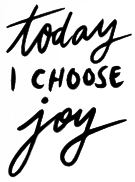
SACRED HEART CATHOLIC PRIMARY SCHOOL

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 Romans.



Romans 15:13 ~ May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

SACRED HEART CATHOLIC PRIMARY SCHOOL

Learning and loving with Christ as our teacher

PRAYER AT HOME

Reflect

4. Spend a moment reflecting on Christ's message of joy
God, who is full of hope, wants to fill you with joy and peace when you believe in Him. When you have faith in God, the Holy Spirit gives you the power to have a lot of hope.

Imagine hope as a bright light that shines inside you. When you believe in God and trust Him, that light of hope gets bigger and brighter. It brings you joy, which is a happy feeling, and peace, which is a calm and content feeling.

God wants you to have this hope, joy, and peace in your life. It helps you stay positive and hopeful even when things are tough. When you believe in God and let the Holy Spirit guide you, you will have a lot of hope inside you, and it will bring you joy and peace.
How do you think having joy and peace in believing in God can help you feel hopeful in life?

Pray

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

We come to you with hopeful hearts,
As children who believe in your love.
May you, the God of hope, fill us with joy and peace,
So that our faith may grow stronger each day.

Help us to spread joy and peace to others,
To be a source of hope in their lives.
May our actions and words reflect your love,
And may we bring light to those in darkness.

Thank you, God, for your endless hope,
For filling our hearts with joy and peace.
May we always believe in you,
And may our hope in you never cease.

In the name of the Father, the Son and the Holy Spirit,
Amen.



Living out the Message of Joy

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

Children can live out the message "May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope" in the following ways:

- Trusting in God: Children can develop a strong belief in God and trust in His plans for them. This trust can bring them joy and peace, knowing that God is always with them.
- Prayer: Encouraging children to pray and communicate with God regularly can help them experience joy and peace. They can pray for themselves, their loved ones and others in need, seeking hope and guidance from God.
- Spreading positivity: Children can share their joy and peace with others by being kind, helpful, and encouraging. They can uplift others through their words and actions, spreading hope to those around them.
- Finding joy in faith: Children can explore and engage in activities that bring them closer to God, such as reading Bible stories, attending religious services, or participating in community service projects. These experiences can fill them with joy and peace.
- Being hopeful: Children can cultivate a hopeful mindset, even in challenging times. They can learn to trust that God has a plan for them and that things will get better. This hope can inspire them to persevere and face difficulties with courage.