

It Is Wonderful For Us



Monday

Tuesday

Wednesday

Thursday

Friday

Monday

Prayer Leader:

As we start our prayers, you are invited to make the **Sign of the Cross**.

In this week's Gospel, something incredible happens!

Jesus was transfigured (which means changed or transformed) before the disciples' eyes!

It was an amazing sight to see, in fact Peter said; ***"It is wonderful for us to be here."*** (Mark 9:5)

Seeing Jesus for who He really is changed the lives of Peter, James and John, this helped them to understand how much God loves them. Through this they experienced a new beginning.



Prayer Leader:

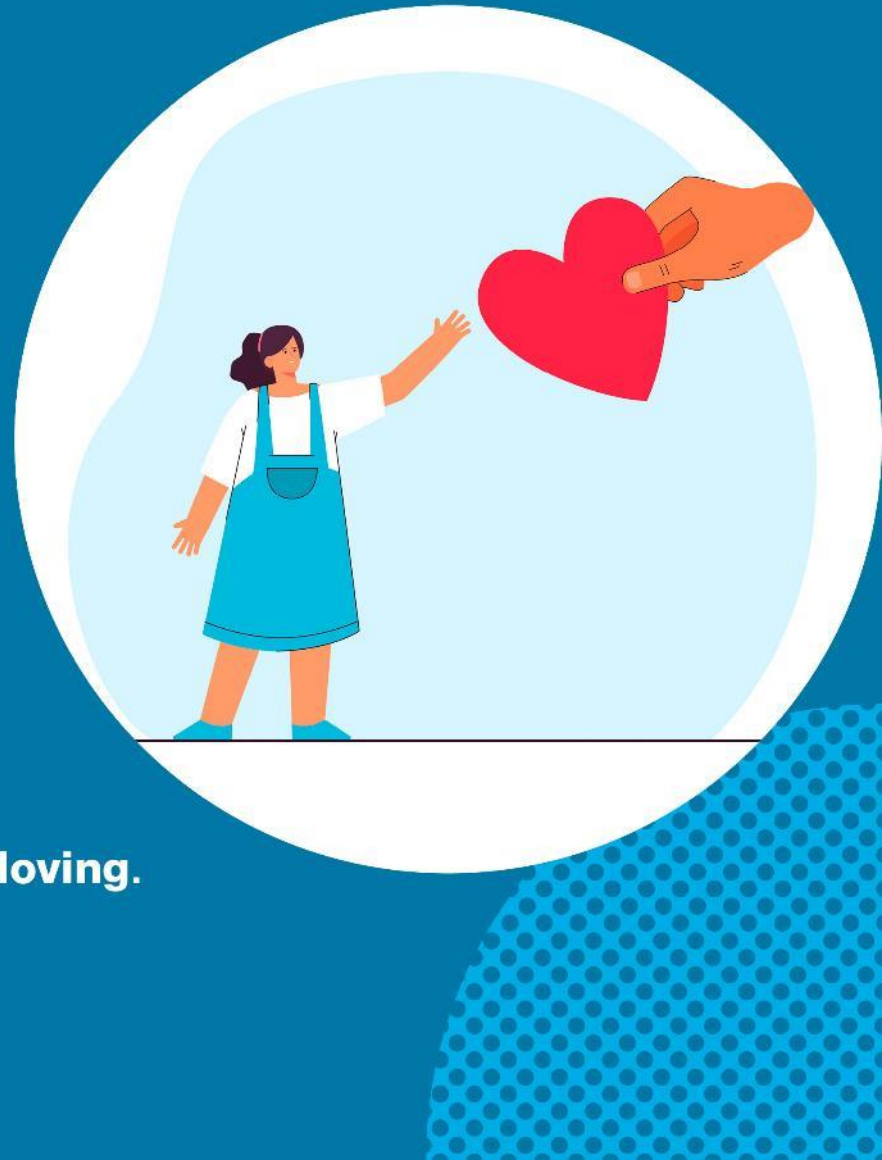
It is wonderful for us to know Jesus and live the way He wants us to.

This week we will be thinking about how following Jesus' example means we can make good choices and become more like Him.

This leads us to a new start, just like the disciples!

Each day we will focus on an area where we can change and choose to become more like Jesus.

Today we will be thinking about **being more loving**.



Prayer Leader:

Let's listen to the Scriptures to remind ourselves about how loving Jesus is:

Reader:

“As the Father has loved me, so I have loved you. This is my commandment, that you love one another as I have loved you.” John 15:9,12

Prayer Leader:

Jesus' whole life was focused on love. He knew God's love and loved God back by loving others.

And Jesus loves you!

Jesus showed kindness and care to everyone, and He asks us to do the same.



Prayer Leader:

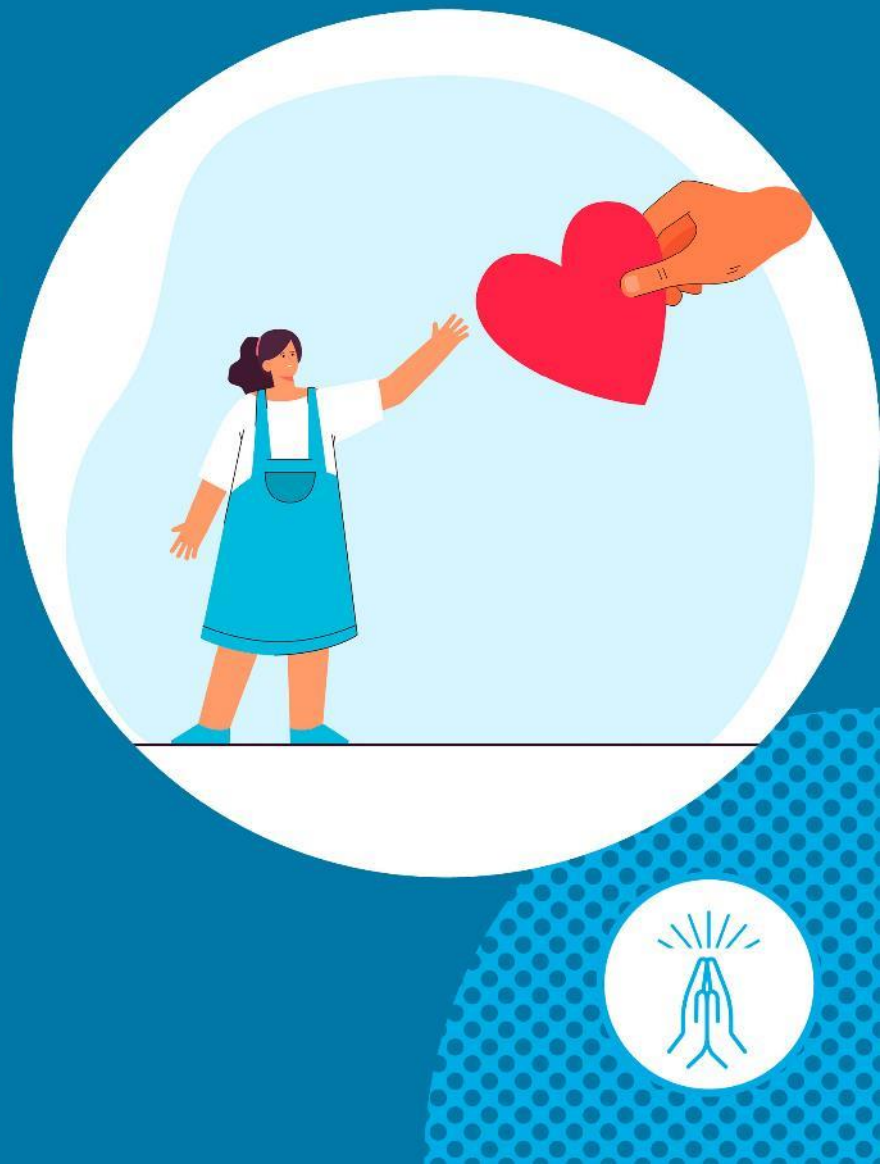
Let's pray and ask for Jesus to help us to be more like Him.

Take a moment to get comfortable, maybe bring your attention to your breathing or the picture on the screen.

You might like to pray using these starters:

- Jesus, fill me with your love...
- Jesus, I'm sorry for when I haven't been very loving...
- Jesus, show me how to...

Take a moment to ask Jesus to help you to be more loving.



Prayer Leader:

It is wonderful for us to know Jesus' love and share His love with others. Take a moment and think – **How can you be more loving today?**

- Could you show kindness to someone who is upset?
- Could you encourage someone with your words?

Let's pray together.

All:

**Father God,
Thank you for your amazing love.
I'm sorry for the ways I have not loved well.
Help me to be more loving, like Jesus.
Amen**

Prayer Leader:

As we end our prayers, you're invited to make the **Sign of the Cross**.



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Thursday

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Prayer Leader:

As we start our prayers, you are invited to make the **Sign of the Cross**.

God always gives us new beginnings.

Like the disciples in the Gospel, during Lent we can also experience a new beginning by being changed by God.

We can do this through spending time with Him and becoming more like Jesus.

Today we will be thinking about **being more forgiving**.



Prayer Leader:

Let's listen to the Scriptures to remind ourselves about how forgiving Jesus is:

Reader:

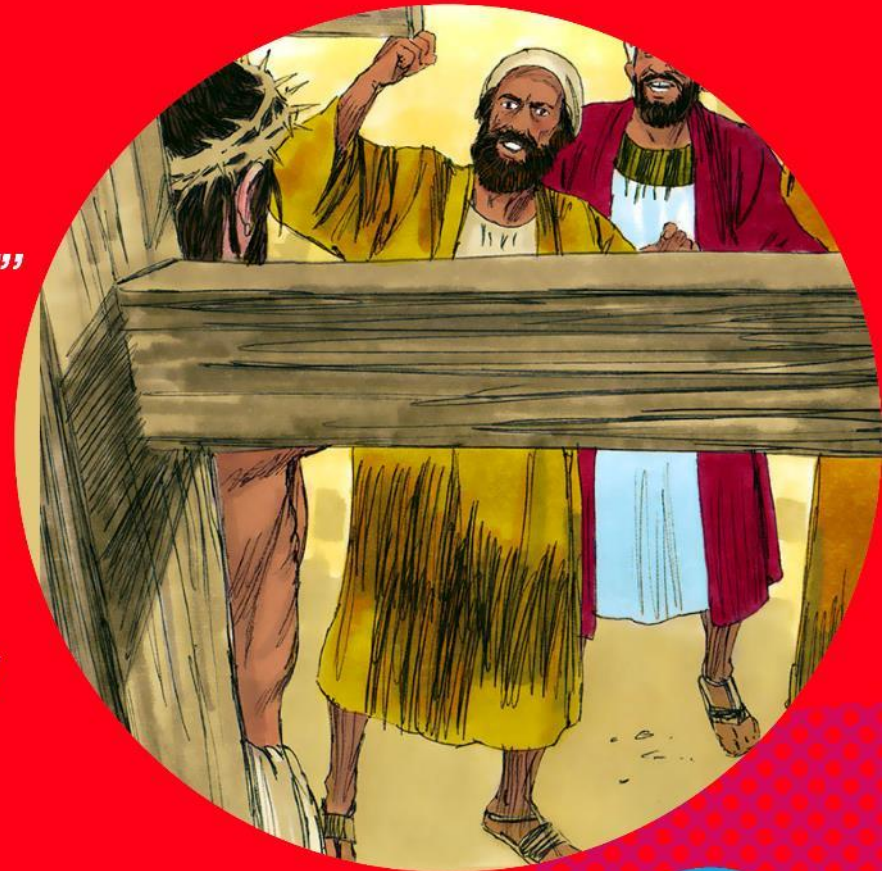
“Then Jesus said, ‘Father, forgive them; for they do not know what they are doing.’”
Luke 23:34

Prayer Leader:

Jesus spoke these words as He was being crucified on the Cross.

Jesus didn't deserve to be punished this way and people were making fun of Him even as He was dying, yet Jesus prayed that God would forgive them.

Jesus is the best example of forgiveness, and He asks us to be forgiving too even when it's difficult.



Prayer Leader:

Let's pray and ask for Jesus to help us to be more like Him.

Take a moment to get comfortable, maybe bring your attention to your breathing or the picture on the screen.

You might like to pray using these starters:

- Jesus, I'm sorry for...
- Jesus, I'm finding it difficult to forgive...
- Jesus, please help me...

Take a moment to ask Jesus to help you to be more forgiving.



Prayer Leader:

It is wonderful for us to know Jesus and share God's forgiveness with others. Take a moment and think –

How can you be more forgiving today?

- Perhaps you can say 'I forgive you' instead of shouting when someone upsets you?
- Perhaps you can forgive yourself when you make a mistake?

Let's pray together.

All:

**Father God,
Thank you for your forgiveness.
Sorry for the times when I have not
forgiven as I should.
Help me to be more forgiving, like Jesus.
Amen**

Prayer Leader:

As we end our prayers, you're invited to make the **Sign of the Cross**.



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Tuesday

Wednesday

Thursday

Friday

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Prayer Leader:

As we start our prayers, you are invited to make the **Sign of the Cross**.

This week, we are thinking about how God always gives us a new beginning.

Every moment is an opportunity to choose to believe, an opportunity to choose to trust in Jesus.

During Lent we can also experience a new beginning by being changed by God, just like the disciples were.

We can do this through spending time with Him and becoming more like Jesus.

Today we will be thinking about **being more trusting**.



Prayer Leader:

Let's listen to the Scriptures to remind ourselves about what Jesus says about trusting:

Reader:

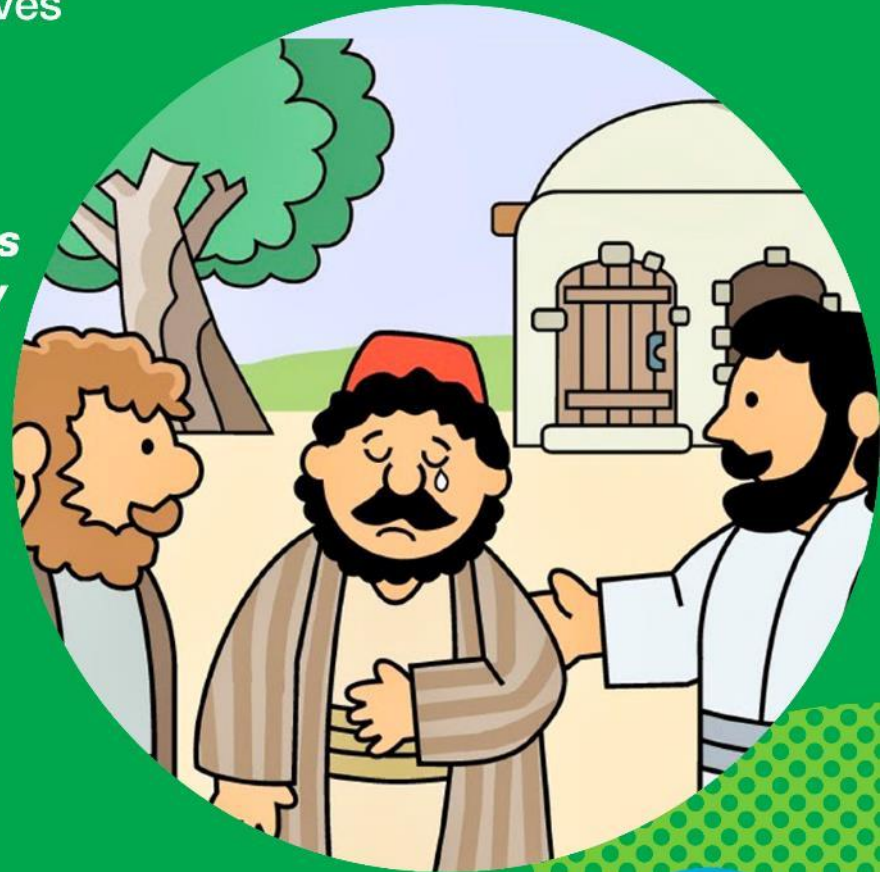
'The leader of the synagogue came to Jesus and said, "My daughter is ill. Come and lay your hands on her, so that she may be made well, and live." And Jesus said to him, "Do not fear, only believe."'

Mark 5:22-23, 36

Prayer Leader:

Jesus reminded the man to trust and believe in Him. Jesus went to see His daughter and she was made well again.

Jesus invites us to choose believe in Him.
When we trust Jesus, we will know that He can help us.



Prayer Leader:

Let's pray and ask for Jesus to help us to be more like Him.

Take a moment to get comfortable, maybe bring your attention to your breathing or the picture on the screen.

You might like to pray using these starters:

- Jesus, help me to believe when...
- Jesus, I want to trust you more...
- Jesus, I need your help with...

Take a moment to ask Jesus to help you to be more trusting.



Prayer Leader:

It is wonderful for us to know that we can trust Jesus and know that He will help us. Take a moment and think –

How can you be more trusting today?

- Could you try your best at your work even if you are unsure of the answer?
- Could you help someone else so they can trust you with a task that is important?

Let's pray together.

All:

**Father God,
Thank you that I can trust and believe in you.
Sorry for the times when I haven't
trusted you or others.
Help me to be more trusting, like Jesus.
Amen**

Prayer Leader:

As we end our prayers, you're invited to make the **Sign of the Cross**.



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Prayer Leader:

As we start our prayers, you are invited to make the **Sign of the Cross**.

This week, we are thinking about how God always gives us a new beginning.

During Lent we can also experience a new beginning by being changed by God.

If you've ever experienced something new, like moving house, changing classes or starting a new club, you'll know that new beginnings can sometimes be a bit scary.

So, today we will be thinking about **having more courage**.



Prayer Leader:

Let's listen to the Scriptures to remind ourselves about what Jesus says about courage. Jesus was walking on the water, towards the disciples who were in a boat!

Reader:

***'Jesus spoke to them and said,
"Take heart, it is I; do not be afraid."***
Matthew 14:27

Prayer Leader:

The disciples at first were worried but when they heard Jesus' voice, Peter took a brave step and walked onto the water with Jesus.

Knowing Jesus gave him courage.

Jesus invites us to take a step of courage too and be brave, knowing He is with us.



Prayer Leader:

Let's pray and ask for Jesus to help us to be more like Him.

Take a moment to get comfortable, maybe bring your attention to your breathing or the picture on the screen.

You might like to pray using these starters:

- Jesus, help me to have courage when...
- Jesus, I want to be brave even when I feel...
- Jesus, I need your help to...

Take a moment to ask Jesus to help you to have more courage.



Prayer Leader:

It is wonderful for us to know Jesus and have courage because He is with us. Take a moment and think –
How can you have more courage today?

- Could you speak up in class if you're usually too nervous?
- Could you reach out to a friend and ask how they're doing?

Let's pray together.

All:

**Father God,
Thank you for being with me.
Sorry for the times I let fear get in the way.
Help me to have more courage, like Jesus.
Amen**

Prayer Leader:

As we end our prayers, you're invited to make the **Sign of the Cross**.



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Friday

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Prayer Leader:

As we start our prayers, you are invited to make the **Sign of the Cross**.

This week we have been thinking about Jesus and how following His example can change us, giving us a new beginning, just like the disciples.

Jesus calls us to be more loving, forgiving, trusting and courageous. We can take steps towards changing through spending time with God and choosing to become more like Jesus.

Today we will be thinking about **being open to God's guidance**.



Prayer Leader:

Let's listen to the Scriptures to remind ourselves about what Jesus says about God's guidance:

Reader:

'Jesus said, "keep the commandments."'
Matthew 19:17

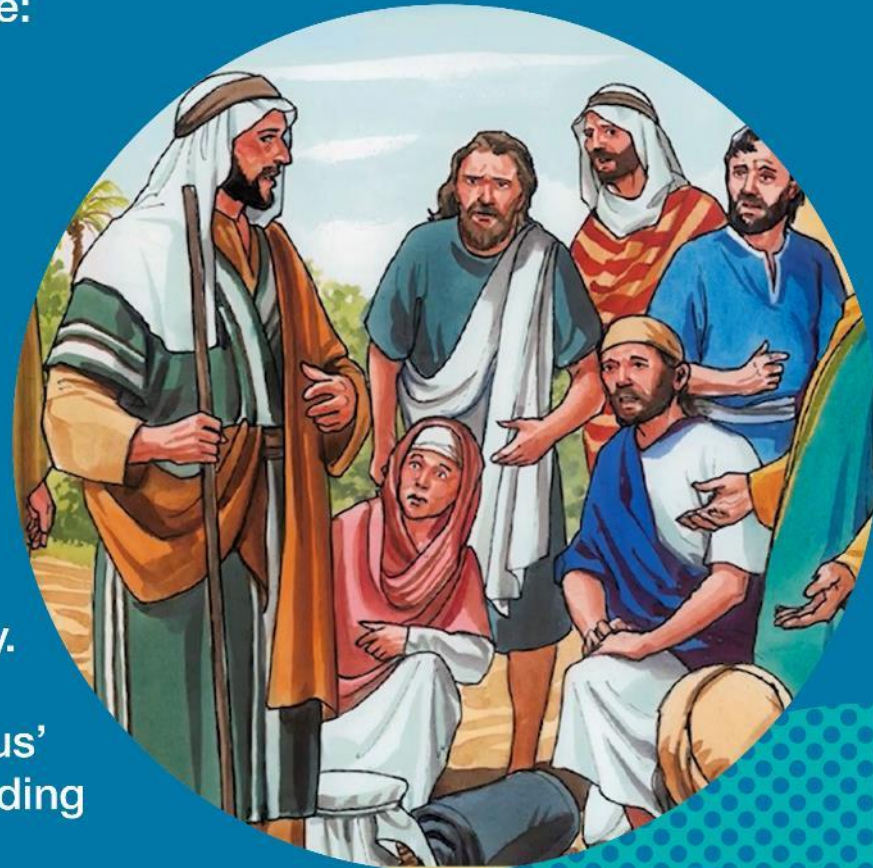
Prayer Leader:

Jesus taught that the most important command was to love God and to love others.

When we do this, we are following God's guidance and living life in the best possible way.

God's guidance is shared with us through Jesus' teaching, what we read in the Bible and spending our own time in prayer with God.

Jesus invites us to be open to God guiding us so we can know God's love.



Prayer Leader:

Let's pray and ask for Jesus to help us to be more like Him.

Take a moment to get comfortable, maybe bring your attention to your breathing or the picture on the screen.

You might like to pray using these starters:

- Jesus, help me to know God's love...
- Jesus, I want follow God's guidance even when...
- Jesus, show me what following God's guidance looks like...

Take a moment to ask Jesus to help you be open to God's guidance.



Prayer Leader:

It is wonderful for us to know Jesus and follow God's guidance. Take a moment and think – **How can you be more open to God's guidance today?**

- Could you take time in silence to listen to God's voice in your heart?
- In moments where you are tempted, can you ask God to step in and help you?

Let's pray together.

All:

**Father God,
Thank you for your love.
Sorry for the times when I have not
been open to your guidance.
Help me to be open to your guidance,
like Jesus.
Amen**

Prayer Leader:

As we end our prayers, you're invited to make the **Sign of the Cross**.



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Friday



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