

Strength in the Lord

Monday

Tuesday

Wednesday

Thursday

Friday

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***'I can do all things
through Him who
strengthens me.'***
Philippians 4:13

Monday



Prayer Leader:

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

In his letter to the church in Philippi, St Paul makes clear that in every moment and situation, good or not so good, God will supply our every need.

(Invite a Reader to read from the Scriptures.)

Reader:

'I can do all things through Him who strengthens me.' (Philippians 4:13)

Prayer Leader:

In all we say and do, God is our strength!
We might not always feel physically strong, but because of Jesus' love and grace we can be strengthened to follow in His ways.

In our prayers this week, we will spend time asking that we would have strength in the Lord to do our best for Him.

We can do this with confidence and boldness because we know Jesus is

the one who provides our strength.

Today we will pray for **strength to do our best.**

Image by Magnific https://www.magnific.com/free-photo/young-child-having-fun-outdoors-playground_30124851.htm

‘Brothers and Sisters: I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through Him who strengthens me. Yet it was kind of you to share my trouble. And my God will supply every need of yours according to His riches in glory in Christ Jesus. To our God and Father be glory for ever and ever. Amen.’

Philippians 4:12-14, 19-20



Prayer Leader:

We're going to listen closely to God's Word. This way of praying is called **Lectio Divina** or 'divine reading'.

Make yourself comfortable and take a few deep breaths.
Get ready in your heart to listen to God as we pray.
We're going to hear more from St Paul's letter to the Philippians.

Listen carefully for what St Paul tells us about God's strength.

(Invite a Reader to read from the Scriptures.)

Reader:

‘Brothers and Sisters: I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through Him who strengthens me. Yet it was kind of you to share my trouble. And my God will supply every need of yours according to His riches in glory in Christ Jesus. To our God and Father be glory for ever and ever. Amen.’ (Philippians 4:12-14, 19-20)

Prayer Leader:

Now let's reflect on what we have heard.

- What different situations does St Paul talk about?
- What does St Paul say gives him strength?
- What does St Paul say God will do for us?
- Did you notice that St Paul was grateful when others shared their strength and help with him?

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

'Brothers and Sisters: I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through Him who strengthens me. Yet it was kind of you to share my trouble. And my God will supply every need of yours according to His riches in glory in Christ Jesus. To our God and Father be glory for ever and ever. Amen.'

Philippians 4:12-14, 19-20



Prayer Leader:

Let's get ready to listen to the Scripture a second time.

Paul reminds us that God gives him the strength he needs. We can ask God for strength too. Not to be the best at everything, but to do our best, make good choices and live like Jesus.

What might God be saying to you through these words?
See if a word or phrase stands out to you.

(Invite a Reader to read from the Scriptures.)

Reader:

'Brothers and Sisters: I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through Him who strengthens me. Yet it was kind of you to share my trouble. And my God will supply every need of yours according to His riches in glory in Christ Jesus. To our God and Father be glory for ever and ever. Amen.' (Philippians 4:12-14, 19-20)

Prayer Leader:

Now reflect on these questions.

- What word or phrase did you notice?
- When do you need God's strength to do your best?
- How might the word or phrase remind you to do your best to follow Jesus today?

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

‘Brothers and Sisters: I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through Him who strengthens me. Yet it was kind of you to share my trouble. And my God will supply every need of yours according to His riches in glory in Christ Jesus. To our God and Father be glory for ever and ever. Amen.’

Philippians 4:12-14, 19-20



Prayer Leader:

We're going to hear the Scripture one more time.

What is God saying to you today?

With His help and strength, is Jesus inviting you to try and do one thing at your very best?

(Invite a Reader to read from the Scriptures.)

Reader:

‘Brothers and Sisters: I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through Him who strengthens me. Yet it was kind of you to share my trouble. And my God will supply every need of yours according to His riches in glory in Christ Jesus. To our God and Father be glory for ever and ever. Amen.’ (Philippians 4:12-14, 19-20)

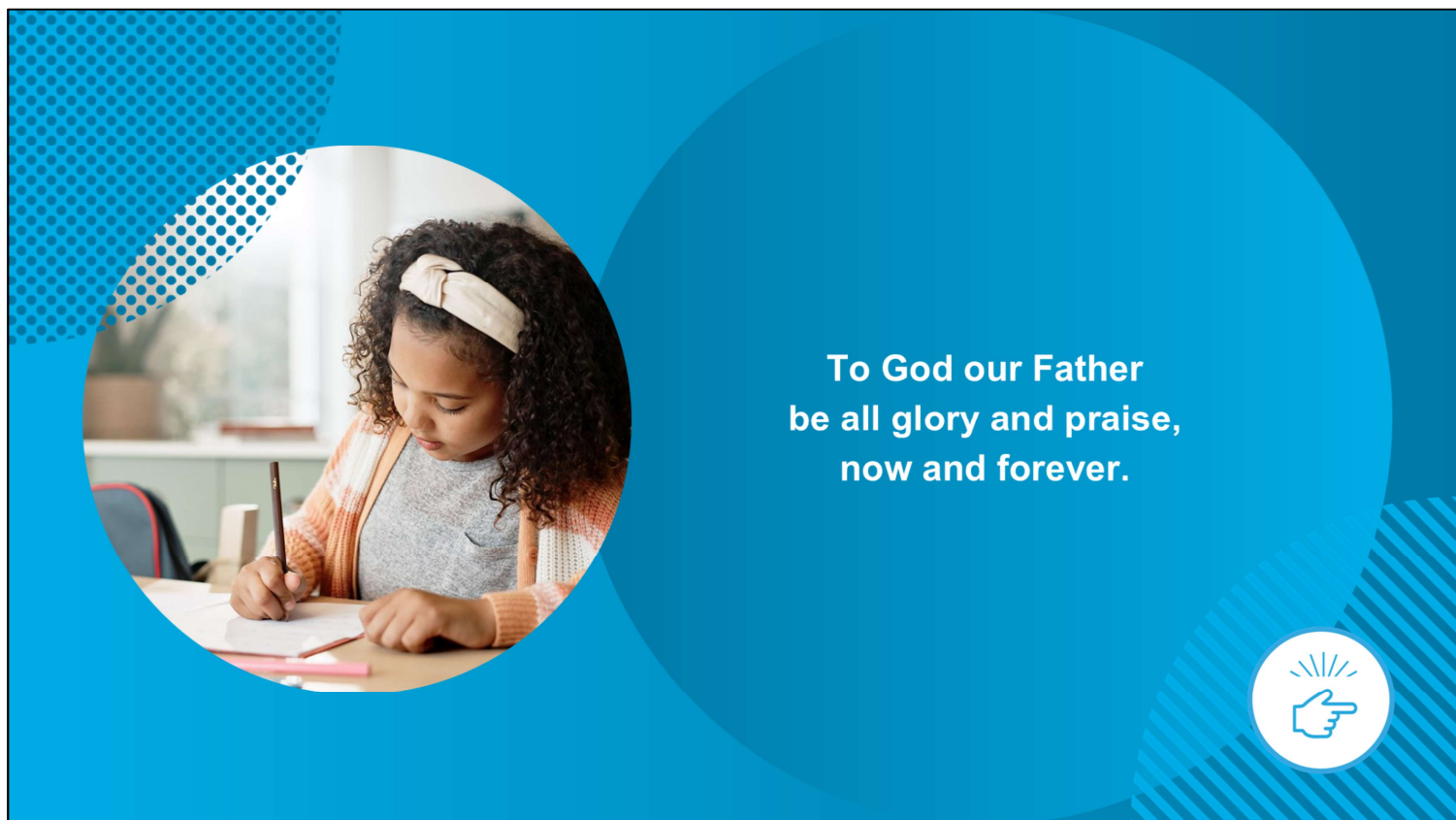
Prayer Leader:

Spend a few moments talking to God in your heart.

You might want to tell Him about the one thing you would like His help with today.

Ask Him to give you the strength to do your best and follow Jesus.

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



Prayer Leader:

Even when we find things difficult, we can always turn to Jesus to help and strengthen us.

God's strength helps us to be our best. We don't have to compare ourselves to others.

Think for a moment.

How could you use your actions to do your best for God today?

You might keep trying when something is hard, choose to be more patient, or show kindness to others.

We will end our prayers by giving glory to God and thanking Him for the strength He gives us, using St Paul's words.

All:

To God our Father be all glory and praise, now and forever.

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

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Strength in the Lord

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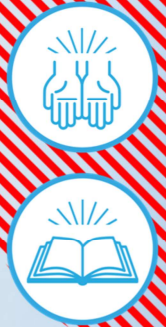
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Friday

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***'I can do all things
through Him who
strengthens me.'***
Philippians 4:13

Tuesday



Prayer Leader:

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

God is our strength and in any situation we can turn to Him to supply our every need.

St Paul reminds us in his letter to the Philippians...

(Invite a Reader to read from the Scriptures.)

Reader:

'I can do all things through Him who strengthens me.' (Philippians 4:13)

Prayer Leader:

We might not always feel physically strong, but because of Jesus' love and grace we can be strengthened to follow in His ways.

This week we are spending time in prayer asking that we would have strength in the Lord to do our best for Him this week.

We can do this with confidence and boldness because we know Jesus is

the one who provides our strength.

Yesterday we asked God to help us do our best.

Today we will pray for **strength to stand up for others.**

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I will stand up for others



Prayer Leader:

Moving our bodies and using actions can help us to connect to our words and prayers.

Today we will pray by using the action of standing up, if you are able.

We'll begin by sitting, on the floor or on a chair.

Then we will stand up together and say the prayer response '**I will stand up for others**'.

(Practise the action and prayer response together.)

Prayer Leader:

Let's offer our prayers to Jesus now.

(Invite a Reader to read the prayers.)

Reader:

I can do all things through Him who strengthens me.
When someone is being left out...

All:

I will stand up for others.

Reader:

I can do all things through Him who strengthens me.
When someone needs a friend...

All:

I will stand up for others.

Reader:

I can do all things through Him who strengthens me.
When someone is being treated unfairly...

All:

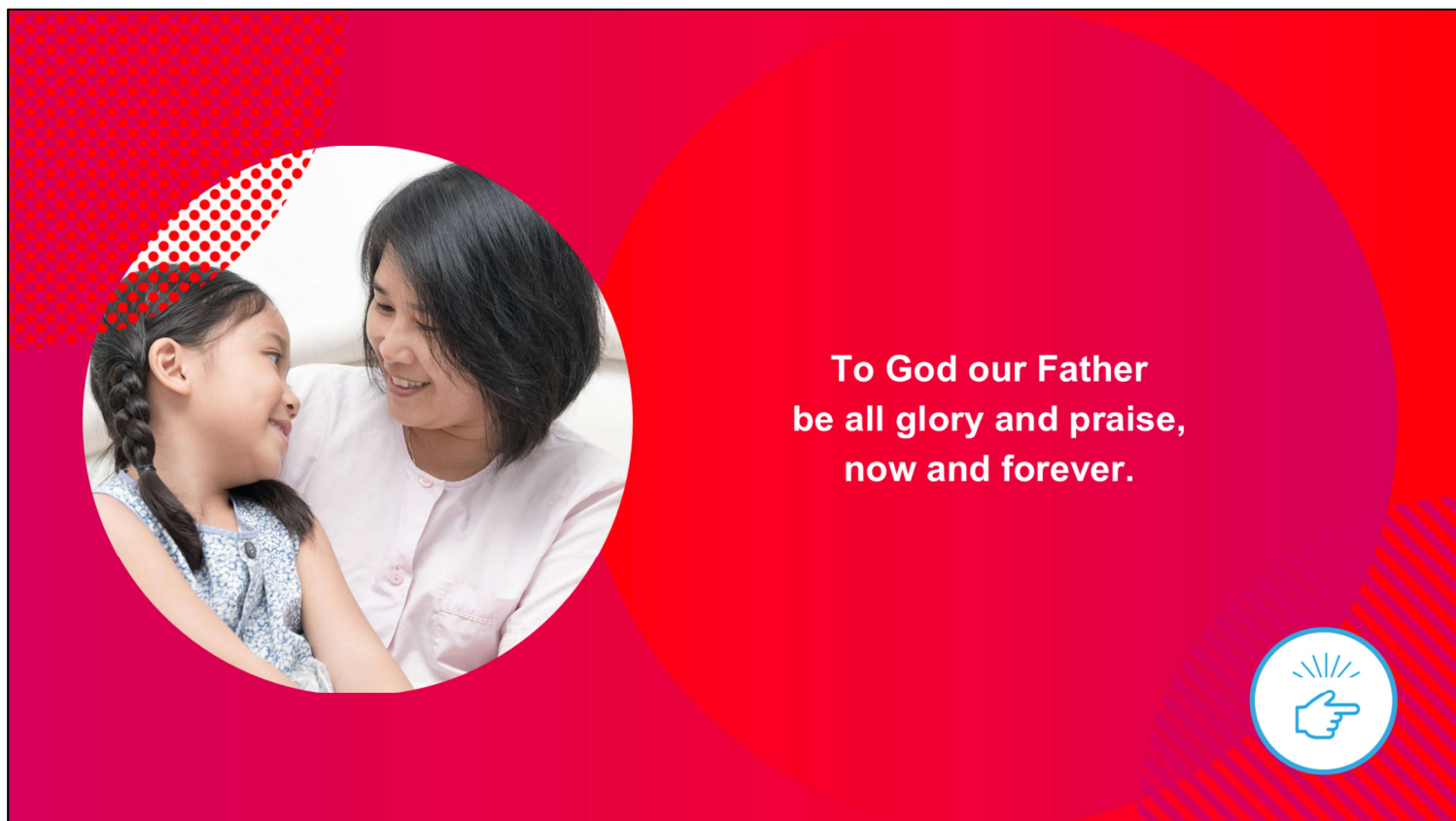
I will stand up for others.

Reader:

I can do all things through Him who strengthens me.
When I see someone who is sad or lonely...

All:

I will stand up for others.



Prayer Leader:

Jesus is always there to help us and give us His strength.

Standing up for others doesn't always mean speaking loudly. It can mean being brave enough to help someone or say when something isn't right.

Think for a moment.

How could you use your strength in the Lord to stand up for others today?

You might choose not to join in when others are talking unkindly about someone else, or tell an adult you trust if you are worried about someone you know.

We will end our prayers by giving glory to God and thanking Him for the strength He gives us, using St Paul's words.

All:

To God our Father be all glory and praise, now and forever.

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

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Philippians 4:13

Wednesday



Prayer Leader:

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

In any situation we can turn to God to supply our every need.

St Paul reminds us in his letter to the Philippians that God is our strength.

(Invite a Reader to read from the Scriptures.)

Reader:

'I can do all things through Him who strengthens me.' (Philippians 4:13)

Prayer Leader:

We might not always feel physically strong, but because of Jesus' love and grace we can be strengthened to follow in His ways.

This week we are spending time in prayer asking that we would have strength in the Lord to do our best for Him.

We can do this with confidence and boldness because we know Jesus is the one who provides our strength.

Yesterday we asked God to help us to stand up for others.
Today we will pray for **strength to say sorry.**



O my God,
because you are so good,
I am very sorry that
I have sinned against you,
and with the
help of your grace
I will not sin again.
Amen

Prayer Leader:

Saying sorry can sometimes be difficult, but Jesus is always with us to give us His strength.

The **Act of Contrition** helps us to say that we have done wrong, tell God that we are sorry, ask for His forgiveness and commit to following His way.

It is usually prayed during the Sacrament of Reconciliation, but we can pray it at any time when we want to tell God that we are sorry for our sins.

Let's get ready to pray.

The responses will appear on screen as we pray together.

(Pause.)

Prayer Leader:

God already knows what we have done, but telling Him helps us to open our hearts to Him.

Saying what we have done wrong helps us to recognise what we are sorry for.

With the strength of the Lord, let's bring the things we have done wrong to

God in prayer.

(Pause for a time of personal prayer. Then click to reveal the prayer response.)

Prayer Leader:

Loving God,

All:

I have sinned against you.

Prayer Leader:

When we say “I’m sorry” to God, we turn back towards Him.

We don't have to be afraid or hide our mistakes. God is always ready to welcome us back.

With the strength of the Lord, let’s say sorry to God in our hearts.

(Pause for a time of personal prayer. Then click to reveal the prayer response.)

Prayer Leader:

Loving God,

All:

I am very sorry.

Prayer Leader:

God's forgiveness gives us a fresh start and helps us to have a close friendship with Him.

With the strength of the Lord, let’s ask God to forgive us today.

(Pause for a time of personal prayer. Then click to reveal the prayer response.)

Prayer Leader:

Loving God,

All:

I ask for your forgiveness.

Prayer Leader:

When we try to do better, we show God that we are truly sorry and want to

make a different choice next time.

We don't have to do this alone. With God's help, we can always begin again.

With the strength of the Lord, let's commit to following His way.

(Pause for a time of personal prayer. Then click to reveal the prayer response.)

Prayer Leader:

Loving God,

All:

With the help of your grace, I will not sin again.

Prayer Leader:

Let's pray the full Act of Contrition prayer together now, as we remember that God gives us the strength we need to change.

(Click to reveal)

All:

O my God,

because you are so good,

I am very sorry that I have sinned against you,

and with the help of your grace

I will not sin again.

Amen



Prayer Leader:

We are given strength by the Lord to say sorry to Him and to others. Telling someone you are sorry can help to make peace in a friendship and put things right.

Think for a moment.

How could you use your strength in the Lord to say sorry to someone you have hurt?

You might say, "I'm sorry" and tell them what you are sorry for, or do something to put right what you have done.

We will end our prayers by giving glory to God and thanking Him for the strength He gives us, using St Paul's words.

All:

To God our Father be all glory and praise, now and forever.

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

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Prayer Leader:

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Amen**

In his letter to the church in Philippi, St Paul makes it clear that in every moment and situation God will supply our every need.

(Invite a Reader to read from the Scriptures.)

Reader:

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Prayer Leader:

In all we say and do, God is our strength!
We might not always feel physically strong, but because of Jesus' love and grace we can be strengthened to follow in His ways.

In our prayers this week, we have spent time asking that we would have strength in the Lord to do our best for Him.
We can do this with confidence and boldness because we know Jesus is the one who provides our strength.

Yesterday we asked God to help us to say sorry.
Today we will pray for **strength to share and include others.**

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Prayer Leader:

The Lord gives us strength not only when things are difficult for us, but also to help us think about others.

Sometimes it can be difficult to share what we have, give someone else a turn, or include someone who feels left out.

But with the strength of the Lord, we can choose to be generous, kind and welcoming.

Today, let's ask God to give us the strength to share and include others.

Take a moment to think about someone you could share with or include today.

- Who could you make room for?
- What could you share?

Using a post-it note, draw a picture or write down the name of one person you could include more today.

Then draw or write down one thing you could share today.

As you draw or write, ask God to give you the strength to do it.

(Allow time for drawing/writing. Then click to reveal the prayer.)

Prayer Leader:

Let's pray together.

Lord, give us strength to share and include others.

All:

Help me to be generous, kind and welcoming.

Amen

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**To God our Father
be all glory and praise,
now and forever.**



Prayer Leader:

Jesus shows us how to love others with generosity and kindness. With His strength, we can choose to share, welcome others and make sure no one is left out.

Think for a moment.

How could you use your strength in the Lord to look out for others today?

You might notice someone who is on their own and invite them to join in, or share something you have with someone who needs it.

We will end our prayers by giving glory to God and thanking Him for the strength He gives us, using St Paul's words.

All:

To God our Father be all glory and praise, now and forever.

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

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