

# Practise These Things

Monday

Tuesday

Wednesday

Thursday

Friday

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*'What you have  
learned and received  
and heard and seen  
in me — practise  
these things.'*  
Philippians 4:9

**Monday**



**Prayer Leader:**

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

This week, St Paul reminds us that we can turn to God at any time through prayer. Prayer helps us to spend time with God and grow our friendship with Him.

But it takes practice!

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

**Reader:**

***'What you have learned and received and heard and seen in me —  
practise these things.'*** (Philippians 4:9)

**Prayer Leader:**

Just as we might practise reading, playing a sport or learning a musical instrument, we can practise praying too.

The more we pray, the more we learn to listen to God and see the world through His perspective – through His eyes of love.

Each day this week, we will explore a different way of praying and invite

God to use our new prayer perspective to change the way we live.  
Today we will practise **being still and resting with God.**

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**Prayer Leader:**

In his letter, St Paul explains the great gift we can receive when we turn to God in prayer.

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

**Reader:**

***‘Brothers and Sisters: Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.’*** (Philippians 4:6-7)

**Prayer Leader:**

When we bring everything to God, including our worries and anxiety, He will send us His peace.

God does not always take our worries away straight away, but when we share them with Him, He helps us to carry them.

God can help us understand our feelings, show us where we can find help, and fill our hearts with His peace.

Let's spend some time in prayer with God the Father.

- Close your eyes and breathe in and out slowly.
- Do you have any worries that you would like to share with God today?
- Sometimes we do not even need to say what is worrying us, because God already knows. We simply need to invite Him to be with us.

***(Pause for a time of personal prayer.)***

Now let's listen to the music and spend some quiet time resting with God. This way of praying is called **Musica Divina**.

- As we listen, notice if any feelings, thoughts or pictures come to your mind.
- Allow the melody of the song to help you become aware of God's peace and love today.

***(Click to play the music track.)***

Music: The Golden Peas / Resting Thoughts / Courtesy of Epidemic Sound

<https://www.epidemicsound.com/music/tracks/288356c4-746d-4a93-9362-321055c2e1fe/>

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Thanks be to you, my Lord Jesus Christ,  
for all the benefits which you have given me,  
for all the pains and insults  
which you have borne for me.  
O most merciful Redeemer,  
friend and brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.



**Prayer Leader:**

Practising stillness and resting with God changes our perspective.  
We can know God more for ourselves and share His peace with others.

Think for a moment.

**How could you help someone who is worried today by sharing God's peace?**

Perhaps you could remind someone that God loves them and is always with them.

Let's give thanks to God for the new perspective prayer gives us, and for helping us to grow closer to Him each day, using the words of St Richard of Chichester.

**All:**

**Thanks be to you, my Lord Jesus Christ,  
for all the benefits which you have given me,  
for all the pains and insults which you have borne for me.  
O most merciful Redeemer, friend and brother,  
may I know you more clearly,  
love you more dearly,**

**and follow you more nearly,  
day by day.**

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

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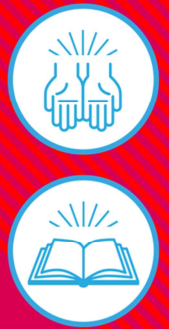
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***'What you have  
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these things.'***  
Philippians 4:9

**Tuesday**



**Prayer Leader:**

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

St Paul reminds us to follow his example by practising prayer, which helps us to spend time with God and grow our friendship with Him.

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

**Reader:**

***'What you have learned and received and heard and seen in me —  
practise these things.'*** (Philippians 4:9)

**Prayer Leader:**

Just as we might practise reading, playing a sport or learning a musical instrument, we can practise praying too.

The more we pray, the more we learn to listen to God and see the world through His perspective – through His eyes of love.

In our prayers, we will explore a different way of praying each day and invite God to use our new prayer perspective to change the way we live.

Yesterday we spent time being still and resting with God, who listens to our worries and offers us His peace.  
Today we will practise **listening to God**.

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**Prayer Leader:**

St Paul reminds us to think about things that are true, good and beautiful.

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

**Reader:**

***‘Finally, brothers and sisters, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise: think about these things.’ (Philippians 4:8)***

**Prayer Leader:**

When we listen to God, He helps us to recognise these things and see the world through His perspective.

God speaks to us in many ways — through Scripture, prayer, other people and through the beauty of His creation.

Today, we will use sign language to help us pray, and remember that listening is an important part of our friendship with God.

Let’s learn the signs for **‘we will listen to you’** now.

***(Click to play the video and practise the signs together.)***



**Prayer Leader:**

Let's invite God to help us see all that is true, good and beautiful around us as we listen to Him in prayer.

We will respond with the signs and say '**we will listen to you.**'

*(Invite the Reader to read the prayers.)*

**Reader:**

Lord,

We can listen to your truth through the Scriptures.

Help us to hear what you have to say to us through your Word.

**All: We will listen to you.**

**Reader:**

Lord,

We can listen to you as we pray, on our own and with others.

Help us to recognise your voice and understand what you are teaching us.

**All: We will listen to you.**

**Reader:**

Lord,

We can listen to you through the words of others.

Help us to hear those who guide us with wisdom and faith.

**All: We will listen to you.**

**Reader:**

Lord,

We can listen to you through nature.

Help us to see your love in creation and offer praise for the world you have given us.

**All: We will listen to you.**

**Prayer Leader:**

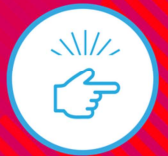
Now let's pray silently, so that we can listen to God in the quiet of our hearts.

***(Pause for a moment of silent prayer.)***

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Thanks be to you, my Lord Jesus Christ,  
for all the benefits which you have given me,  
for all the pains and insults  
which you have borne for me.  
O most merciful Redeemer,  
friend and brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.



**Prayer Leader:**

Practising listening to God changes our perspective.

We can know God more for ourselves, understand who He is and what He wants us to do.

Think for a moment.

**How could you make some time today to listen to God?**

Perhaps you could listen to God on your journey home from school, or for a few quiet moments before you go to sleep.

Let's give thanks to God for the new perspective prayer gives us, and for helping us to grow closer to Him each day, using the words of St Richard of Chichester.

**All:**

**Thanks be to you, my Lord Jesus Christ,  
for all the benefits which you have given me,  
for all the pains and insults which you have borne for me.  
O most merciful Redeemer, friend and brother,  
may I know you more clearly,  
love you more dearly,**

**and follow you more nearly,  
day by day.**

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

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Philippians 4:9

Wednesday



**Prayer Leader:**

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

Prayer is something that we can practise! St Paul reminds us to practise prayer, because it helps us to spend time with God and grow our friendship with Him.

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

**Reader:**

***'What you have learned and received and heard and seen in me —  
practise these things.'*** (Philippians 4:9)

**Prayer Leader:**

The more we pray, the more we learn to listen to God and see the world through His perspective – through His eyes of love.

In our prayers, we are exploring different ways of praying each day and inviting God to use our new prayer perspective to change the way we live.

Yesterday we spent time listening to God, which helped us to recognise

the true, good and beautiful things God has given us.  
Today we will practise **being bold and asking God**.

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**Prayer Leader:**

St Paul gives us permission to be bold in our prayers.

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

**Reader:**

*‘...let your requests be made known to God.’* (Philippians 4:6)

**Prayer Leader:**

Being bold doesn't mean demanding things from God. It means trusting that God does love and care for us.

Because of His love we can be confident that He listens to and answers our prayers. God wants us to talk to Him about the things that matter to us.

At Mass, we pray **Prayers of the Faithful** where we ask God to help people around the world, our communities and those who need His love. Today we will practise praying these prayers together.

The response is, ‘**Hear our prayer**’.

*(Invite the Reader to read the prayers.)*

**Reader:**

We pray for the Church.

For Pope Leo, our bishops, priests and all those who help us know God's love.

May they continue to grow in their friendship with you and share your friendship with those they serve.

Lord in your mercy.

**All: Hear our prayer.**

**Reader:**

We pray for the world.

For people who are suffering because of war, poverty or illness.

Show them your kindness and comfort, and give them hope, even in times of difficulty.

Lord in your mercy.

**All: Hear our prayer.**

**Reader:**

We pray for our community.

For our school, our families, friends and neighbours.

Help us to live as a community of love and care for each other.

Lord in your mercy.

**All: Hear our prayer.**

**Reader:**

We pray for those in need.

For people who feel lonely, worried or forgotten.

Draw close to those who need your friendship and presence today.

Lord in your mercy.

**All: Hear our prayer.**

**Reader:**

We pray for our own needs.

For the quiet prayers of our hearts and things no one else knows about.

Lead us to be confident that you are always with us.

Lord in your mercy.

**All: Hear our prayer.**

**Prayer Leader:**

You are invited to be bold and ask God for the things you need today.

***(Pause for a time of personal prayer and reflection.)***

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Thanks be to you, my Lord Jesus Christ,  
for all the benefits which you have given me,  
for all the pains and insults  
which you have borne for me.  
O most merciful Redeemer,  
friend and brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.



**Prayer Leader:**

Practising being bold and asking God for what we need changes our perspective.

We can know God more for ourselves, growing our confidence to share His love and offer help to others.

Think for a moment.

**How could you be bold today and ask God for help, or ask Him to help someone else?**

Perhaps you could ask those in your family if you can pray for anything that they need.

Let's give thanks to God for the new perspective prayer gives us, and for helping us to grow closer to Him each day, using the words of St Richard of Chichester.

**All:**

**Thanks be to you, my Lord Jesus Christ,  
for all the benefits which you have given me,  
for all the pains and insults which you have borne for me.  
O most merciful Redeemer, friend and brother,**

**may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.**

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

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these things.'***

Philippians 4:9

**Thursday**



**Prayer Leader:**

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

In our prayers this week we have looked to the words of St Paul, who reminds us that we can turn to God at any time through prayer. Prayer helps us to spend time with God and grow our friendship with Him. But it takes practice!

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

**Reader:**

***'What you have learned and received and heard and seen in me —  
practise these things.'*** (Philippians 4:9)

**Prayer Leader:**

The more we pray, the more we learn to listen to God and see the world through His perspective – through His eyes of love.

Each day we've explored different ways of praying and invited God to use our new prayer perspective to change the way we live.

Yesterday we spent time being bold and asking God, which helped us to bring our needs and the needs of others to Him in prayer.  
Today we will practise **thanking God**.

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Thank You, God, for...

I am glad that you made me someone who...

Today I want to praise you because...

One of the greatest blessings you have given me is...

Thank you for my family and friends that...

Thank you,  
God!



**Prayer Leader:**

St Paul reminds us to give thanks for the good things God has given us.

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

**Reader:**

***'Finally, brothers and sisters, ... if there is anything worthy of praise: think about these things.'*** (Philippians 4:8)

**Prayer Leader:**

There is so much we can praise and thank God for.

Not just the things that we have; but the person He has made us to be, the other people in our lives and the gift of His friendship.

We'll use prayer prompts today to practise showing praise and thanks to God.

Let's read the prompts together:

- **Thank You, God, for...**
- **I am glad that you made me someone who...**
- **Today I want to praise you because...**
- **One of the greatest blessings you have given me is...**

- **Thank you for my family and friends who...**

Take a few calm breaths.

Invite God to fill your mind with thoughts of how good He is and the good things He has done for you.

Now write, draw or pray in your heart using the prayer prompts on screen.

***(Pause to allow time for children to respond in prayer.)***

We will join together to praise God now, using the response ***(click to reveal)*** 'Thank you, God!'

***(Invite a Reader to read the prayers.)***

**Reader:** For our families.

**All:** Thank you, God!

**Reader:** For our friends.

**All:** Thank you, God!

**Reader:** For the beautiful world we live in.

**All:** Thank you, God!

**Reader:** For our teachers and the adults in school.

**All:** Thank you, God!



Thanks be to you, my Lord Jesus Christ,  
for all the benefits which you have given me,  
for all the pains and insults  
which you have borne for me.  
O most merciful Redeemer,  
friend and brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.



**Prayer Leader:**

Practising thanking God for all He has done changes our perspective.  
We can know God more for ourselves, and experience gratitude and joy in  
our hearts.

Think for a moment.

**How could you continue to give thanks to God today?**

Perhaps you could sing a worship song or read a Psalm of praise.

Let's give thanks to God for the new perspective prayer gives us, and for  
helping us to grow closer to Him each day, using the words of St Richard  
of Chichester.

**All:**

Thanks be to you, my Lord Jesus Christ,  
for all the benefits which you have given me,  
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O most merciful Redeemer, friend and brother,  
may I know you more clearly,  
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**In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen**

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