SACRED HEART CATHOLIC PRIMARY SCHOOL

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,

Family prayer time is a dedicated period when family members come together to pray as a group. It is a time for families to connect with each other and with God to seek guidance, express gratitude and share their hopes and concerns.

During family prayer time, family members can take turns leading the prayer or participate together using this resource. It provides an opportunity for family members to strengthen their spiritual bond, deepen their faith, and support one another in their spiritual journey.

Family prayer time can also serve as a moment of reflection and introspection, allowing family members to express their individual thoughts and feelings and seek comfort and solace in a shared spiritual practice. It fosters a sense of unity, love, and support within the family, as well as provides a space for open communication and the sharing of values and beliefs.

Overall, family prayer time is a meaningful practice that allows families to come together, connect spiritually, and nurture their relationships with each other and with God.

God Bless,

Mrs Linda Payne
Executive Headteacher

Peace

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.



Matthew 5:9 ~ Blessed are the peacemakers, for they shall be called sons of God.

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Reflect

4. Spend a moment reflecting on Christ's message of love. The scripture quote is from a famous speech called the Beatitudes, where Jesus shared important teachings. In this particular quote, Jesus is saying that people who work to make peace are special and blessed. He calls them "peacemakers."

Being a peacemaker means trying to resolve conflicts and bring harmony to situations. It means being kind, understanding, and helping others get along. When we make peace, we are doing something that makes God happy and Jesus says that those who do this will be known as God's children.

The message of this quote is that it is important to be peacemakers and work towards peace. By doing so, we show that we are connected to God and follow in His footsteps.
How will you be a peacemaker this week?

Pray

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

Dear Heavenly Father,
We come before you today with grateful hearts, seeking to understand and live out the words of Jesus: "Blessed are the peacemakers, for they shall be called sons of God." We ask for your guidance and strength as we strive to be peacemakers in our lives.

Help us, dear God, to be agents of peace in our homes, schools, and communities. Teach us to resolve conflicts with kindness, understanding, and empathy. May we always choose words that build bridges and heal wounds, rather than words that hurt or divide.

Lord, we pray that you fill our hearts with your peace, so that we may radiate it to others. May our actions and words reflect your love and grace, inspiring others to seek peace as well.

We thank you, God, for the opportunity to be peacemakers and to be called your children. May we honor this calling and bring your light into the world.
In Jesus' name, we pray. Amen



Living out the Message of Peace

6. Ask your children how they can show peace this week.
Children can live out the quote "blessed are the peacemakers, for they shall be called sons of God" by actively promoting peace and resolving conflicts. Here are some examples:

1. Mediation: Children can act as peacemakers by helping their friends or classmates resolve disagreements. They can listen to both sides, encourage understanding, and suggest peaceful solutions.

2. Kindness and empathy: By showing kindness and empathy towards others, children can create a peaceful and harmonious environment. They can offer a helping hand, be considerate of others' feelings, and treat everyone with respect.

3. Non-violent communication: Children can learn to express their thoughts and feelings without resorting to aggression or violence. Teaching them effective communication skills, such as using "I" statements and active listening, can help them resolve conflicts peacefully.

4. Promoting inclusivity: Encouraging children to include others, regardless of differences, can foster a sense of unity and peace. They can reach out to those who may feel left out, make new friends, and celebrate diversity.

5. Spreading kindness: Children can perform acts of kindness, such as sharing, helping, or complimenting others. These small gestures can create a positive and peaceful atmosphere.

By embodying the qualities of a peacemaker, children can live out the message given to us by Christ, contributing to a more peaceful world.