SACRED HEART CATHOLIC PRIMARY & NURSERY SCHOOL

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,

Lent is a time of reflection, prayer, and preparation for the celebration of Jesus Christ's resurrection. During Lent, we engage in practices such as fasting, abstinence from certain foods, and acts of charity. These practices are meant to help individuals deepen their faith, grow closer to God, and make spiritual sacrifices in remembrance of Jesus' sacrifice on the cross. Lent is an important time for Catholics to focus on their relationship with God and to seek spiritual renewal.

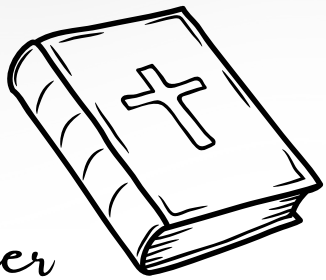
It is a time to reflect on our actions, seek forgiveness, and make positive changes in our lives.

God Bless,

Mrs Linda Payne
Executive Headteacher

Lent

Repent and Believe in the Gospel



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 Luke .



Luke 4:43-44 ~ 'I must proclaim the good news of the kingdom of God to the other towns too, because that is what I was sent to do.'

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Reflect

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.

When Jesus talked about the Kingdom of God, he referred to a special place where God's love, peace, and goodness are present. It is a place where people can experience a close relationship with God and live according to His teachings.

Jesus encouraged the people to repent and believe the Good News. Repenting means recognising our mistakes, asking for forgiveness and making a sincere effort to change our ways. It is saying sorry to God and trying to do better.

Believing the Good News means having faith in Jesus and His message. It means trusting that God loves us, forgives us and wants us to live a life filled with love, kindness, and compassion towards others.

Jesus also invites us to turn away from their 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.

Pray

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

Dear Lord Jesus,

Thank you for coming into our lives and sharing the Good News from God. We are grateful for your teachings and the Kingdom of God that is close to us. Help us to understand the importance of repentance and believing in the Good News.

Guide us on our journey to grow closer to you and to live according to your teachings. Give us the strength to turn away from our mistakes and to seek forgiveness. Help us to be kind, loving, and compassionate towards others.

May we always remember that you are with us, guiding us every step of the way. Thank you for your love and for showing us the path to the Kingdom of God.

In your name, we pray.
Amen.



Living out the Message of Repent and Believe

6. Children can live out the scripture of Jesus going into Galilee and proclaiming the Good News in several ways. Here are some examples:

- Sharing the Good News: Catholic children can share the message of God's love and the Good News with their friends, family and classmates. They can talk about Jesus' teachings, his sacrifice, and the hope of the Kingdom of God. By spreading the Good News, they can inspire others to learn about Jesus and his message of love.
- Acts of Kindness: Children can demonstrate the Kingdom of God by showing kindness and compassion to others. They can help those in need, befriend the lonely and stand up against injustice. By practising acts of kindness, they reflect the love and mercy that Jesus preached in Galilee.
- Repentance and Forgiveness: Children can embrace the call to repentance by examining their actions and seeking forgiveness when they make mistakes. They can strive to make amends by saying sorry and by learning from their errors. By practising repentance and forgiveness, they demonstrate their belief in the Good News and the transformative power of God's love.
- Prayer and Reflection: Children can deepen their relationship with God through prayer and reflection. They can set aside time to pray, and read the Bible. By seeking a closer connection with God, they open themselves to the guidance of the Holy Spirit.

By living out these examples, children can embody the scripture of Jesus going into Galilee and proclaiming the Good News. They can be a light in the world, spreading love, kindness and the message of God's Kingdom.