SACRED HEART CATHOLIC PRIMARY SCHOOL

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,
In our school, we prioritise the spiritual development of children by offering various opportunities for prayer and engaging in liturgy and worship. These experiences are integrated into the classroom and throughout the school day. As part of our dedication to supporting the ongoing spiritual growth of our pupils, we have introduced a new initiative called "Prayer at Home." This initiative aims to assist parents and caregivers in fostering prayer within the home environment.

Through "Prayer at Home," we provide a prayer resource to all families with children in our school. This resource is designed to be easily followed and allows families to create a moment of prayer together amidst their busy lives. By offering this support, we hope to encourage and enable families to continue the practice of prayer beyond the school setting, nurturing a sense of spirituality within the home.

God Bless,

Mrs Linda Payne
Executive Headteacher

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 John's Gospel.



"I give you a new commandment: love one another. As I have loved you, so you also should love one another. This is how all will know that you are my disciples, if you have love for one another."

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Reflect

4. Spend a moment reflecting on Christ's message of love..

There is one simple message throughout the New Testament, which is to love. Jesus gave us a special commandment, which is to love one another. He emphasises that we should love each other in the same way that he has loved us. By showing love and kindness to one another, people will recognise you as Jesus' disciples..
How can we show love this week?



Pray

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

Give us the strength to love even when it is difficult, and to show love to our friends and family. Help us to be patient and understanding, and to always show love.

May our actions and words reflect your love, so that others may see your light shining through us. Help us to be a source of love and comfort to those around us, just as you have been to us.

We pray that through our love for one another, others may come to know you and experience your love in their lives. Guide us, dear Lord, as we strive to follow your commandment and be true disciples of your love.

In Jesus' name, we pray.

Amen.



Living out the Message of Love

6.. Ask your children how they can show love this week.

Children can show love for one another in various ways, just as Jesus loves us. Here are a few examples:

1. **Kindness:** Children can be kind to one another by using polite words, sharing toys, or helping each other with tasks.
2. **Empathy**: Encouraging children to understand and share the feelings of their friends, can help them show love. They can offer comfort and support when someone is sad or upset.
3. **Inclusion:** Children can include others in their activities and games, making sure no one feels left out or lonely.
4. **Forgiveness**: Teaching children to forgive each other when mistakes are made or conflicts arise is a way to show love. They can learn to let go of grudges and move forward with understanding.
5. **Support:** Children can offer support to their friends by cheering them on, helping them with schoolwork, or being there for them during difficult times.

These are just a few examples, but there are many ways children can show love for one another, just as Jesus loves us.