SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,
During the month of February, we dedicate our prayers and reflections to the Most Holy Family — Jesus, Mary and Joseph. The Feast of the Holy Family is celebrated on the Sunday after Christmas; however, the entire month of February serves as a time to deepen our understanding of family values and the importance of nurturing love and faith within our families.
The Holy Family embodies love, unity, faith and trust in God. Throughout February, we are invited to consider how these virtues are lived out within our own homes and how we can continue to nurture strong, faith-filled family relationships.
We encourage you to take time together as a family to pray, reflect and grow in faith. May the example of Jesus, Mary and Joseph inspire us all to foster love, harmony and understanding in our daily lives.
Let us journey together in prayer during this special month.

God Bless,

Mrs Linda Payne
Executive Headteacher



The Most Holy Name of Jesus

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 St Luke 2:40



"And the child grew and became strong, filled with wisdom; and the favor of God was upon him."

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Reflect



4. Take a moment to reflect on the significance of the Holy Family and the lessons we can draw from their example. St Luke wrote: "And the child grew and became strong, filled with wisdom; and the favour of God was upon him." This scripture highlights not only the growth of Jesus in body and spirit but also the nurturing environment provided by Mary and Joseph. Their unwavering faith and commitment played a crucial role in shaping Jesus into the person He became.

Jesus grew up in a special family with Mary and Joseph. They taught Him the values of love and faith. This shows us how important family is in helping us grow and learn. Just like Jesus had a loving family, we can appreciate our families and the lessons they teach us.

How can we be more like the Holy Family?

Pray



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

Dear Lord,
We come to You with grateful hearts, thanking You for the gift of the Holy Family—Jesus, Mary and Joseph. We ask for Your blessings upon all children around the world. May they feel the love and protection of their families, just as Jesus did.
Help us to learn from the Holy Family's example of love, kindness and unity. Teach us to be caring and supportive to one another, just as Mary and Joseph cared for Jesus. May we always find joy in our families and share that joy with others.
Lord, we pray that every child knows they are cherished and valued. Surround them with Your love and guide them in their journey of faith. May they grow in wisdom and grace, just as Jesus did.
In Your holy name, we pray.
Amen.



Living out the Message

6. To embody the values of the Holy Family, children can focus on several key principles that reflect their love, respect and support for one another. Here are some ways children can emulate the Holy Family, along with examples:

- Love and Kindness: Just as the Holy Family showed unconditional love, children can show kindness towards their family and friends. For example, they can help a sibling with homework or share their toys with others.
- Respect: The Holy Family demonstrated respect for one another. Children can show respect by listening when others speak, using polite language and valuing each other's opinions. For instance, they can take turns during conversations and avoid interrupting.
- Support and Cooperation: The Holy Family worked together and supported each other through challenges. Children can do this by collaborating on school projects or helping a friend who is feeling down. For example, they might organise a small gathering to cheer up a friend who is having a tough time.
- Faith and Trust: The Holy Family had a strong faith in God and trusted in His plan. Children can express their faith through prayer or by going to Mass, showing trust in their family and friends. For instance, they might pray together as a family or volunteer to help those in need.
- Forgiveness: The Holy Family exemplified forgiveness. Children can do this by resolving conflicts with friends or siblings and apologising when they make mistakes. For example, if they have a disagreement, they can talk it out and forgive each other.

By embodying these values, children can create a loving and supportive environment similar to that of the Holy Family, fostering strong relationships and a sense of community.