SACRED HEART CATHOLIC PRIMARY & NURSERY SCHOOL

Learning and loving with Christ as our teacher

PRAYER AT HOME

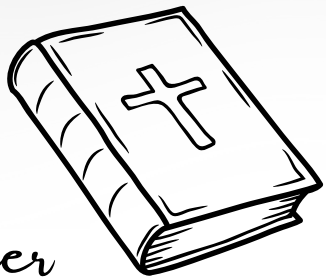
Dear Parents and Carers,

During Week 2 of Lent, we focus on the powerful message from this week's Gospel reading: "This is my Son, my chosen; listen to him!" This theme invites us to deepen our relationship with Jesus and to truly hear His words in our hearts. As we gather for Prayer at Home, let us reflect on how we can listen to Jesus in our daily lives and follow His example of love and compassion. We encourage you to engage in meaningful discussions and activities that help your children understand the importance of listening to God's voice. May this weekend be filled with blessings as we grow closer to Christ together!

God Bless,

Mrs Linda Payne
Executive Headteacher

Lent
Week 2



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 9:35-36 ~ 'This is my Son, my Chosen: listen to him!.'

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Reflect

4. Spend a moment reflecting on this week's message. Discuss the passage to gain a clearer understanding of its meaning. The scripture "This is my Son, my chosen; listen to him!" comes from the Gospel and is a very important message for us as Catholics. Let's break it down to understand what it means:

"This is my Son": This part tells us that Jesus is the Son of God. This means that Jesus is not just an ordinary person; He is divine and has come to show us how to live and love.

"My chosen": When God calls Jesus "my chosen," it means that Jesus was chosen for a special purpose. He came to teach us about God's love, to help us understand how to be good people and to save us from our sins. This shows us that Jesus is important in our lives and that we should pay attention to what He says.

"Listen to him!": This is a call to serve for all of us. God is telling us to listen to Jesus and to follow His teachings. Listening means more than just hearing words; it means understanding and grasping those teachings and applying them in our daily lives. When we listen to Jesus, we learn how to be kind, loving and forgiving.

In summary, this scripture reminds us that Jesus is God's Son, chosen for a special mission and we are encouraged to listen to Him. By doing so, we can grow in our faith and learn how to live in a way that reflects God's love in the world. It's a beautiful invitation to deepen our relationship with Jesus and to follow His example every day!

Pray

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

Dear Father,
Thank you for sending us Your Son, Jesus, who is chosen and loved by You. Help us to remember that He is our guide and teacher.
As we listen to His words, may we open our hearts to understand His message of love and kindness. Teach us to follow His example in our daily lives, showing compassion to others and sharing Your love with everyone we meet.
Help us to be good listeners, not just to Jesus, but to our family, friends, and those in need. May we always seek to do what is right and to live in a way that makes You proud.
Thank you for Your love and for the gift of Your Son.
We ask this in Jesus' name.
Amen.



Living out the Message

6. Children can live out the scripture, "This is my Son, my chosen; listen to him!" in several meaningful ways:

- Through daily prayer: Children can spend time in prayer, taking the time to talk to Jesus and listen for His guidance. Prayer helps children to deepen their relationship with God.
- Reading the Bible: Engaging with the stories of Jesus in the Bible helps children learn about His life and teachings and think about how it applies to their lives.
- Following Jesus' example: Children can strive to imitate Jesus by being kind, compassionate, and forgiving. They can practise these values at home, in school and with friends, showing love to others just as Jesus taught.
- Listening to Authority Figures: Listening to parents, teachers and other trusted adults is another way to live out this message. These figures often guide children in making good choices that align with Jesus' teachings.
- Serving Others: Children can participate in service projects or help those in need in their community. Acts of kindness, such as volunteering, helping a neighbour or sharing with those less fortunate, reflect Jesus' love and compassion.
- Participating in Mass: Attending Mass regularly allows children to listen to God's Word and learn more about Jesus. They can engage in the liturgy, sing hymns and participate in the sacraments, deepening their relationship with Him.
- Discussing Faith: Children can talk about their faith with family and friends, sharing what they learn about Jesus and encouraging others to listen to Him as well. This can help strengthen their own understanding and commitment.
- Making Good Choices: When faced with decisions, children can ask themselves what Jesus would want them to do. This reflection helps them align their actions with His teachings and values.

By incorporating these practices into their daily lives, Catholic children can truly live out the message of listening to Jesus, growing in their faith, and sharing His love with the world around them.