SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,

Easter is a special time to talk to God and thank Him for all the good things in our lives. It is a time to remember Jesus and how much He loves us. When we pray, we can ask God for help, tell Him our worries and share our joys with Him. It is a way to feel close to God and show Him our love. Just like talking to a friend, prayer is a way to connect with God and feel His presence in our lives. Therefore, during this Eastertide, remember to say a little prayer to thank God for all the blessings He has given you and to ask for His guidance and love.

Let us journey together in prayer during this sacred season of Easter.

God Bless,

Mrs Linda Payne
Executive Headteacher



Easter

Gather Together

1. Find a quiet space and sit together.
2. Begin by making the sign of the cross.



Listen

3. Read from the scripture quote from St Mark.



Mark 16:6: "'Don't be alarmed,' he said. 'You are looking for Jesus the Nazarene, who was crucified. He has risen!".

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Reflect

4. Easter is an extraordinary time for us as it celebrates the resurrection of Jesus Christ. It is the most important event in our faith and symbolises new life, hope and forgiveness. During Easter, we remember the sacrifice Jesus made for all of us by dying on the cross and rising again on the third day. This shows that Jesus conquered death and offers us the promise of eternal life.

Easter is a time of joy and celebration for us, as it marks the triumph of light over darkness. It is a time to attend Mass, pray and reflect on the teachings of Jesus.





Pray

5. Spend a minute in complete stillness and quiet reflecting and then say the prayer below together.

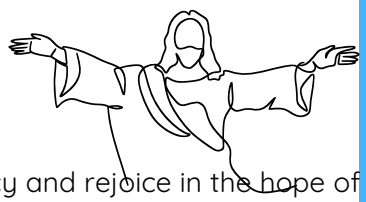
Dear Heavenly Father,
We come before you with grateful hearts and joyful spirits. We thank you for the gift of your Son, Jesus Christ, who sacrificed His life for us and rose again to bring us new life and hope.

As we celebrate Eastertide, help us to remember the love and mercy that Jesus showed us through His death and resurrection. May we always strive to follow His teachings of kindness, forgiveness, and compassion towards others.

Bless us with your presence, O Lord and fill our hearts with your peace and joy. Guide us in our daily lives, so we may reflect your light and love to those around us.

We pray for all those in need, that they may feel your comfort and healing touch. May your grace be upon us this Easter and always.

In Jesus' name, we pray.
Amen



Living out the Message

6. Easter is a time for us to renew our faith, express gratitude for God's love and mercy and rejoice in the hope of salvation through Jesus Christ. It is a time to come together as a community, share in the joy of the resurrection and deepen our relationship with God.

Children can follow Christ's teachings by:

- practising forgiveness and kindness towards others, following Jesus' teachings of love and compassion;
- helping those in need and showing generosity, reflecting Jesus' message of serving others;
- praying regularly and seeking guidance from God in making decisions, following Jesus' example of faith and reliance on God;
- reading the Bible to deepen our understanding of Jesus' teachings and applying them to our daily lives;
- attending Mass and participating in community service projects to actively live out their faith and share the message of Jesus' resurrection with others.

By incorporating these practices into their everyday lives, children can honour the scripture message "He is risen" and strive to follow Jesus' teachings in their actions and interactions with others.