SACRED HEART CATHOLIC PRIMARY & NURSERY SCHOOL

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,

Lent is a special time in our lives that prepares us for the celebration of Easter. It is a time of reflection, repentance and spiritual growth. One important aspect of Lent is prayer.

Prayer during Lent helps us draw closer to God, reflect on our actions and seek His guidance and strength. In this Prayer at Home Newsletter, we will explore the importance of praying during Lent for children and how it can deepen their faith and connection with God. Let us journey together in prayer during this sacred season of Lent.

God Bless,

Mrs Linda Payne
Executive Headteacher



Lent



Taking time to Pray

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 11:1-3 ~ One day, Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." He said to them, "When you pray, say:

Father,
hallowed be your name.

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Reflect

4. Spend a moment reflecting on this week's message.. In the scripture passage, we see Jesus teaching his disciples how to pray. The disciples were curious and asked Jesus to teach them, just like John had taught his disciples. Jesus then shared with them a simple prayer, starting with addressing God as "Father" and acknowledging the holiness of His name. This passage teaches us the importance of prayer and how we can communicate with God. It shows us that prayer is a way to connect with God, show reverence, and seek His guidance and blessings. Just like the disciples, we can also learn from Jesus and follow his example in prayer.

Pray

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

Our Father,
Who art in heaven,
hallowed be Thy name;
Thy kingdom come;
Thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses as we forgive those who trespass against us;
and lead us not into temptation
but deliver us from evil.
Amen



Living out the Mesage of Prayer

6. Children can live out the scripture quote by incorporating prayer into their daily lives. There are four types of prayer you can teach your children.

- **Prayer of Blessing and Adoration:** This type of prayer involves praising God for His greatness, goodness and holiness.
- **Prayer of Petition:** In this form of prayer, we ask God for what we need, including forgiveness for our sins and guidance in our lives.
- **Prayer of Intercession:** This prayer focuses on asking God to help others, whether it be for their needs, healing, or protection.
- **Prayer of Thanksgiving:** This type of prayer involves expressing gratitude to God for all the blessings He has given us and the things He has done in our lives.

Here are some other examples of how children can pray more during Lent.

- Start and end each day with a prayer, addressing God as "Father" and praising His holy name.
- Before meals, children can say a prayer of thanks, acknowledging God's provision and blessing the food they are about to eat.
- When faced with challenges or decisions, children can pray for guidance and wisdom, seeking God's will in their lives.
- Encourage children to pray for others, such as family members, friends, and those in need, showing compassion and care for others.
- Teach children to express gratitude in their prayers, thanking God for the blessings and good things in their lives.

By incorporating these practices into their daily routine, children can live out the scripture quote and deepen their relationship with God through prayer.