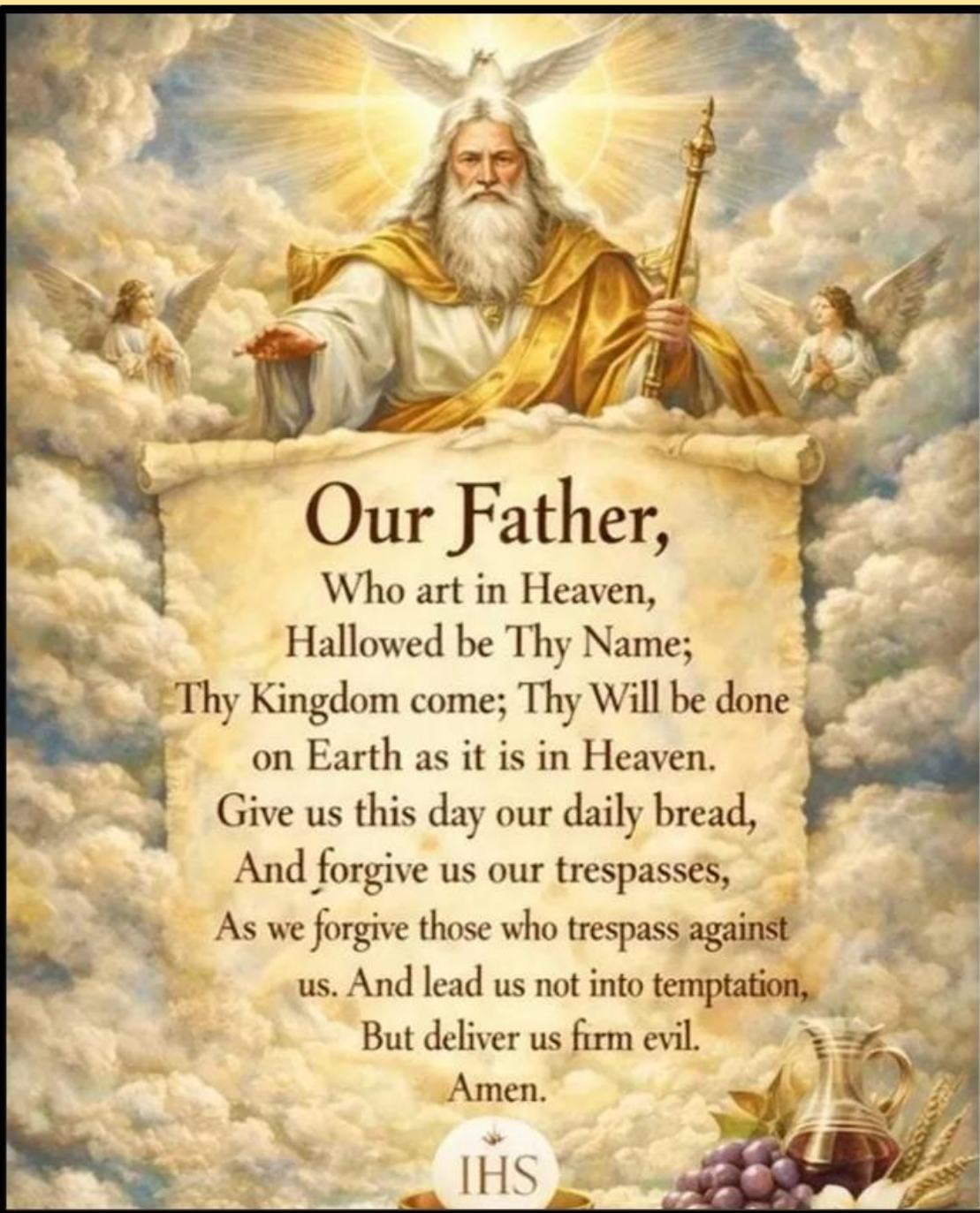


# Amen.

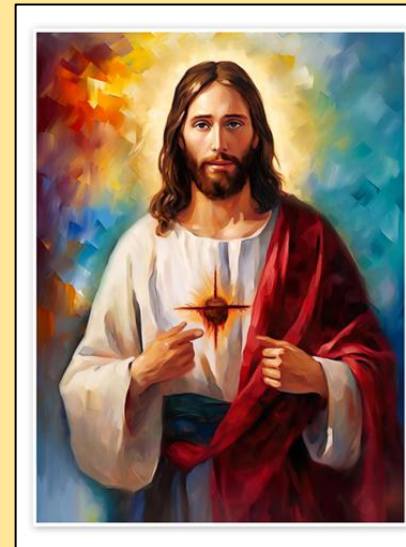
## Reflect

- 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.





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



**inspirati a christo  
Go Forth Today and  
Be 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



**inspirati a christo**  
**Go Forth Today and**  
**Be Inspired by Christ**

