



Prayers to End the Day Spring Term 2019

“Whether we realise it or not,
prayer is the encounter of God’s thirst and ours”
St. Augustine

“Love to pray.
Prayer enlarges the heart
until it is capable of containing God’s gift of Himself”
St. Teresa of Kolkata

Tuesday 8th January

Lord Jesus, we look back to the old year, and forward to the new. We give thanks for the blessings of the past 12 months, and we place into your hands the mistakes we have made. As you are the Light of the World, take away the darkness in our lives. As you are the Way, lead us in the year ahead. As you are the Good Shepherd, protect us from danger. We entrust the past to your mercy, the present to your love, and the future to your plans for us. Amen

Wednesday 9th January

Sunday was the Feast of the Epiphany God of all heaven and earth, be our daily star, guiding our lives to search for a kingdom of love. May we always follow your light of truth in all that we do, forever trusting, hoping and believing in your word. Lift our eyes tonight to see your eternal life shining brightly, leading us home. Amen.

Thursday 10th January

We pray together the prayer that Jesus taught us
Our Father, who art in heaven...

Friday 11th January

Father of light, unchanging God, you reveal to men of faith the resplendent fact of the Word made flesh. Your light is strong, your love is near; draw us beyond the limits which this world imposes, to the life where your Spirit makes all life complete.
We ask this through Christ our Lord.
Amen

Monday 14

We pray to God our Father for all the people who help make St. James’ to be our special family. Father, may our school be a family which offers caring as well as learning, which offers safety as well as knowledge, which shares faith as well as instruction.
We make this prayer in Jesus’ name, Amen

Tuesday 15th January



ST JAMES'

CATHOLIC HIGH SCHOOL

Almighty God, we thank you for listening to us, and for sharing your love and glory with each of us.

Amen

We ask our Blessed Mother Mary to intercede for us as we pray Hail Mary...

Wednesday 16th January

Lord, stay with us as we draw to the end of another day.

Let your wisdom open up to us the learning of today.

Help us to leave all our uncertainties in the safety of your certain love, and rest in your wisdom with grateful hearts tonight.

We ask this through Christ our Lord, Amen

Thursday 17th January

Father, we know that you know our hearts and our fears. Help us to overcome them by trusting in the presence and power that you make available to us in every task.

Help us worry less and to focus on acknowledging our weaknesses and becoming stronger.

Amen

Friday 18th January

Today marks the start of a Week of Prayer for Christian Unity Eternal God, you belong to no culture or land but are Lord of all, you call us to welcome the stranger in our midst. Help us, with your Spirit, to live as brothers and sisters, welcoming all in your name, and living in the justice of your kingdom.

This we pray in Jesus' name, Amen.

We pray together the universal Christian prayer that Jesus taught us, Our Father...

Monday 21st

Oh God, enlighten our minds with truth; inflame our hearts with love; inspire us with courage; enrich our lives with service. Pardon what we have been; sanctify what we are; order what we shall be.

Thine shall be the glory, and ours the eternal salvation.

Through Jesus Christ our Lord, Amen

Tuesday 22nd January

Relentless Lord, open our hearts so we can see the truth around us.

When we are shown anger, help us to see the hurt that sparked it.

When we are shown arrogance, help us see insecurity.

When we are shown aggression, help us recognise the fear beneath it. When we are confronted with hate, give us the strength and wisdom to respond with relentless love.

Amen

Wednesday 23rd January

Dear Lord and Father of all, thank you for today.

Thank you for ways in which you provide for us all, for your protection and love.



Help us to focus our hearts and minds now on what we have learnt today.
We ask all this in the name of Jesus. Amen.

Thursday 24th January

We pray to God our Father for all the people who help make St. James' to be our special family. Father, may our school be a family which offers caring as well as learning, which offers safety as well as knowledge, which shares faith as well as instruction.
We make this prayer in Jesus' name, Amen

Friday 25th January

Lord, give us strength to carry on, to persevere as we work, and give us guidance when we are in need of it.

Amen

We ask our Blessed Mother Mary to intercede for us as we pray Hail Mary...

Monday 28

Today is the Feast of St. Thomas Aquinas. This is a prayer of his, known as the Student's Prayer. Creator of all things, true source of light and wisdom, origin of all being, graciously let a ray of your light penetrate the darkness of my understanding. Give me a keen understanding, a retentive memory, and the ability to grasp things correctly and fundamentally. Grant me the talent of being exact in my explanations, and the ability to express myself with thoroughness and charm. Point out the beginning, direct the progress, and help in the completion.

I ask this through Christ our Lord. Amen

Tuesday 29th January

We pray to God our Father for all the people who help make St. James' to be our special family. Father, may our school be a family which offers caring as well as learning, which offers safety as well as knowledge, which shares faith as well as instruction.
We make this prayer in Jesus' name, Amen

Wednesday 30th January

Lord Jesus, light of the world, open our eyes that we may always value and appreciate all who are part of our lives.

Open our eyes that we may be quick to notice when people need our help.

Open our eyes so that we may share your vision, and see situations and people as you do.
Amen

Thursday 31st January

We pray together the prayer that Jesus taught us
Our Father, who art in heaven...

Friday 1st February

Tomorrow is the Feast of the Presentation of the Lord – known as Candlemas

These are the words of the Nunc Dimitis, a traditional prayer prayed at the end of each day.



The words are those of Simeon when he saw the child Jesus at the Temple at his Presentation.

Now, Lord, you have kept your word: let your servant go in peace.

With my own eyes I have seen the salvation which you have prepared in the sight of every people: a light to reveal you to the nations and the glory of your people Israel.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end.

Amen.

Monday 4th February

We ask Mary, our Mother, to pray for us as we say Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death.

Amen

Tuesday 5th February Almighty God, you are the Father of mercy, you are the Lord of compassion, you are the Spirit of encouragement.

Lead us by your love. Amen.

Wednesday 6th February

We pray to God our Father for all the people who help make St. James' to be our special family. Father, may our school be a family which offers caring as well as learning, which offers safety as well as knowledge, which shares faith as well as instruction.

We make this prayer in Jesus' name, Amen

Thursday 7th February

Father in heaven, we give thanks for life and the experience life brings us.

We thank you for our joys, sorrows, trials, failures and triumphs.

Above all, we thank you for the hope we have in Christ,

Amen

Friday 8th February

Sunday is a day of prayer for Racial Justice

Lord, we have many things to be proud of in our country's history, but we also know there have been mistakes.

Keep us free from the prejudices that patriotism can sometimes foster, and help us instead be open, tolerant and welcoming to all. Help us to be part of a community that we can be proud of.

May we always welcome the stranger. Amen

Monday 11 February

Today is World Day for the Sick, when the Church prays for those who are unwell. This prayer is from Pope Francis on a previous World Day for the Sick. Mary, our Mother, in Christ you welcome each of us as a son or daughter. Sustain the trusting expectation of our



hearts, support us in our weakness and sufferings, and guide us to Christ, your Son and our brother.

Help us to entrust ourselves to the Father who accomplishes great things.

Amen

Tuesday 12th February

We pray to God our Father for all the people who help make St. James' to be our special family. Father, may our school be a family which offers caring as well as learning, which offers safety as well as knowledge, which shares faith as well as instruction.

We make this prayer in Jesus' name, Amen

Wednesday 13th February

Let there be respect for the earth, peace for its people, love in our lives, forgiveness for past wrongs, and always a new start in you.

Amen

St. Oliver, patron saint of peace and reconciliation pray for us

Thursday 14th February

Into your loving care, dear Lord, we place our souls this night, keep us safe within your heart in peace till morning light. And while our weary limbs find rest, keep our hearts fixed on you, for we are your trusting children, safe in your sheltering hand. To Father, Son and Spirit blessed, we consecrate our sleep this night, Amen.

This prayer is from the Liturgy of the Hours, the prayers that we are encouraged to pray each day

Friday 15th February

We pray together the prayer that Jesus taught us Our Father, who art in heaven...

Monday 25 February

We pray to God our Father for all the people who help make St. James' to be our special family. Father, may our school be a family which offers caring as well as learning, which offers safety as well as knowledge, which shares faith as well as instruction.

We make this prayer in Jesus' name, Amen

Tuesday 26th February

This week is the start of Fair Trade Fortnight

Creator God, you created a beautiful world for all your children. When we taste and smell the fruits of this creation help us to remember those who farm the land to grow them.

Help us live in a partnership of love and support with those who produce our food and drink, so that we might enable others to feed their families and create a sustainable future.

Amen

Wednesday 27th February



Lord God, in the fields of the poor even when abundant fruits ripen, injustice sweeps them away and families hunger. Help us to share the fruits of your bounty, so that all your family may benefit from your gracious gifts.

Amen

Thursday 28th February

O Lord God,

School is not always easy, and some days, it is very difficult, and we struggle to relax and be at peace.

Yet we know that you will give us patience, wisdom, and courage, to be excellent in every way, and you will help us love others as you love us.

Amen

Friday 1st March

We ask Mary, our Mother, to pray for us as we say Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death.

Amen

Monday 4th March

We pray together the prayer that Jesus taught us

Our Father, who art in heaven...

Tuesday 5th March

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We make this prayer in Jesus' name, Amen

Wednesday 6th March

Today is Ash Wednesday

Gentle Lord, as we enter Lent help us to draw near to you in praise, stripping away all that distracts us from you. During this season of fasting, almsgiving and prayer, gift us with your presence, so we can be a gift to others in carrying out your work.

Amen

Thursday 7th March

Lord, at the start of Lent we are full of determination to stick to our Lenten promises. As we move through Lent sometimes we fall and forget our promises, help us not to be too hard on ourselves when we fall short.

Instead, help us to realise that it is worth trying again.

Be with us Lord, give each of us a new enthusiasm and determination to renew our lives in your love.

Amen



Friday 8th March

Today is International Women's day God our Creator, your Church has been built up with the love and devotion of women around the world:

inspire us to follow their great example.

We pray for women around the world who are not treated fairly and equally.

We thank you for women around the world who are inspirational. We pray for all women. Amen.

We remember the example of Mary, mother of God, as we say Hail Mary...

Monday 11 March

Lord may Lent be a time of inward searching that makes us more able to look with compassion at the needs of the world.

Amen

We ask our Blessed Mother Mary to intercede for us as we pray Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death.

Amen

Tuesday 12th March Most forgiving Lord, again and again you welcome us back into your loving arms. Grant us freedom from the heavy burdens of sin that weigh us down and keep us so far from you. Amen

Wednesday 13th March

We pray to God our Father for all the people who help make St. James' to be our special family. Father, may our school be a family which offers caring as well as learning, which offers safety as well as knowledge, which shares faith as well as instruction.

We make this prayer in Jesus' name, Amen

Thursday 14th March

God our Father,

Help us to realise how special we and others are to you. Help us to make the most of ourselves, and believe in ourselves the way you believe in us.

Amen

Friday 15th March

Today is Cafod's Lent Fast Day Just and generous God, bring us together in a community of peace as we mark this Lent Fast Day. Our world is so unbalanced and unequal, may our efforts, our prayer and our action help to bring some balance. Amen

Monday 18 March

Lord, give us eyes to see the ordinary things, like the green grass or the grey and blue of the sky.



ST JAMES'

CATHOLIC HIGH SCHOOL

Help us to rejoice in the small blessings scattered through every day, and live life with grateful hearts.

May our gratitude warm the hearts of others, and build a more cheerful world.

Amen

Tuesday 19th March

We pray together the prayer that Jesus taught us Our Father, who art in heaven...

Wednesday 20th March

Holy Lord, thank you for your grace.

Please help us overcome the hurdles that trip us up, and give us strength and wisdom to look up and see your hope as we run towards Christ.

In Jesus' name, Amen

Thursday 21st March God of infinite love, we thank you for your love.

Remind us of your call to be more patient, gentle and compassionate with others. Here in the middle of Lent, we turn to you for your help.

Please soften our hearts.

Help us to let go of judging others.

Open our hearts and minds to the needs of others.

We ask you this, in Jesus' name.

Amen

Friday 22nd March

We pray to God our Father for all the people who help make St. James' to be our special family. Father, may our school be a family which offers caring as well as learning, which offers safety as well as knowledge, which shares faith as well as instruction.

We make this prayer in Jesus' name,

Amen

Monday 25 March

We pray to God our Father for all the people who help make St. James' to be our special family. Father, may our school be a family which offers caring as well as learning, which offers safety as well as knowledge, which shares faith as well as instruction.

We make this prayer in Jesus' name, Amen

Tuesday 26th March Help us to grow less...

less concerned by our wants, less worried by our future, less blind to others' suffering.

So that you may grow more present in our lives, making us more aware of our dignity, more trusting in your providence more filled with love for all people.

God of simplicity and abundance, give us less and more. Amen.

Wednesday 27th March Lord God, we believe in you,



we trust in you and we love you above all things, with all of our heart, mind and strength. We love you because you are supremely good; and because we love you, we are sorry with all our hearts for offending you. Help us to be the best we can be. Amen

Thursday 28th March

Father, you have filled the hearts of your people with faith, hope and love.

We pray for the Year 11s, as they gather this evening to celebrate Mass together.

Give them health in mind and body.

Bless the work that they have done and will do in the coming weeks, so they are ready for their GCSEs.

Amen

Friday 29th March Sunday is Mother's Day

We turn to Mary, our heavenly mother as we pray Hail Mary...

Monday 1st April Loving Father,

give us the strength to see your love with honesty and compassion, and to feel deeply your forgiveness and mercy for us.

We want be able to bring our weaknesses and imperfections to you, as we journey with Jesus, aware of his love.

Amen

Tuesday 2nd April

Lord God, you breathed the spirit of life within us.

Help us to show the light and life you created in us.

Help us to find our way back to you. Help us to use our lives to reflect your glory, and to serve others, as your son Jesus did. Amen

Wednesday 3rd April

We pray to God our Father for all the people who help make St. James' to be our special family. Father, may our school be a family which offers caring as well as learning, which offers safety as well as knowledge, which shares faith as well as instruction.

We make this prayer in Jesus' name, Amen

Thursday 4th April

We pray together the prayer that Jesus taught us

Our Father, who art in heaven...

Friday 5th April

Lord, you've guided us through the difficult days of Lent, encouraging us along the way.

We pray as we move towards the darkest day, that you'll not forsake us, but remind us of our Saviour's ultimate gift,

the promise of new, abundant, eternal life for all who believe and trust in him, your precious son, Jesus.

Amen