APRIL 2025

SACRED HEART CATHOLIC PRIMARY & NURSERY SCHOOL

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,

As we journey through Lent, we are reminded of the importance of reflection, repentance and renewal. This season invites us to grow closer to God and to make positive changes in our lives. One powerful message we can carry with us during this time, comes from this week's Gospel reading. Jesus said "Go on your way and sin no more."

This quote encourages us to recognise our mistakes and to strive for a better path. It reminds us that, with God's love and guidance, we can turn away from actions that do not reflect His light and embrace a life filled with kindness, compassion, and forgiveness.

This week, try to incorporate prayer into our daily routines at home as Jesus taught us. Let us support one another in this journey, encouraging each other to "go on our way" with renewed hearts and a desire to grow in love and goodness.

May this Lent be a time of transformation for all of us!

God Bless,

Mrs Linda Payne
Executive Headteacher

Lent Week 5



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 from St John.



John 8:1-11 ""Go on your way and sin no more.""

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Reflect

4. .Spend a moment reflecting on this week's message . The quote "Go on your way and sin no more," is found in the Gospel of John (John 8:11). This moment is significant because it shows Jesus' compassion and forgiveness.

This quote teaches us an important lesson about making good choices. When Jesus says, 'sin no more,' He is encouraging us to turn away from actions that are wrong and to live a better life. It reminds us that even when we make mistakes, we can always ask for forgiveness and try to do better.

Jesus forgives us when we say we are sorry. But He also wants us to learn from our mistakes and to choose to do what is right in the future. So, when we hear 'Go on your way and sin no more,' we can think of it as a reminder to always strive to be kind, honest and loving in our actions every day.

The quote "Go on your way and sin no more," helps us to understand the message of forgiveness and the importance of making positive choices in their lives.

Pray

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

Dear Lord Jesus,
Thank You for Your love and care.
For guiding us with Your gentle stare.
Help us to walk in the light each day,
And choose the right path in all we say.
When we make mistakes, please show us the way,
To learn from them and grow every day.
Help us to be kind, to share and to love,
And to follow Your teachings from above.
As we go on our way, we promise to try,
To be our best selves, with You by our side.
Thank You for Your grace, so pure and so bright,
We'll strive to do good and shine with Your light.
In Your holy name, we pray.
Amen.



Living out the Message

6. Children can embody the message "Go on your way and sin no more" in various meaningful ways. Here are some examples:

- **Kindness:** Encourage children to show kindness to everyone.. Simple acts like helping a classmate with homework or sharing toys can reflect their commitment to living a good life.
- **Forgiveness:** Teach children the importance of forgiveness. When conflicts arise, they can try resolving disagreements peacefully and forgiving others, as well as seeking forgiveness when they have wronged someone.
- **Honesty:** Emphasise the value of honesty in their daily interactions. Whether it's in school or at home, being truthful helps them build trust and integrity.
- **Service to Others:** Involve children in community service projects, such as volunteering at a local food bank or participating in church activities. Serving others is a practical way to live out their faith and make a positive impact.
- **Prayer and Reflection:** Encourage regular prayer and reflection on their actions. This can help them recognise areas where they can improve and seek guidance in making better choices.
- **Respect for Creation:** Teach children to care for the environment and all living things. This can include simple actions like recycling, conserving water and being mindful of their impact on the planet.
- **Positive Choices:** Help children understand the importance of making positive choices in their friendships and activities. Encourage them to choose friends who uplift them and engage in activities that align with their values.
- **Learning from Mistakes:** Remind children that everyone makes mistakes, but what matters is how they respond. Encourage them to learn from their errors and strive to do better in the future.

By integrating these examples into their daily lives, children can actively live out the message of "Go on your way and sin no more," fostering a spirit of love, compassion, and integrity.