SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

Learning and loving with Christ as our teacher

PRAYER AT HOME

Epiphany



Dear Parents and Carers,

Epiphany was celebrated on January 6th which is twelve days after Christmas. The word "epiphany" itself means a sudden realisation or understanding. It refers to the recognition of Jesus' divinity by the Magi.

Epiphany is a special day when we remember the visit of the Three Wise Men to baby Jesus. It is a time to think about the gifts they brought and the significance of Jesus' birth. It is also an opportunity to reflect on the idea that Jesus came to bring light and salvation to all people, not just a select few.
This prayer resource is designed to help families come together and engage in prayer. By utilising this resource, families can create a meaningful and spiritual atmosphere at home, fostering a sense of togetherness and deepening their faith together as a family unit.

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 Matthew's Gospel.



When they saw the star, they were overjoyed. They saw the child with his mother Mary and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh.
Matthew 2: 1-12

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Reflect

4. Spend a moment reflecting on the message from Matthew's Gospel.

Matthew 2:1-12 that tells us about the visit of the Three Wise Men, also known as the Magi, to baby Jesus.

In this part of the story, the Wise Men had been following a special star that led them to where Jesus was born. When they saw the star stop over the place where Jesus was, they were filled with joy and excitement. Can you imagine how happy they must have been?

They went into the house where Jesus and his family were staying and when they saw him, they knelt down and worshipped him. They also gave him special gifts: gold, frankincense, and myrrh.

Afterwards, something important happened. God spoke to the Wise Men in a dream and warned them not to go back to King Herod, who wanted to harm Jesus. So, they listened to God's message and took a different way home, avoiding King Herod.



Pray



5.. Spend time praying together.

Dear Heavenly Father,

We come before you with hearts full of joy and gratitude. Just as the Three Wise Men were overjoyed when they saw the star and found baby Jesus, we too are filled with happiness and awe at the gift of your Son.

Thank you for sending Jesus to us, to be our Saviour and guide. Help us to always remember the love and sacrifice he made for us. Like the Wise Men, we bow down in worship and offer our hearts to Jesus.

As the Wise Men presented their precious gifts of gold, frankincense, and myrrh, we too want to offer our gifts to Jesus. Help us to share our talents, kindness, and love with others, just as Jesus taught us.

Guide us, dear Lord, to be like the Wise Men, seeking your light and following your path. May we always be filled with wonder and awe at the miracle of Jesus' birth.

In Jesus' name, we pray.

Amen.





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Living out the Message

6. Here are some examples of how children can live out the message of this week's Gospel reading.

- Expressing Joy: Children can cultivate a spirit of joy by finding happiness in the simple things around them. They can appreciate the beauty of nature, enjoy spending time with loved ones and find joy in acts of kindness and generosity.

- Showing Respect and Reverence: Children can learn to show respect and reverence towards others, just as the Wise Men bowed down and worshipped baby Jesus. They can demonstrate respect by using polite words, listening attentively to others and treating everyone with kindness and dignity.

- Sharing Gifts: Children can understand the importance of sharing their gifts and talents with others. They can use their abilities to help those in need, whether it is by offering a helping hand, sharing their toys or possessions or using their creativity to bring joy to others.

- Offering Kindness and Compassion: Children can follow the Wise Men's act of presenting gifts by showing kindness and compassion to those around them. They can offer a listening ear to a friend in need, perform acts of kindness for their family or community and practise empathy by putting themselves in others' shoes.

- Seeking and Following the Light: Children can strive to seek and follow the light of Jesus in their lives. They can do this by reading and learning from the Bible, praying, attending church and seeking guidance from trusted adults who can help them grow in their faith.

By incorporating these actions into their daily lives, children can live out the message of Matthew's scripture and reflect the love and teachings of Jesus in their interactions with others.

