

**Ten:Ten**  
Resources



Light Up Our  
Lives!

Monday

Tuesday

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Friday

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***'The people  
who walked in  
darkness have  
seen a great  
light...'***  
Isaiah 9:2

**Monday**



**Prayer Leader:**

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

The prophet Isaiah was talking about Jesus when he said:

***(Invite the Reader to read from the Scriptures.)***

**Reader:**

***'The people who walked in darkness have seen a great light...'*** (Isaiah 9:2)

**Prayer Leader:**

Isaiah's words remind us that when we don't know Jesus and follow His ways, it's like we are walking in darkness.

Walking in the dark is quite tricky, it's hard to see where to go.

But if we have a light to shine in the darkness, it helps us to see clearly and know the right way.

Isaiah tells us that Jesus is the light that guides us, helping us to see clearly. When we follow Jesus, the brightest light of all, He lights up our lives because Jesus is the 'Light of the World'!

In the Gospel this week, we hear about Jesus calling the first disciples to follow Him.

Each day in our prayers we are going to use an image to help us reflect on reasons to follow Jesus who lights up our lives.

Jesus came to lead us to and get to know God the Father.

Today we'll remember that **we can put all our trust in God.**

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**Prayer Leader:**

We're going to look at an image to help us to pray. This way of praying is called 'Visio Divina' which means 'divine seeing'.

Take a moment to relax and get comfortable.

You might like to take a few deep breaths to help you to focus as we pray.

Look at the image of the climbers.

- What is the person at the top of the cliff doing?
- How do you think the person hanging on the rope feels? What might they be thinking about?
- How can you tell that the person on the rope trusts the person on the cliff?
- Imagine you are on the rope and God is holding you up from the top of the cliff. Do you trust God to keep hold of you?

**Take a few moments to offer any thoughts, feelings or prayers to God in the quiet of your heart now.**

*'Trust in the Lord  
with all your  
heart, and do not  
lean on your own  
understanding.'*  
Proverbs 3:5



**Prayer Leader:**

It's only because the climber completely trusts their partner that they can let themselves walk up the cliff face.

God wants us to completely trust Him too. God is always ready to hold us when we reach out to Him.

Let's pause and reflect on these words from Scripture that remind us to trust in God:

*(Invite the Reader to read from the Scriptures.)*

**Reader:**

*'Trust in the Lord with all your heart, and do not lean on your own understanding.'* (Proverbs 3:5)

**Prayer Leader:**

The first disciples were men and women who trusted in Jesus and walked from the darkness of their old ways to follow Jesus' light.

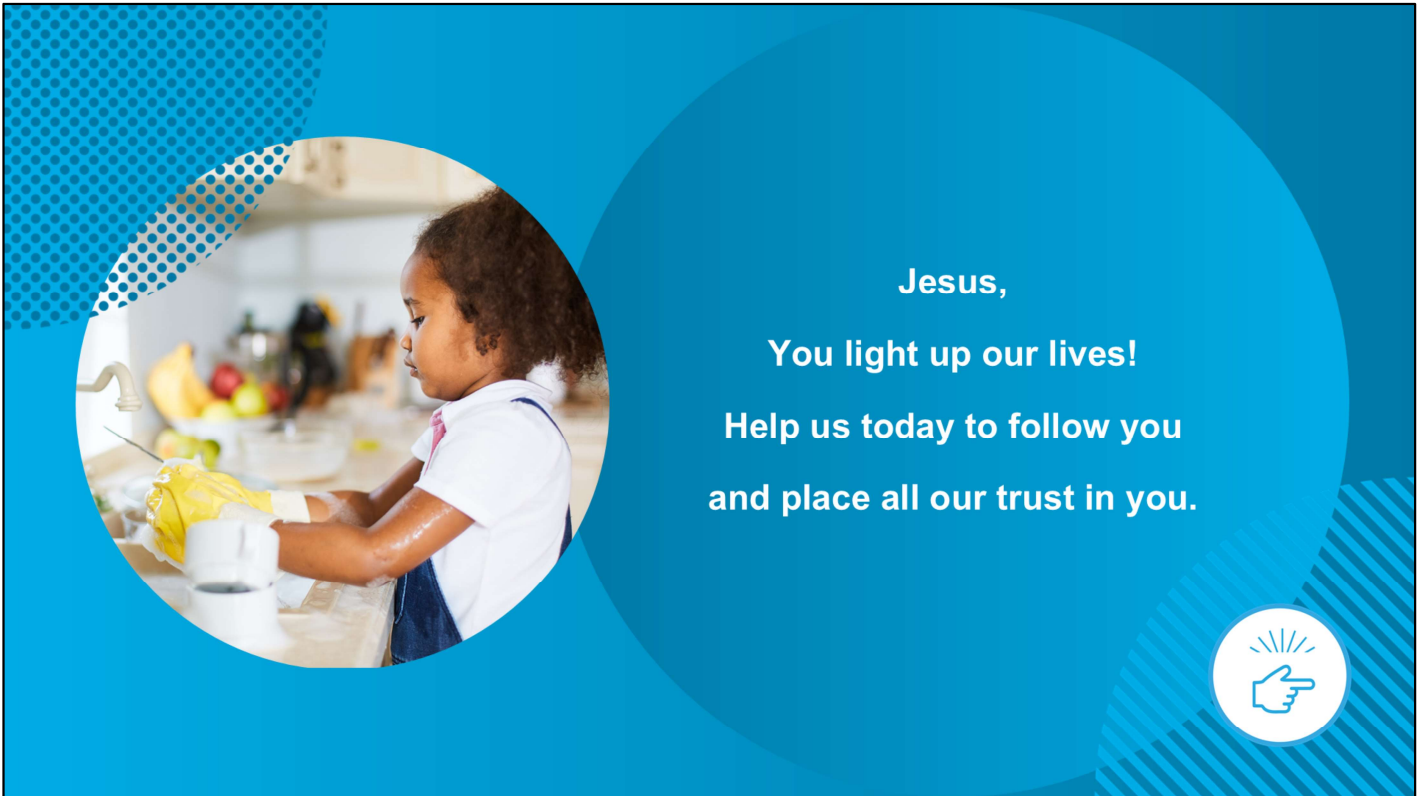
Let's ask some of the first disciples of Jesus to pray for us and help us to put our trust in God. After each saint is named, we'll respond with **Pray for us.**

**Prayer Leader:** St Simon,  
**All:** Pray for us.

**Prayer Leader:** St Andrew,  
**All:** Pray for us.

**Prayer Leader:** St Bartholomew,  
**All:** Pray for us.

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**Prayer Leader:**

Trusting in God helps us to put our trust in the people who love us, and it helps us to be trustworthy too!

**How could you show that you are trustworthy?**

Maybe you could complete a task you have been given. Or keep a promise that you have made to a friend or family member.

Let's ask Jesus, Light of the World, to help us today:

**All:**

**Jesus,  
You light up our lives!  
Help us today to follow you  
and place all our trust in you.**

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

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LITURGY**  
LOVING JESUS

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***'The people  
who walked in  
darkness have  
seen a great  
light...'***  
Isaiah 9:2

**Tuesday**



**Prayer Leader:**

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

In our prayers this week, we're thinking about how following Jesus lights up our lives and helps us to get to know God.

The prophet Isaiah reminds us of Jesus' light in the Scriptures.

***(Invite the Reader to read from the Scriptures.)***

**Reader:**

***'The people who walked in darkness have seen a great light...'*** (Isaiah 9:2)

**Prayer Leader:**

Isaiah tells us that Jesus is the light that guides us, helping us to see clearly and follow His ways.

Each day in our prayers we are looking at an image to help us reflect on reasons to follow Jesus who lights up our lives.

Jesus came to lead us to and help us to get to know God the Father.  
Yesterday we reflected on trusting in God.

Today we'll think about **how well God knows and loves us.**

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**Prayer Leader:**

We're going to look at an image to help us to pray. This way of praying is called 'Visio Divina' which means 'divine seeing'.

Take a moment to relax and get comfortable.

You might like to take a few deep breaths to help you to focus as we pray.

Look at the image of the father with his baby.

- The father is holding the baby closely. How do you think the baby feels?
- What do you notice about the father's eyes? What might he be thinking about as he holds the baby?
- Do you think the love the father has for his child will change, even as they grow and get older?
- Imagine you are the baby, held in the loving arms of God the Father. How do you feel? Is God whispering any words to you?

**Take a few moments to offer any thoughts, feelings or prayers to God in the quiet of your heart now.**

*'O Lord, you  
have examined  
my heart and  
know everything  
about me...'*  
Psalm 139:1,3



**Prayer Leader:**

The father is filled with love for his child and knows everything that the baby needs.

God made each of us and He knows us completely. He knows when we are happy and what makes us sad. God cares for us and loves us because He is our Father.

Let's pause and reflect on these words from Scripture that reminds us that God really knows and loves us.

*(Invite the Reader to read from the Scriptures.)*

**Reader:**

*'O Lord, you have examined my heart and know everything about me. ...  
You know everything I do.'* (Psalm 139:1,3)

**Prayer Leader:**

God really does love you! He knows everything about you, and loves you just the same.

He wants us to be comfortable and ourselves when we talk to Him in prayer.

Jesus taught His disciples how to talk to God in prayer.

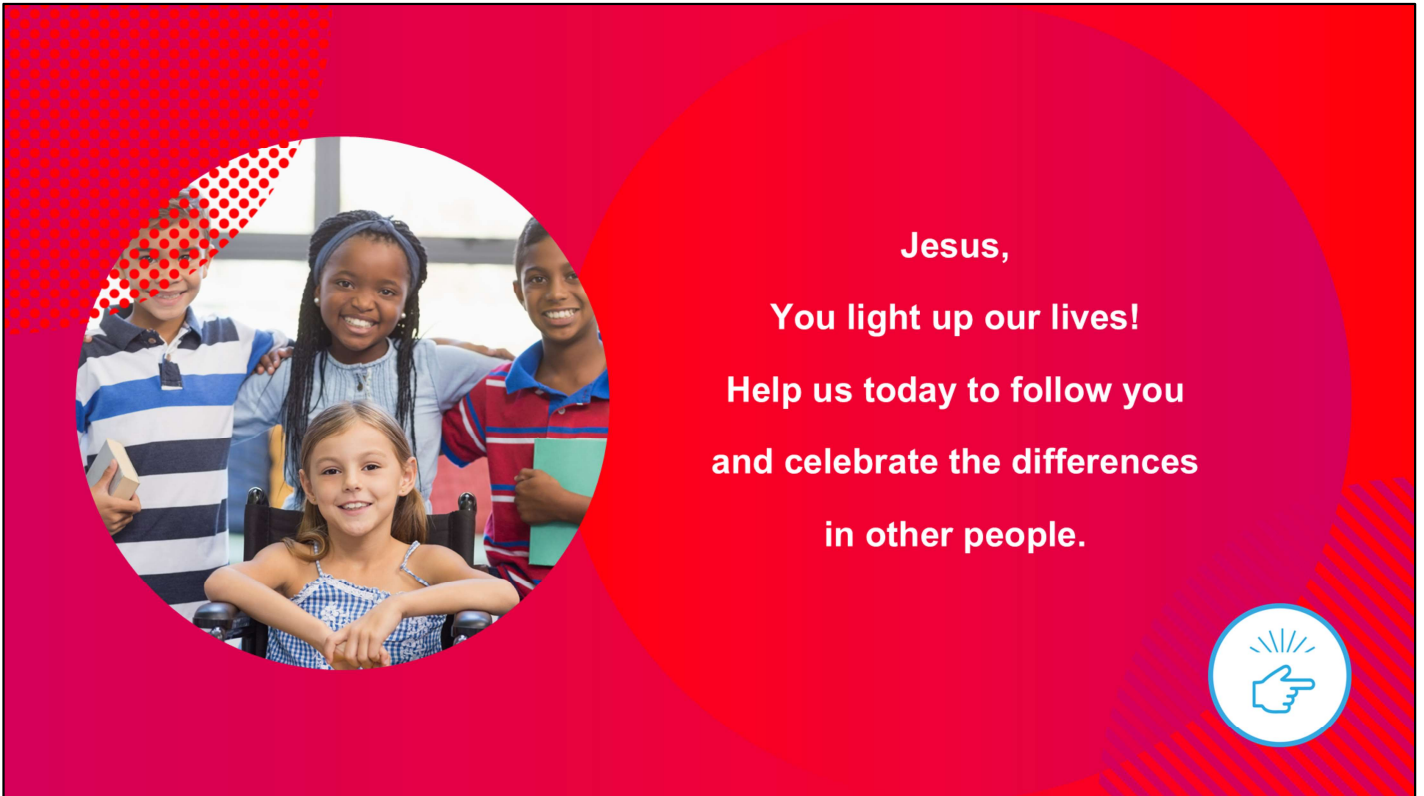
Let's ask some of the first disciples of Jesus to pray for us and help us to be comfortable talking to God who knows us. After each saint is named, we'll respond with **Pray for us.**

**Prayer Leader:** St James the Great,  
**All: Pray for us.**

**Prayer Leader:** St James the younger,  
**All: Pray for us.**

**Prayer Leader:** St John,  
**All: Pray for us.**

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**Prayer Leader:**

Jesus showed His disciples that God knows us, loves us, and accepts us for who we are.

**How could you show the same love and acceptance of others?**

Maybe you could take time to get to know someone who is different to you or who likes different things.

Let's ask Jesus, the Light of the World, to help us today:

**All:**

**Jesus,  
You light up our lives!  
Help us today to follow you  
and celebrate the differences in other people.**

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

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***'The people  
who walked in  
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Isaiah 9:2

**Wednesday**



**Prayer Leader:**

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

This week in our prayers we are reflecting on how Jesus calls us, just like He called the first disciples, to walk from darkness to follow His great light.

Isaiah the prophet tells us about Jesus' light in the Scriptures.

***(Invite the Reader to read from the Scriptures.)***

**Reader:**

***'The people who walked in darkness have seen a great light...'*** (Isaiah 9:2)

**Prayer Leader:**

Isaiah's words remind us that Jesus is the light that guides us, helping us to see clearly and follow His ways.

Each day in our prayers we are looking at an image to help us reflect on reasons to follow Jesus who lights up our lives.

Jesus came to lead us to and get to know God the Father.  
Yesterday we reflected on how well God knows and loves us.

Today we'll think about **how God cares and looks after us.**

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**Prayer Leader:**

We're going to look at an image to help us to pray. This way of praying is called 'Visio Divina' which means 'divine seeing'.

Take a moment to relax and get comfortable.

You might like to take a few deep breaths to help you to focus as we pray.

Look at the image of the ducklings following their mother.

- Why are the ducklings following their mother?
- Does the mother know the ducklings are following her?
- Do you think the mother is confident or unsure about where she is leading the ducklings?
- What do you think the mother would do if one of the ducklings were to go missing?
- Imagine you are one of the ducklings and God is looking after you, as He leads you safely through the water. How do you feel?

**Take a few moments to offer any thoughts, feelings or prayers to God in the quiet of your heart now.**

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*'... your hand  
will guide me,  
and your  
strength will  
support me.'*  
Psalm 139:10



**Prayer Leader:**

The ducklings know that to stay safe they must follow their mum who knows how to look after them and keeps them away from danger.

When we follow God, He will not lead us into danger.  
Even if we find ourselves lost or in a difficult situation, He will always be there for us, holding our hands and looking after us.

Let's pause and reflect on these words from Scripture which reminds us that God cares and looks after us.

***(Invite the Reader to read from the Scriptures.)***

**Reader:**

*'... your hand will guide me, and your strength will support me.'* (Psalm 139:10)

**Prayer Leader:**

The disciples followed Jesus, knowing that He would guide them in God's ways and look after them.

God's care was always with them even when things didn't always work out perfectly.

Let's ask some of Jesus' disciples to pray for us and remind us to keep following God who cares for us. After each saint is named, we'll respond with **Pray for us.**

**Prayer Leader:** St Peter,  
**All:** Pray for us.

**Prayer Leader:** St Thaddeus,  
**All:** Pray for us.

**Prayer Leader:** St Mary Magdalene,  
**All:** Pray for us

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<https://pixabay.com/users/apefrance-55212/>



**Prayer Leader:**

Jesus showed His disciples God's great love through His care for everyone.

**How could you show care to others today?**

Maybe you could make time to play with a sibling or family member. Or perhaps check on how a friend is feeling and make them smile.

Let's ask Jesus, the Light of the World, to help us today:

**All:**

**Jesus,  
You light up our lives!  
Help us today to follow you  
and show care and kindness to others.**

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

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***'The people  
who walked in  
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light...'***

Isaiah 9:2



**Thursday**



**Prayer Leader:**

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

The prophet Isaiah's words remind us that when we don't know Jesus and follow His ways, it's like we are walking in darkness.

***(Invite the Reader to read from the Scriptures.)***

**Reader:**

***'The people who walked in darkness have seen a great light...'*** (Isaiah 9:2)

**Prayer Leader:**

If we have a light to shine in the darkness, it helps us to see clearly and know the right way to go.

Isaiah tells us that Jesus is the light that guides us, helping us to see clearly. When we follow Jesus, the brightest light of all, He lights up our lives because Jesus is the 'Light of the World'!

Each day in our prayers we have been using an image to help us reflect on reasons to follow Jesus.

Jesus came to lead us to and get to know God the Father.  
Yesterday we reflected on how God cares and looks after us.  
Today we'll remember that **we are not alone.**

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**Prayer Leader:**

We're going to look at an image to help us to pray. This way of praying is called 'Visio Divina' which means 'divine seeing'.

Take a moment to relax and get comfortable.

You might like to take a few deep breaths to help you to focus as we pray.

Look at the image of the person walking in the woodlands.

- This person is walking on their own, how do you think they feel on their journey?
- What do the things the person is wearing tell us about how they know where they are going?
- What does the path look like, have others walked along it before?
- The person knows that following the path will take them where they want to go. Imagine you are walking along this path in the woodlands. What would help you feel confident on your journey?

**Take a few moments to offer any thoughts, feelings or prayers to God in the quiet of your heart now.**

***'I am with  
you always'***

Matthew  
28:20



**Prayer Leader:**

This person is following a footpath that has been made by others who have walked that way before.

They can enjoy the beautiful surroundings because they know they're on the right path.

When we follow God, we know we are on the right path too.

We are not alone, even though the path of following Jesus might sometimes be difficult. Many have gone before us, following Jesus.

Let's pause and reflect on these words from Scripture that reminds us that we are never alone.

***(Invite the Reader to read from the Scriptures.)***

**Reader:**

***'I am with you always'*** (Matthew 28:20)

**Prayer Leader:**

Before He went back to His Father in Heaven, Jesus told His disciples that it was now up to them to spread the Good News.

The disciples did just that and they supported each other in their work,

knowing that Jesus was with them through the presence of the Holy Spirit.

Let's once again ask Jesus' disciples to pray for us, that we may be faithful followers of Jesus too. After each saint is named, we'll respond with **Pray for us**.

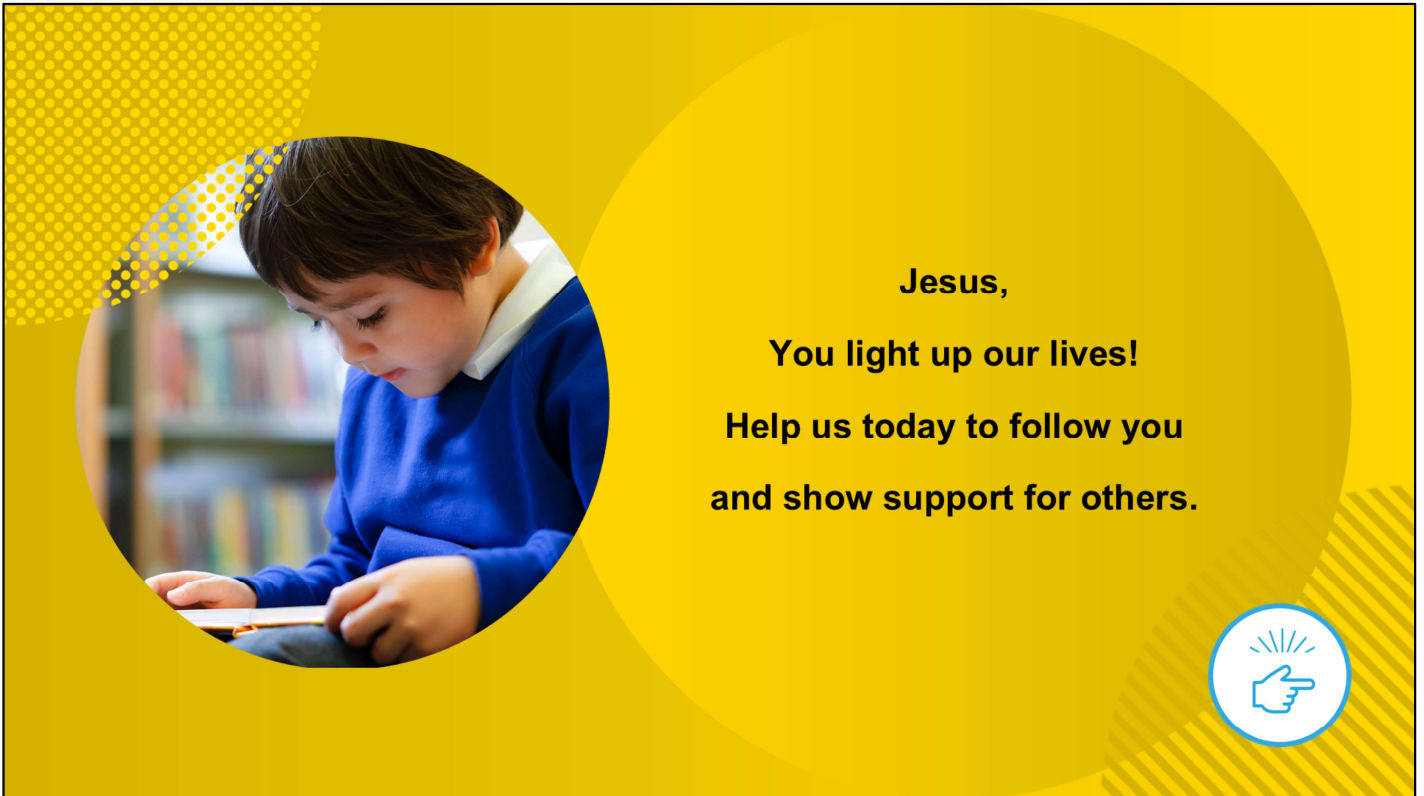
**Prayer Leader:** St Matthew,  
**All:** Pray for us.

**Prayer Leader:** St Philip,  
**All:** Pray for us.

**Prayer Leader:** St Thomas,  
**All:** Pray for us

**Prayer Leader:** St Veronica,  
**All:** Pray for us

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**Jesus,  
You light up our lives!  
Help us today to follow you  
and show support for others.**

**Prayer Leader:**

The disciples knew they weren't alone, they supported each other as they continued Jesus' work.

**How could you encourage others and support them as you do Jesus' work?**

Maybe you could help to get things ready for prayer time and contribute your own reflections and prayers. Or perhaps show that you are a follower of Jesus by the way you talk to each other.

Let's ask Jesus, the Light of the World, to help us today:

**All:  
Jesus,  
You light up our lives!  
Help us today to follow you  
and show support for others.**

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

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