SACRED HEART CATHOLIC PRIMARY & NURSERY SCHOOL

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,

Welcome to the beginning of Lent 2026! As we begin this special season of prayer, fasting and almsgiving, it is a wonderful time for us to grow closer to Jesus together as a family. Lent invites us to reflect on God's love and prepare our hearts for Easter. In this newsletter, you will find simple scripture, a prayer and thoughtful reflections designed especially for children and parents to share at home. Let's journey through Lent with open hearts, ready to learn, pray and love more each day.

Wishing you a blessed and joyful Lent!

God Bless,

Mrs Linda Payne
Executive Headteacher

Lent - Week 1



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 Matthew.



Matthew: 4:1-11.'

'You shall worship the Lord your God, and him alone shall you serve.'

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Reflect

1. God comes first.
We all love many things—family, friends, sports, games—but God should be the most important in our hearts. When we put God first, everything else falls into the right place.

2. Worship is more than singing.
Worship means loving God, praying to Him, thanking Him and trusting Him.

3. Serving God means helping others.
When we are kind, forgiving, sharing and telling the truth, we are serving God.
Jesus also invites us to turn away from our wrongdoings, believe in Him and be a part of God's Kingdom. Remember, follow Jesus and live by His teachings. By doing so, we can be a part of God's Kingdom and share His love with others.

4. Spend a moment reflecting on this week's message. Jesus spent forty days praying in the desert to get closer to God and be ready for his ministry. During the forty days of Lent, we can reflect on how we can come closer to God.

Pray

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

Dear Lord Jesus,
Thank you for loving me every day.
Help me to worship You with all my heart, and to serve only You, my loving God.
Please guide me to always choose what is good and to remember that You are the one true God.
I want to follow You and love You forever.
Amen.





Living out the Message

6. Children can live out the scripture, "You shall worship the Lord your God, and Him alone shall you serve", in simple and meaningful ways. For example:

- Praying regularly: Taking time each day to talk to God and thank Him shows worship and devotion.
- Listening to parents and teachers: When they guide children to do what is right, it is a way of serving God by following His teachings.
- Being kind and helpful: Helping others at home, school, or in the community reflects serving God through love and kindness.
- Choosing good friends and activities: Spending time doing things that honour God rather than distractions that pull them away.

These small actions help children focus on loving and serving God with their whole hearts!