

# Shine God's Light

Monday

Tuesday

Wednesday

Thursday

Friday

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*'In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in Heaven.'*  
Matthew 5:16

Monday



**Prayer Leader:**

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

In this week's Gospel, Jesus asks us to give praise and glory to God through our words and actions.

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

**Reader:**

***'In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in Heaven.'***  
(Matthew 5:16)

**Prayer Leader:**

When we live in God's way we become shining lights of God's love and goodness to those around us.

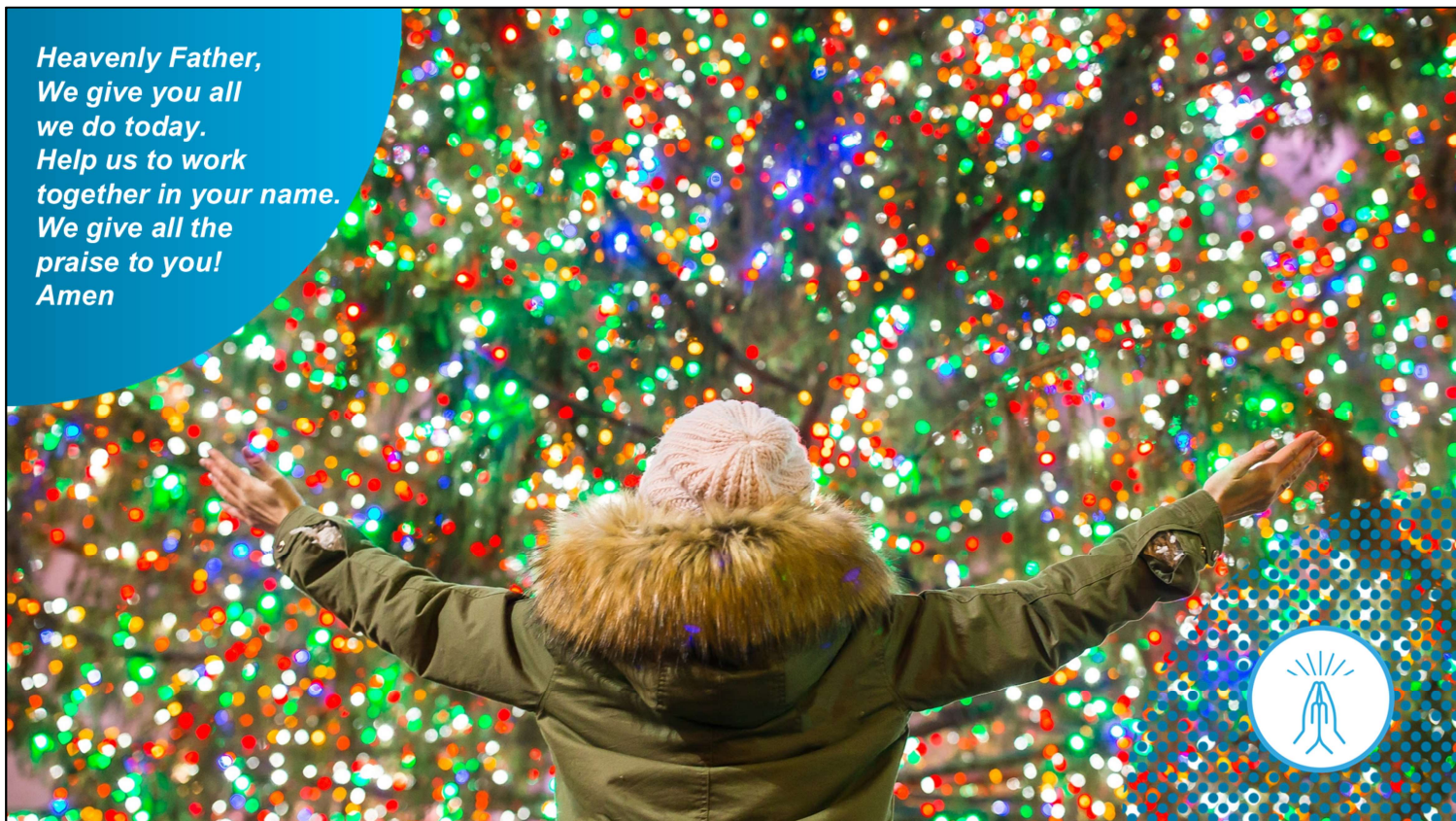
In our prayers this week, we will focus on an image each day to help us reflect on different types of light.

Inspired by these reflections, we'll invite the Holy Spirit to strengthen us so that we can shine God's light by loving others well.

Today we will think about **shining by working together**.

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*Heavenly Father,  
We give you all  
we do today.  
Help us to work  
together in your name.  
We give all the  
praise to you!  
Amen*



**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'.

Let's get ready to pray by bringing our focus to the image and taking a few calming breaths.

**Take a moment to see what stands out to you.**

Looking at the image of the fairy lights...

- What colours can you see?
- Is it possible to count how many little lights there are?
- Does the sight of all these little lights shining make you feel happy, joyful or something else?
- Is one light more important than the rest or are all the lights working together to shine?

**You might like to share any words of praise that come to mind from this image, to give God glory.**

These fairy lights look magnificent as they work together to brighten the

darkness – each tiny light contributing in its own special way.

We can be like these little lights, working together to shine God's love and so give glory and praise to Him.

Let's pray together. (***Click to reveal***)

**All:  
Heavenly Father,  
We give you all we do today.  
Help us to work together in your name.  
We give all the praise to you!  
Amen**

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**Holy Spirit,  
Please guide us, encourage us  
and strengthen us as we shine  
God's light of love by  
working together.**



**Prayer Leader:**

When we shine God's light, we make a difference to the world around us. Working with others helps us to shine the light of God for all to see.

**How could you shine God's light by working with others this week?**

Perhaps you could:

- Be fair and considerate in your work and play.
- Work together with your family or friends on a task that would bring joy to others.

Let's ask the Holy Spirit to help us to shine God's light of love at home and school this week:

**All:**

**Holy Spirit,  
Please guide us,  
encourage us  
and strengthen us  
as we shine God's light of love by working together.**

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

**Amen**

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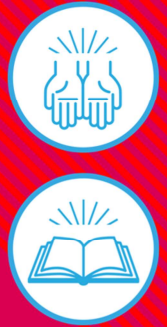
Friday

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*'In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in Heaven.'*  
Matthew 5:16



Tuesday



**Prayer Leader:**

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

This week we are thinking about how we can shine God's light, letting the light of God's love show through our words and actions.

Jesus says that when we let our light shine, we give praise and glory to God!

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

**Reader:**

***'In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in Heaven.'***  
(Matthew 5:16)

**Prayer Leader:**

We shine brightly when we try our best to make the right choices in all that we say and do.

By focusing on an image as we pray, we'll invite the Holy Spirit to

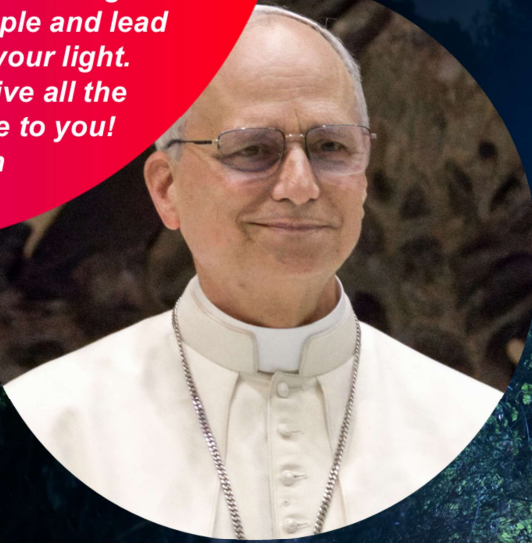
strengthen us so that we can shine God's light by loving others well.

Yesterday we were inspired by lots of little fairy lights to remind us to work together.

Today we will think about **shining through leading by example.**

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*Heavenly Father,  
You sent Jesus to  
guide us.  
Help us be a good  
example and lead  
with your light.  
We give all the  
praise to you!  
Amen*



**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'.

Let's get ready to pray by bringing our focus to the image and taking a few calming breaths.

**Take a moment to see what stands out to you.**

Looking at the image of the person wearing a head torch...

- What is the brightest part of the image?
- What would the image look like if the torch wasn't switched on?
- Why is the person using the head torch?
- How would you feel if you were the person using the head torch to guide you on your way?

**You might like to share any words of praise that come to mind from this image, to give God glory.**

The beam of the torch helps the person see where they are going, it leads and guides them on their path.

If anyone else was nearby they would also benefit from the torch light to see the path ahead.

People who are leaders help and guide us, **(click to reveal)** like Pope Leo, the leader of the Catholic Church!

Jesus, who is the best leader of all, calls us all to be leaders in our own way.

We can be like a torch light, shining our lights clearly and brightly so that people will follow our example, and give glory and praise to God!

Let's pray together. **(Click to reveal)**

**All:**

**Heavenly Father,**

**You sent Jesus to guide us.**

**Help us be a good example and lead with your light.**

**We give all the praise to you!**

**Amen**

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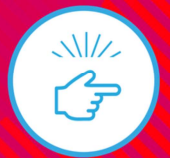
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**Holy Spirit,  
Please guide us, encourage us  
and strengthen us as we shine  
God's light of love by  
leading by example.**



**Prayer Leader:**

When we shine God's light, we make a difference to the world around us. We can lead by example by thinking about how we use our words and actions to glorify God.

**How could you shine God's light as you lead by example this week?**

Perhaps you could:

- Say 'please' and 'thank you' so that others will imitate your good manners.
- Show a friend or family member how to make the Sign of the Cross reverently.

Let's ask the Holy Spirit to help us to shine God's light of love at home and school this week:

**All:**

**Holy Spirit,  
Please guide us,  
encourage us  
and strengthen us  
as we shine God's light of love by leading by example.**

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

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*'In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in Heaven.'*  
Matthew 5:16

Wednesday



**Prayer Leader:**

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

In our prayers this week, we are thinking about ways we can shine God's light to give Him praise and glory.

Jesus wants us to shine the light of God's love through our words and actions.

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

**Reader:**

***'In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in Heaven.'***  
(Matthew 5:16)

**Prayer Leader:**

Our good works reflect God's light and love to those around us.

We'll be focusing on an image in our prayers and inviting the Holy Spirit to strengthen us, so that we can shine God's light by loving others well.

Yesterday we were inspired by a torch to remind us to lead by example in guiding others.

Today we will think about **shining by being good friends.**

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*Heavenly Father,  
Thank you for Jesus,  
our constant friend.  
Help us to be good  
friends by supporting  
each other.  
We give all the  
praise to you!  
Amen*



**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'.

Let's get ready to pray by bringing our focus to the image and taking a few calming breaths.

**Take a moment to see what stands out to you.**

Looking at the image of the lighthouse...

- Is the light soft or strong?
- How far do you think the light from the lighthouse reaches?
- Why is this bright beam of light shining out onto the sea?
- How would you feel if you saw this light while you were out on the sea in a boat at night?

**You might like to share any words of praise that come to mind from this image, to give God glory.**

A lighthouse isn't hidden, it can be seen for miles around!

The light is constantly on, and the strong beam is a reminder for seafarers

to keep safe on the waters.

We can be like a lighthouse by being constant in our friendships and standing up for others.

Being a good friend is a great way to shine, giving glory and praise to God!

Let's pray together. (***Click to reveal***)

**All:**

**Heavenly Father,**

**Thank you for Jesus, our constant friend.**

**Help us to be good friends by supporting each other.**

**We give all the praise to you!**

**Amen**

lighted lighthouse tower by PickPik

<https://www.pickpik.com/lighthouse-glow-night-sea-photo-montage-atmospheric-4824>



**Holy Spirit,  
Please guide us, encourage us and  
strengthen us as we shine  
God's light of love by being  
good friends.**

**Prayer Leader:**

When we shine God's light, we make a difference to the world around us. Being a good friend to others means being patient, kind and loving.

**How could you shine God's light by being a good friend this week?**

Perhaps you could:

- Support and stand up for a classmate if someone is being mean to them.
- Look out for a friend by offering help or good advice.

Let's ask the Holy Spirit to help us to shine God's light of love at home and school this week:

**All:**

**Holy Spirit,  
Please guide us,  
encourage us  
and strengthen us  
as we shine God's light of love by being good friends.**

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

**Amen**

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*'In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in Heaven.'*  
Matthew 5:16

Thursday



**Prayer Leader:**

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

This week our prayers have helped us to follow Jesus' instructions in the Gospel to shine the light of God's love to others.

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

**Reader:**

***'In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in Heaven.'***  
(Matthew 5:16)

**Prayer Leader:**

We have been thinking about ways we can shine God's light to give Him praise and glory.

Using images in our prayers and inviting the Holy Spirit to strengthen us, we have been praying that we would love others well in all we do.

Yesterday we were inspired by a lighthouse to remind us to be good friends by being constant and supportive.

Today we will think about **shining by giving help and comfort.**

lighted lighthouse tower by PickPik

<https://www.pickpik.com/lighthouse-glow-night-sea-photo-montage-atmospheric-4824>

*Heavenly Father,  
Thank you for your  
comfort and care.  
Help us to think of  
others by offering  
comfort and help.  
We give all the  
praise to you!  
Amen*



**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'.

Let's get ready to pray by bringing our focus to the image and taking a few calming breaths.

**Take a moment to see what stands out to you.**

Looking at the image of the night light...

- What colours and shapes can you see from the night light?
- How would you describe the night light - calm, peaceful, gentle, something else?
- How do you think the baby feels lying in the cot with the light above them?
- If the baby wakes up in the night, how might the light comfort them?

**You might like to share any words of praise that come to mind from this image, to give God glory.**

You might have a night light in your home or bedroom.

A night light offers comfort, helping us to relax and settle down ready to sleep. Its glowing light makes us feel warm and safe.

A night light can be a great comfort, particularly when we might feel alone or afraid in the dark.

God wants us to feel comforted and to offer comfort to others.

We can be like a night light, shining our lights by helping others and giving them comfort.

In this way, we shine God's love and so give glory and praise to Him.

Let's pray together. (*Click to reveal*)

**All:**

**Heavenly Father,**

**Thank you for your comfort and care.**

**Help us to think of others by offering comfort and help.**

**We give all the praise to you!**

**Amen**

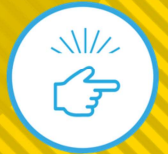
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**Holy Spirit,  
Please guide us, encourage us and  
strengthen us as we shine  
God's light of love by giving help  
and comfort.**



**Prayer Leader:**

When we shine God's light, we make a difference to the world around us. There are many people who could use our help — like those who are sick, lonely or in need.

**How could you shine God's light by giving help and comfort this week?**

Perhaps you could:

- Donate some of your unwanted toys to a charity shop.
- Talk to your family about ways you can reach out to people in need.

Let's ask the Holy Spirit to help us to shine God's light of love at home and school this week:

**All:**

**Holy Spirit,  
Please guide us,  
encourage us  
and strengthen us  
as we shine God's light of love by giving help and comfort.**

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

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