

Monday



**Prayer Leader:**

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

In the Gospel, Jesus promised to send the Holy Spirit to be with all His followers, to help and guide them.

In our prayers, we will ask the Holy Spirit to breathe in us, and lead our words and actions each day.

The Holy Spirit is our Helper, the one who points us to follow God's way and live holy lives.

We'll be inspired by St Augustine's prayer to the Holy Spirit, using these words to help us pray quietly and open our hearts to God.

As we pray today, we'll invite the Holy Spirit to **guide us in our thoughts.**



***“I will ask the Father, and He will give you another Helper, to be with you forever, even the Spirit of truth.”***

**John 14:16-17**



**Prayer Leader:**

In the Gospel of John, we read Jesus’ promise to His disciples.

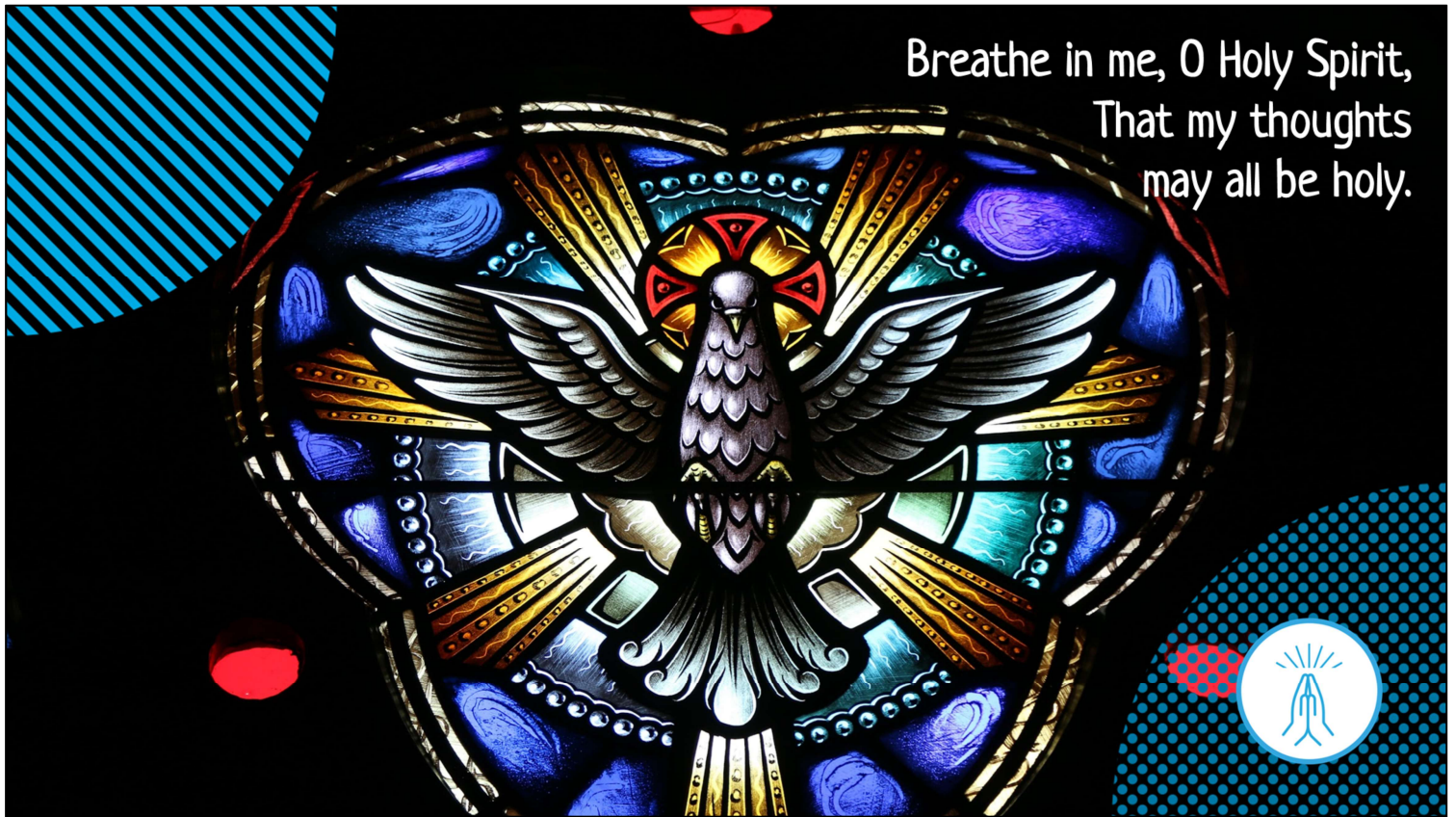
***(Invite the Reader to read from the Scriptures.)***

**Reader:**

***“I will ask the Father, and He will give you another Helper, to be with you for ever, even the Spirit of truth.”*** (John 14:16-17)

**Prayer Leader:**

Jesus asked the Father to send the Holy Spirit so that, even when Jesus was not on the Earth, we could know that He is always with us.



Breathe in me, O Holy Spirit,  
That my thoughts  
may all be holy.

**Prayer Leader:**

St Augustine's prayer to the Holy Spirit begins...

***Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.***

Our thoughts can sometimes be loud or confusing, or tell us not to follow God's way.

The Holy Spirit helps us find God's peace and calm in our minds. The Spirit of truth gently reminds us of God's loving thoughts. He leads us to holy lives, where our thoughts bring glory to God.

Let's repeat these words from St Augustine's prayer, inviting the Holy Spirit to guide our thoughts and minds today.

***(Then invite a Reader to read the prayers.)***

**All:**

**Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.**

**Reader:**

When our minds race and our thoughts feel overwhelming,  
Holy Spirit, guide us back to calm.

**All:**

**Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.**

**Reader:**

When we think we are not loved, or that God is far away,  
Spirit of truth, remind us of God's constant love and presence.

**All:**

**Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.**

**Reader:**

When our thoughts about others are mean or unkind,  
Holy Spirit, our Helper, renew our minds to think with grace and gentleness.

**Prayer Leader:**

Now let us spend a few quiet moments taking deep breaths, as we invite  
the Holy Spirit to breathe His holiness in us today.

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Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.  
Act in me, O Holy Spirit,  
That my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
That I love but what is holy.  
Strengthen me, O Holy Spirit,  
To defend all that is holy.  
Guard me, then, O Holy Spirit,  
That I always may be holy.



**Prayer Leader:**

The Holy Spirit is always with us, guiding our thoughts.

**How could you listen to the Holy Spirit in your thoughts today?**

- If something upsets you, could you pause and ask the Holy Spirit to help you calm down?
- Or if you are not sure what to do, could you quietly ask the Holy Spirit to help you choose what is right?

Let's finish by praying St Augustine's prayer to the Holy Spirit together:

**All:**

**Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.  
Act in me, O Holy Spirit,  
That my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
That I love but what is holy.  
Strengthen me, O Holy Spirit,  
To defend all that is holy.  
Guard me, then, O Holy Spirit,**

**That I always may be holy.**

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

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# Breathe In Me

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Tuesday



**Prayer Leader:**

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

**Amen**

The words of St Augustine's prayer to the Holy Spirit are helping us to pray this week.

Jesus promised to send the Holy Spirit to be with all His followers, to help and guide them.

In our prayers, we will ask the Holy Spirit to breathe in us, and lead our words and actions each day.

The Holy Spirit is our Helper, the one who points us to follow God's way and live holy lives.

Yesterday we lifted up our thoughts and minds in prayer.

As we pray today, we'll invite the Holy Spirit to **guide us in our work and play.**



***“I will ask the Father, and He will give you another Helper, to be with you forever, even the Spirit of truth.”***

**John 14:16-17**



**Prayer Leader:**

Let's remind ourselves of Jesus' promise to His disciples in the Gospel.

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

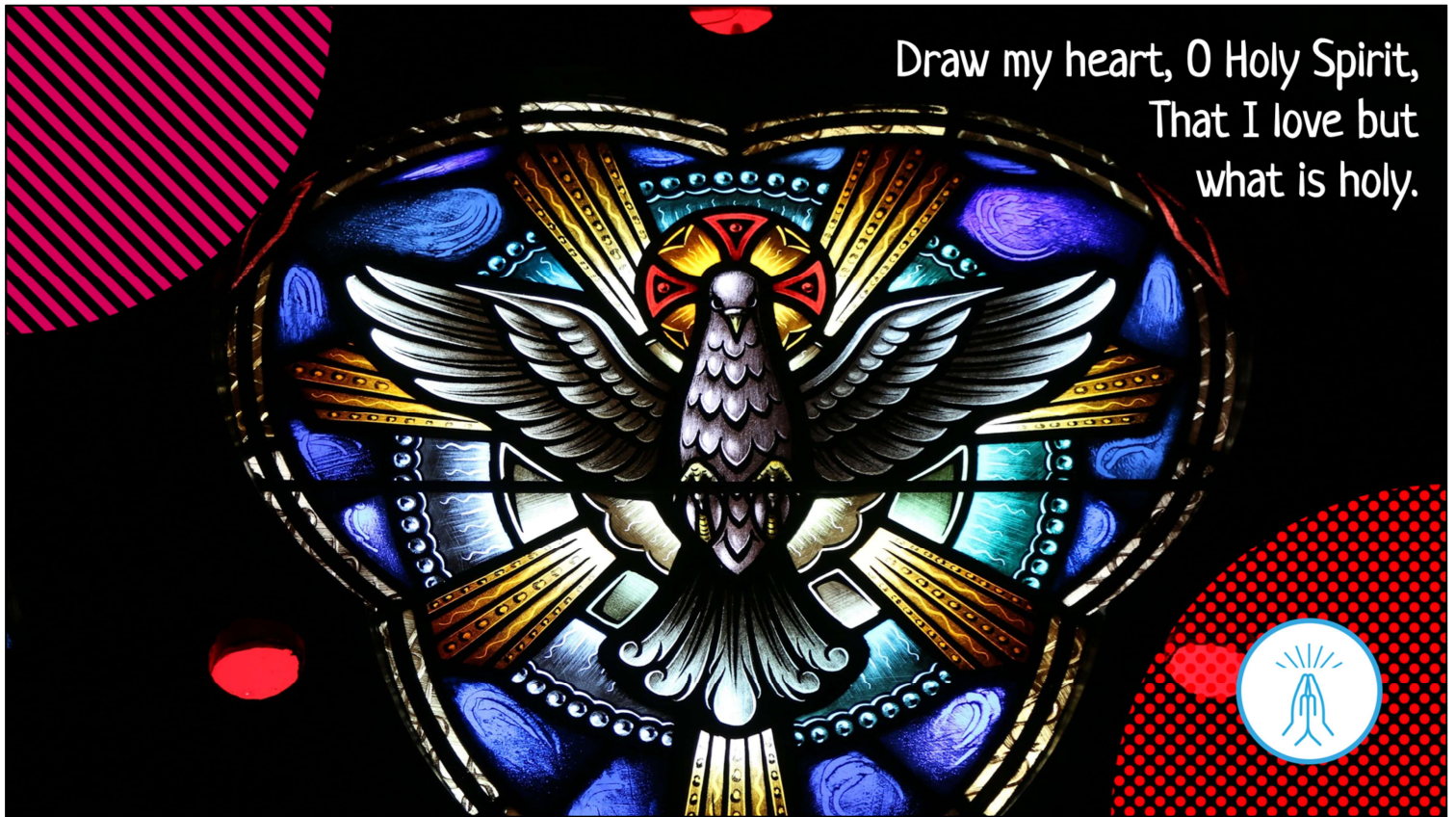
**Reader:**

***“I will ask the Father, and He will give you another Helper, to be with you for ever, even the Spirit of truth.”*** (John 14:16-17)

**Prayer Leader:**

Jesus asked the Father to send the Holy Spirit so that we could live our lives to the full.

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**Prayer Leader:**

St Augustine's prayer continues...

***Draw my heart, O Holy Spirit,  
That I love but what is holy.***

Jesus wants us to live lives full of love, goodness and joy.

The Holy Spirit helps us to experience joy in our hearts and lives.

The Spirit of truth reminds us of the things that are good for us, things that bring us life.

He leads us to holy lives, where our work and our play bring glory to God.

Let's repeat these words from St Augustine's prayer, inviting the Holy Spirit to guide our work and play today.

***(Then invite a Reader to read the prayers.)***

**All:**

**Draw my heart, O Holy Spirit,  
That I love but what is holy.**

**Reader:**

Holy Spirit, help us to try our best at school,  
that we would love learning and grow in our gifts and talents.

**All:**

**Draw my heart, O Holy Spirit,  
That I love but what is holy.**

**Reader:**

Spirit of truth, remind us to include others as we play,  
and treat everyone with kindness and fairness.

**All:**

**Draw my heart, O Holy Spirit,  
That I love but what is holy.**

**Reader:**

Holy Spirit, our Helper, guide us to make good choices,  
and experience joy as we work and play together.

**Prayer Leader:**

Now let us spend a few quiet moments taking deep breaths, as we invite  
the Holy Spirit to breathe His holiness in us today.

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Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.  
Act in me, O Holy Spirit,  
That my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
That I love but what is holy.  
Strengthen me, O Holy Spirit,  
To defend all that is holy.  
Guard me, then, O Holy Spirit,  
That I always may be holy.



**Prayer Leader:**

The Holy Spirit is always guiding us in God's way.

**How could you show God's love to others as you work and play today?**

- Could you share your gifts and talents by helping someone at school?
- Or perhaps choose to be patient and generous when playing with others.

Let's finish by praying St Augustine's prayer to the Holy Spirit together:

**All:**

**Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.  
Act in me, O Holy Spirit,  
That my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
That I love but what is holy.  
Strengthen me, O Holy Spirit,  
To defend all that is holy.**

**Guard me, then, O Holy Spirit,  
That I always may be holy.**

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

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# Breathe In Me

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Wednesday



**Prayer Leader:**

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

**Amen**

This week we are reflecting on St Augustine's prayer to the Holy Spirit.

Jesus promised to send the Holy Spirit to be with all His followers, to help and guide them.

The Holy Spirit is our Helper too, pointing us to follow God's way and live holy lives!

In our prayers we will ask the Holy Spirit to breathe in us, and lead our words and actions each day.

Yesterday we lifted up our work and play in prayer.

As we pray today, we'll invite the Holy Spirit to **guide us in our loving actions.**



*“I will ask the Father, and He will give you another Helper, to be with you forever, even the Spirit of truth.”*

John 14:16-17



**Prayer Leader:**

Let's hear from the Gospel, Jesus' promise to His disciples once again.

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

**Reader:**

*“I will ask the Father, and He will give you another Helper, to be with you for ever, even the Spirit of truth.”* (John 14:16-17)

**Prayer Leader:**

Jesus asked the Father to send the Holy Spirit so that we could experience His love and strength within us.



**Prayer Leader:**

St Augustine's prayer continues...

***Strengthen me, O Holy Spirit,  
To defend all that is holy.***

Sometimes it can be hard to love others well.

The Holy Spirit helps us to choose to love people, even when we don't feel like it.

The Spirit of truth reminds us that everyone is worthy of love and respect. He leads us to holy lives, giving us strength to choose loving actions that glory to God.

Let's repeat these words from St Augustine's prayer, inviting the Holy Spirit to guide our loving actions today.

***(Then invite a Reader to read the prayers.)***

**All:**

**Strengthen me, O Holy Spirit,  
To defend all that is holy.**

**Reader:**

When I am at school,  
Holy Spirit, help us to listen to others and show them your love.

**All:**

**Strengthen me, O Holy Spirit,  
To defend all that is holy.**

**Reader:**

When I am at home,  
Spirit of truth, remind us to love our families the way God loves us.

**All:**

**Strengthen me, O Holy Spirit,  
To defend all that is holy.**

**Reader:**

When I am in my community,  
Holy Spirit, our Helper, give us your strength to reach out with love and  
compassion.

**Prayer Leader:**

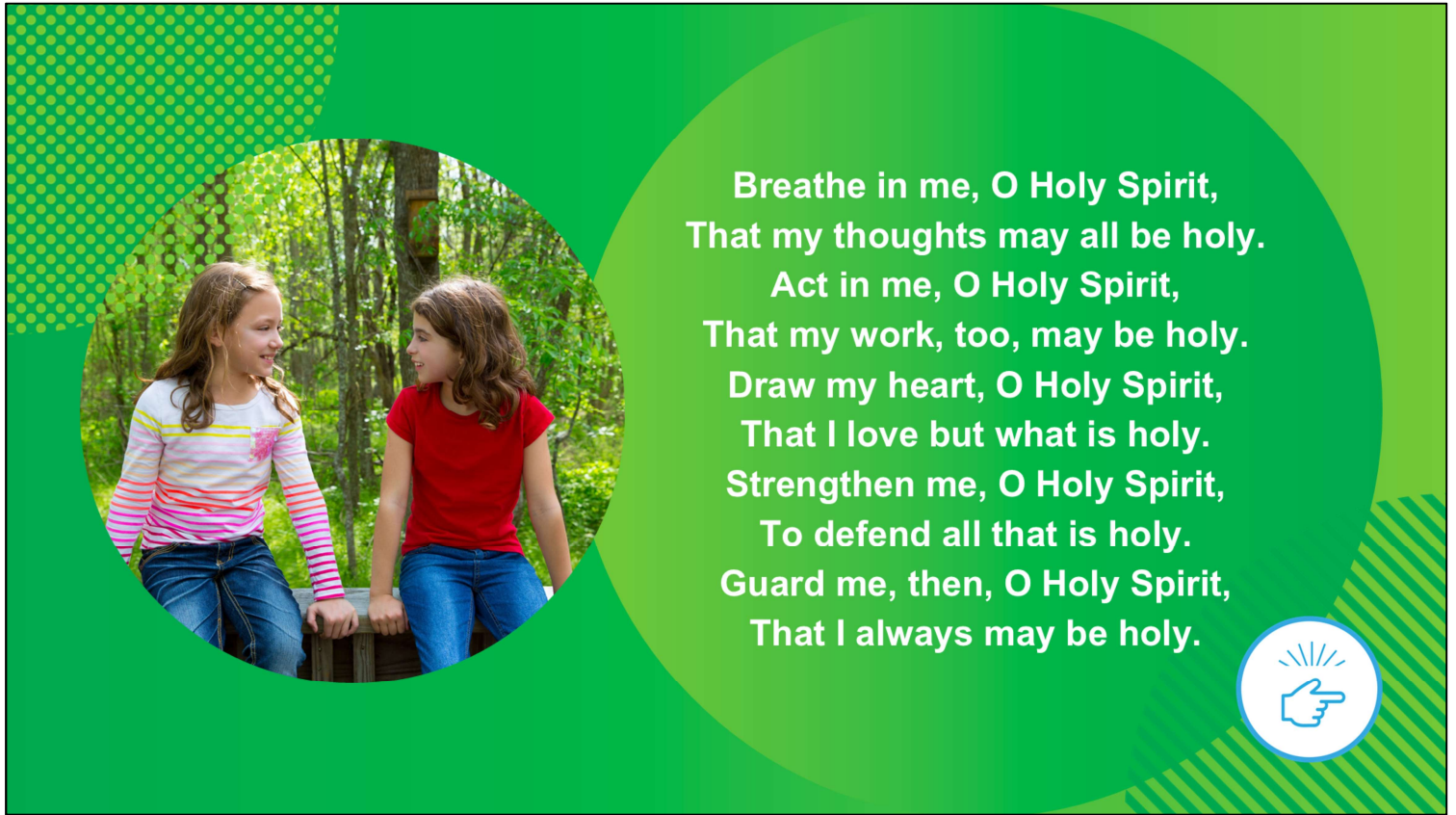
Now let us spend a few quiet moments taking deep breaths, as we invite  
the Holy Spirit to breathe His holiness in us today.

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Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.  
Act in me, O Holy Spirit,  
That my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
That I love but what is holy.  
Strengthen me, O Holy Spirit,  
To defend all that is holy.  
Guard me, then, O Holy Spirit,  
That I always may be holy.

**Prayer Leader:**

The Holy Spirit gives us God's help and strength.

**When can you turn to the Holy Spirit to help you love others today?**

- Could you ask for help to be kind to a friend?
- Or pray for the courage to help someone who needs it?

Let's finish by praying St Augustine's prayer to the Holy Spirit together:

**All:**

**Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.  
Act in me, O Holy Spirit,  
That my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
That I love but what is holy.  
Strengthen me, O Holy Spirit,  
To defend all that is holy.  
Guard me, then, O Holy Spirit,  
That I always may be holy.**

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

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Thursday



**Prayer Leader:**

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

**Amen**

In this week's Gospel, Jesus promised to send the Holy Spirit to be with all His followers, to help and guide them.

Our prayers have helped us to ask the Holy Spirit to breathe in us, and lead our words and actions each day.

The Holy Spirit is our Helper, the one who points us to follow God's way and live holy lives.

We've been inspired by St Augustine's prayer to the Holy Spirit, using these words to help us pray quietly and open our hearts to God.

Yesterday we lifted up our loving actions in prayer.

As we pray today, we'll invite the Holy Spirit to **guide us to holiness.**



***“I will ask the Father, and He will give you another Helper, to be with you forever, even the Spirit of truth.”***

**John 14:16-17**



**Prayer Leader:**

Let's reflect on Jesus' promise to His disciples from the Gospel of John.

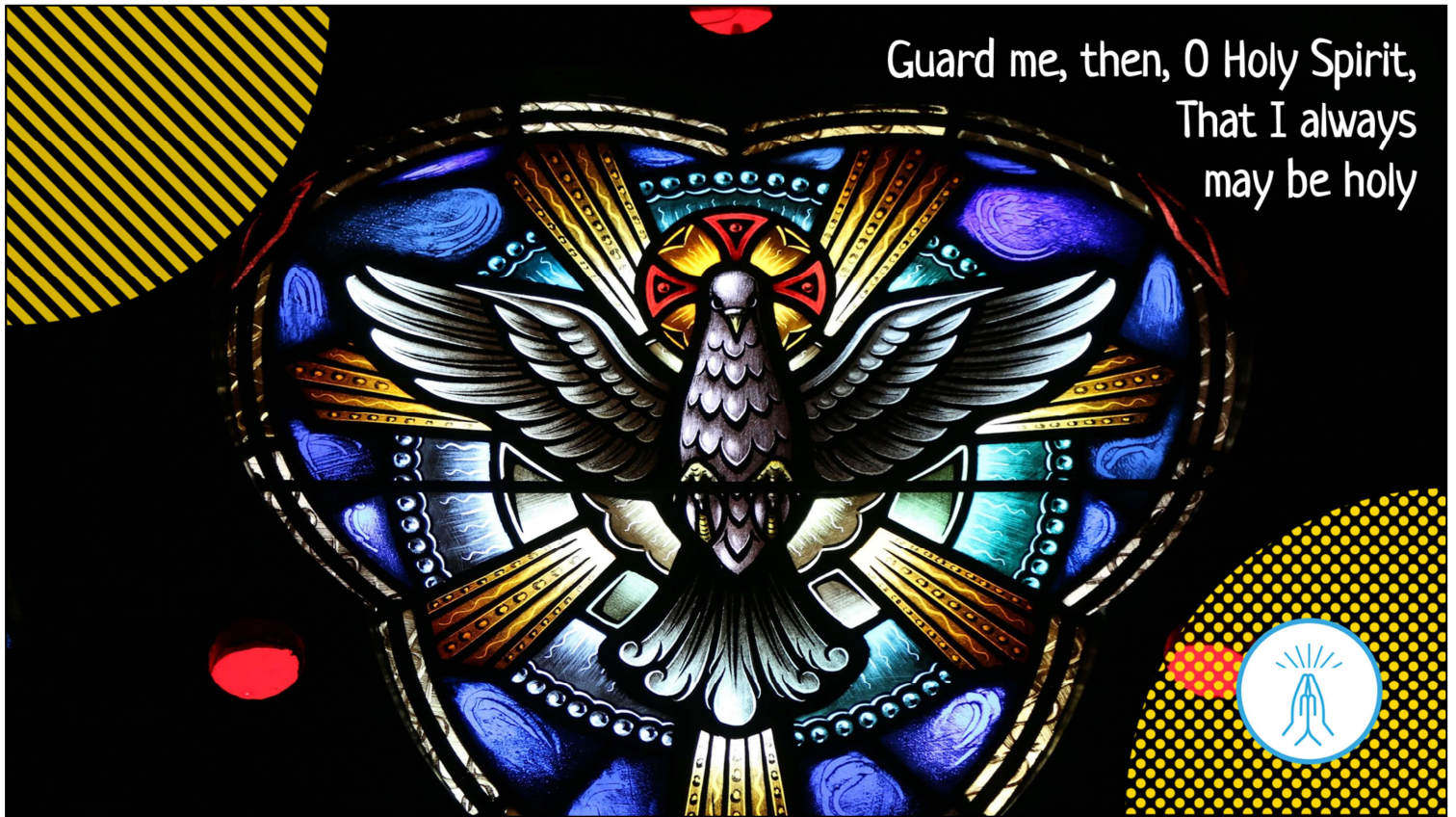
***(Invite the Reader to read from the Scriptures.)***

**Reader:**

***“I will ask the Father, and He will give you another Helper, to be with you for ever, even the Spirit of truth.”***(John 14:16-17)

**Prayer Leader:**

Jesus asked the Father to send the Holy Spirit so that we could be holy, just as He is holy!



**Prayer Leader:**

St Augustine's prayer ends with the words...

***Guard me, then, O Holy Spirit,  
That I always may be holy.***

Being holy means choosing God's way instead of our own way.

The Holy Spirit helps us to turn away from sin and say "yes" to God.  
The Spirit of truth reminds us of how good and holy God is.  
He leads us to holy lives, so that the way we live brings glory to God.

Let's repeat these words from St Augustine's prayer, inviting the Holy Spirit to guide us to holiness today.

***(Then invite a Reader to read the prayers.)***

**All:**

**Guard me, then, O Holy Spirit,  
That I always may be holy.**

**Reader:**

Holy Spirit, help and protect us,  
so that we can love God with all our heart, soul, mind and strength.

**All:**  
**Guard me, then, O Holy Spirit,**  
**That I always may be holy.**

**Reader:**  
Spirit of truth, teach us the way to holiness,  
and guide us along God's good path.

**All:**  
**Guard me, then, O Holy Spirit,**  
**That I always may be holy.**

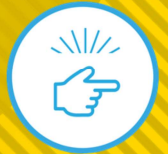
**Reader:**  
Holy Spirit, our Helper, show us how to say "no" to sin and temptation,  
so our words, thoughts and actions honour God.

**Prayer Leader:**  
Now let us spend a few quiet moments taking deep breaths, as we invite  
the Holy Spirit to breathe His holiness in us today.

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**Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.  
Act in me, O Holy Spirit,  
That my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
That I love but what is holy.  
Strengthen me, O Holy Spirit,  
To defend all that is holy.  
Guard me, then, O Holy Spirit,  
That I always may be holy.**



**Prayer Leader:**

The Holy Spirit is God, full of goodness and holiness

**How can the Holy Spirit help you to be holy today?**

- Could you ask the Holy Spirit to help you pay attention and participate at Mass?
- Could the Holy Spirit help you say to “sorry” or forgive when someone upsets you?

Let’s finish by praying St Augustine’s prayer to the Holy Spirit together:

**All:**

**Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.  
Act in me, O Holy Spirit,  
That my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
That I love but what is holy.  
Strengthen me, O Holy Spirit,  
To defend all that is holy.  
Guard me, then, O Holy Spirit,**

**That I always may be holy.**

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

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