

# Sacrificing for Others



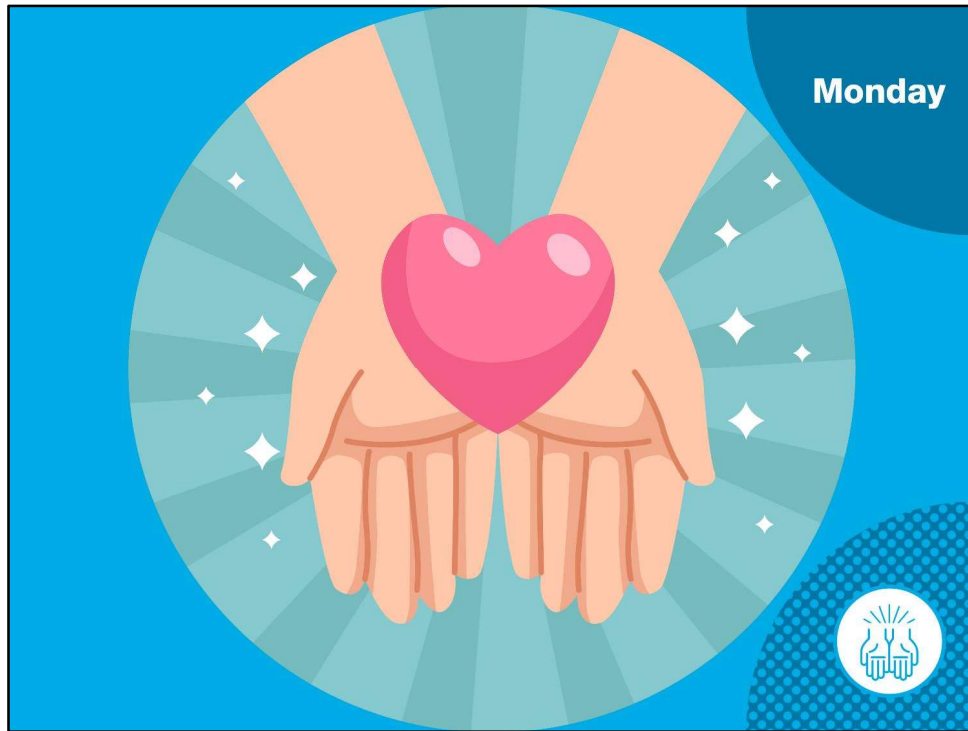
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**Prayer Leader:**

You are invited to begin our prayer time with the **Sign of the Cross**.

Have you ever heard the word 'sacrifice'?

Maybe you know it's something to do with giving things up.

In our prayers this week, we're going to think about what 'sacrifice' really means.

Each day we'll think about someone who has sacrificed something to achieve a greater goal and that will help us to think of ways that we can make a sacrifice for Jesus.



**Prayer Leader:**

First, let's look to the Scriptures to hear about Jesus' great sacrifice for us.

**Reader:**

***'Jesus came not to be served but to serve, and to give His life as a sacrifice for many.'***  
***Matthew 20:28***

**Prayer leader:**

Jesus' whole life was a sacrifice – He came to serve others.

People today make sacrifices so that they can put others first or achieve something that is important to them.

Let's hear an example of the kind of sacrifice that someone can make...



**Prayer Leader:**

Here's Ellie. She's a doctor working in a busy hospital.  
Let's hear what she can tell us about sacrifice:

- I always wanted to be a doctor. So, I sacrificed some of my free time to study hard and, eventually, I became one!
- I love my job because it means I can help others.



**Prayer Leader:**

Let's spend some time with Jesus now.

Close your eyes or look at the image on screen.

Relax your body, breathe slowly and let your mind focus on Jesus.

Be still with Jesus. You can tell Him anything that is on your mind.

Think about Ellie and the sacrifices she made so that she could help other people.

Ask Jesus to guide your choices today and help you to think of others.

Let's pray together. Repeat after me:

**Jesus,  
Please help me to be generous and patient when someone asks me  
for help.**

**Amen**



**Prayer Leader:**

We too can sacrifice some of our free time to help others today. We could make this part of our GIVE, ACT and PRAY this Lent.

Think for a moment...

**What could you do today to help others?**

Maybe you could:

- Talk with someone who needs company.
- Try to help at home by helping to get a meal ready or tidying your room.

Let's finish by praying to the Holy Spirit to help us.

Repeat after me:

**Holy Spirit help us.**

You are invited to end our prayers with the **Sign of the Cross**.

## Sacrificing for Others



Monday

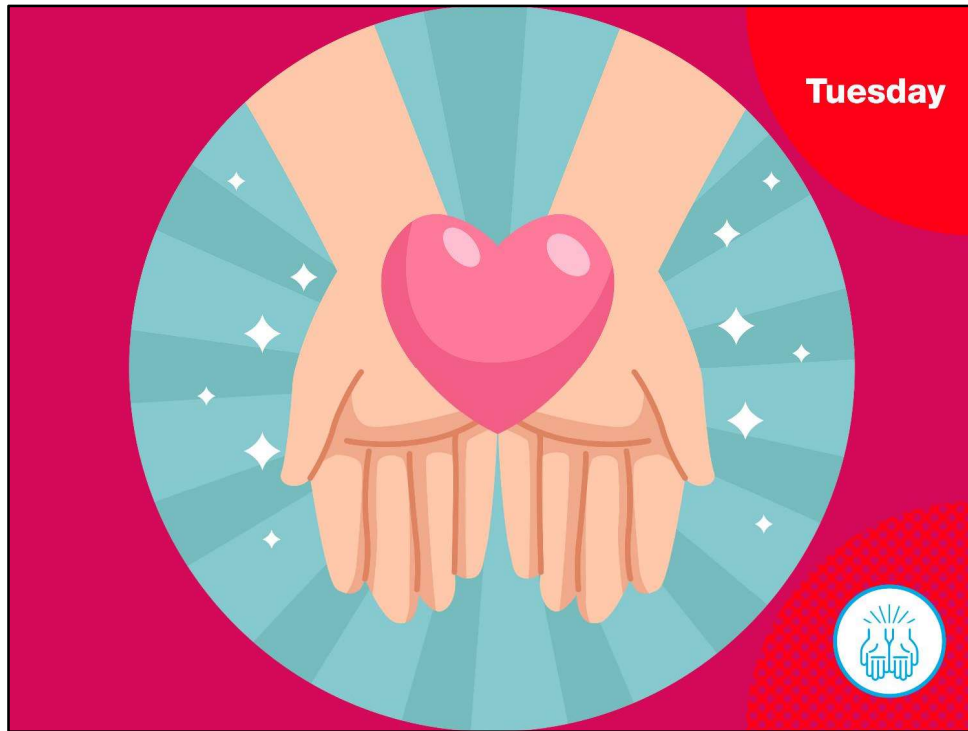
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**Prayer Leader:**

You are invited to begin our prayer time with the **Sign of the Cross**.

This week we're thinking about what it means to make a sacrifice.

Each day we're hearing about someone who made a sacrifice and thinking of ways that we can sacrifice something ourselves for Jesus.

Yesterday we heard about Ellie, a doctor.

Today we'll hear another example of someone who made a sacrifice.

***'Be imitators of God... and live in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.'***  
***Ephesians 5:1-2***



**Prayer Leader:**

Let's hear some words of St Paul in the Scriptures.

**Reader:**

***'Be imitators of God... and live in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.'***  
***Ephesians 5:1-2***

**Prayer leader:**

Jesus came to bring us freedom and show us the way to God.

Jesus' sacrifice can inspire our choices and actions.

Let's hear another example of sacrifice...



**Prayer Leader:**

Here's Brad. He's an athlete.

Let's hear what he can tell us about sacrifice:

- I always wanted to be an athlete and needed my body to be the best it could be, so I sacrificed junk food and sweets. After years of training, I now play basketball for a living.
- I use the gifts God gave me to play against the best in the world. People get a lot of fun and enjoyment watching my team.



**Prayer Leader:**

Let's spend some time with Him now.

Relax your body, breathe slowly and let your mind focus on Jesus.

Be still with Jesus and tell Him anything that is on your mind.

Let's think about Brad and the sacrifices he made so that he could make the best of his gifts from God.

Ask Jesus to guide your choices today and help you to use the special gifts God has given you.

Let's pray together. Repeat after me:

**Jesus,**

**Help me to remember that everything I have  
has been given to me by you.**

**Please help me to be grow my gifts and use them well.**

**Amen**



**Prayer Leader:**

We too could go without something ourselves to share our talents and give enjoyment to others. We could make this part of our GIVE, ACT and PRAY this Lent.

Think for a moment...

**What could you do today to share your talents?**

Maybe you could:

- Sing someone a song or show a dance to make someone smile.
- Help someone with something you find easy to do.

Let's finish by praying to the Holy Spirit to help us.

Repeat after me:

**Holy Spirit help us.**

You are invited to end our prayers with the **Sign of the Cross**.

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**Prayer Leader:**

You are invited to begin our prayer time with the **Sign of the Cross**.

We all make choices every day about how we use our time and energy.

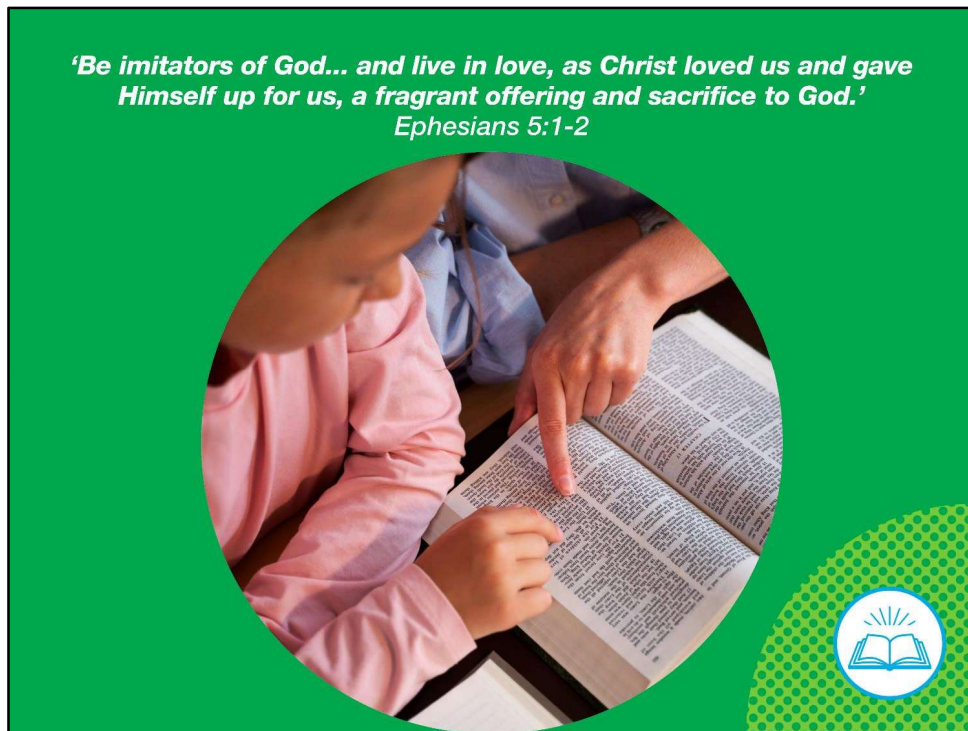
When we think of others before ourselves it's a kind of sacrifice.

Each day we're hearing about someone who made a sacrifice and thinking of ways that we can sacrifice something ourselves for Jesus.

Yesterday we heard about Brad, an athlete.

Today we'll hear another example of someone who made a sacrifice.





***'Be imitators of God... and live in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.'***  
***Ephesians 5:1-2***

**Prayer Leader:**

Let's listen again to words of St Paul in the Scriptures.

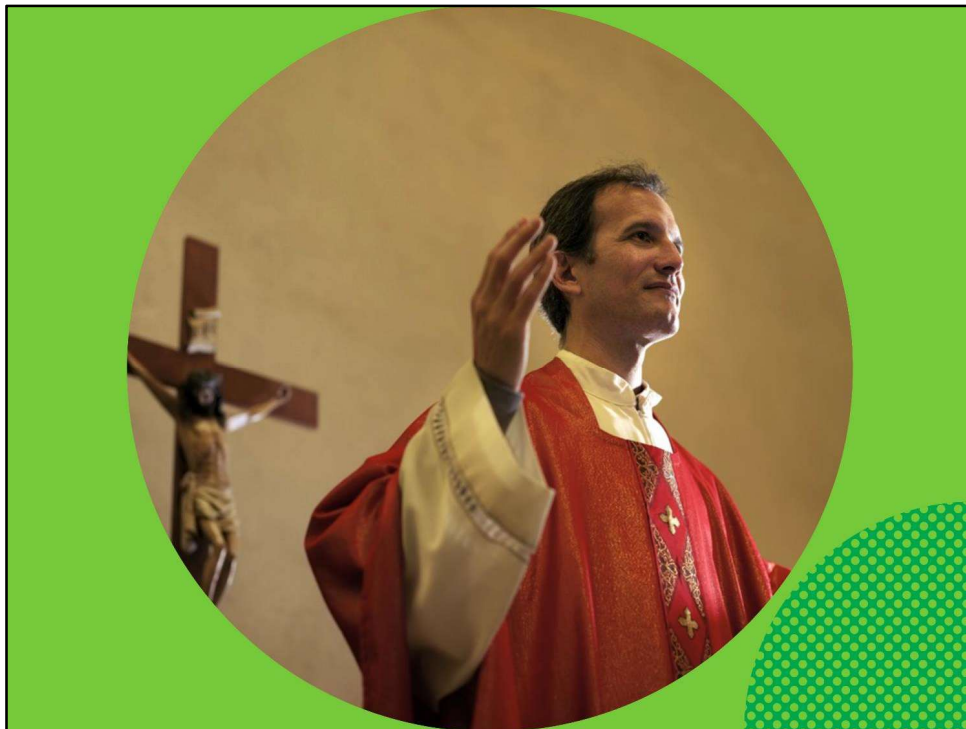
**Reader:**

***'Be imitators of God... and live in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.'***  
***Ephesians 5:1-2***

**Prayer leader:**

Being an imitator of God means trying to follow His example of love, and that means thinking of others first.

Let's hear another example of sacrifice...



**Prayer Leader:**

Here's Fr Paul. He's a priest.

Let's hear what he can tell us about sacrifice:

- I always knew that the time I spent with God was the most special time for me. I wanted to get to know Him better. I sacrificed the chance of having a family of my own to become a priest.
- Now, I live a happy life by helping others get to know Jesus.



**Prayer Leader:**

Let's spend some time with Jesus now.

Relax your body, breathe slowly and let your mind focus on Jesus.

Be still with Jesus and tell Him anything that is on your mind.

Let's think about Fr Paul and the sacrifices he made so that he could serve God.

Ask Jesus to guide your choices today to help you to spend time with Him.

Let's pray together. Repeat after me:

**Jesus,**

**Please help me make time for prayer so that I can get to know and love you more and more.**

**Amen**



**Prayer Leader:**

We too can get to know Jesus better by giving up something else to spend with God. We could make this part of our GIVE, ACT and PRAY this Lent.

Think for a moment...

**What could you do today to spend more time with God?**

Maybe you could:

- Get ready for bed ten minutes earlier so that you can spend that time telling God about your day.
- Thank God for your meal before you start eating.

Let's finish by praying to the Holy Spirit to help us.

Repeat after me:

**Holy Spirit help us.**

You are invited to end our prayers with the **Sign of the Cross**.

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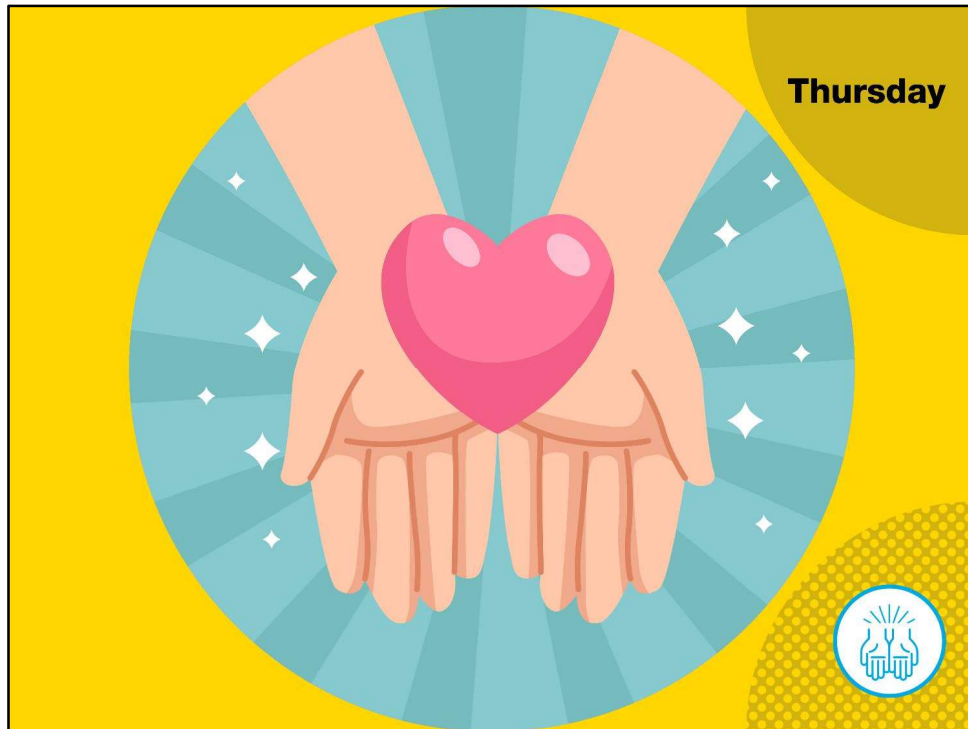
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**Prayer Leader:**

You are invited to begin our prayer time with the **Sign of the Cross**.

This week we're thinking about what it means to make a sacrifice.

Each day we're hearing about someone who made a sacrifice and thinking of ways that we can sacrifice something ourselves for Jesus.

Yesterday we heard about Fr Paul, a priest.

Today we'll hear another example of someone who made a sacrifice.

***'Be imitators of God... and live in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.'***  
***Ephesians 5:1-2***



**Prayer Leader:**

Let's listen again to words of St Paul in the Scriptures.

**Reader:**

***'Be imitators of God... and live in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.'***  
***Ephesians 5:1-2***

**Prayer leader:**

Like Jesus, we can make choices that put others first or lead to achieve something that pleases God.

Let's hear another example of sacrifice...





**Prayer Leader:**

Here's Sonya. She's a mother.

Let's hear what she can tell us about sacrifice:

- The birth of my child was the most wonderful thing. I've had to sacrifice some things that I used to do and have for myself so that I can think of my children and put them first.
- I love being a mother and I've been rewarded by feelings of love that I never knew possible.





**Prayer Leader:**

Let's spend some time with Jesus now.

Relax your body, breathe slowly and let your mind focus on Jesus.

Be still with Jesus and tell Him anything that is on your mind.

Let's think about Sonya and the sacrifices she makes every day for her children.

Ask Jesus to guide your choices today and help you to appreciate those who care for you.

Let's pray together. Repeat after me:

**Jesus,  
Thank you for all those who love and care for me. Help me to show  
my appreciation by helping them.  
Amen**



**Prayer Leader:**

We too can put the needs of others before our own. We could make little sacrifices to help our mums, dads or carers and make this part of our GIVE, ACT and PRAY this Lent.

Think for a moment...

**What could you do today to put someone first?**

Maybe you could:

- Ask if there's anything you can do to help at home before doing what you want to do.
- Notice something you can do to help without being asked.

Let's finish by praying to the Holy Spirit to help us.

Repeat after me:

**Holy Spirit help us.**

You are invited to end our prayers with the **Sign of the Cross**.

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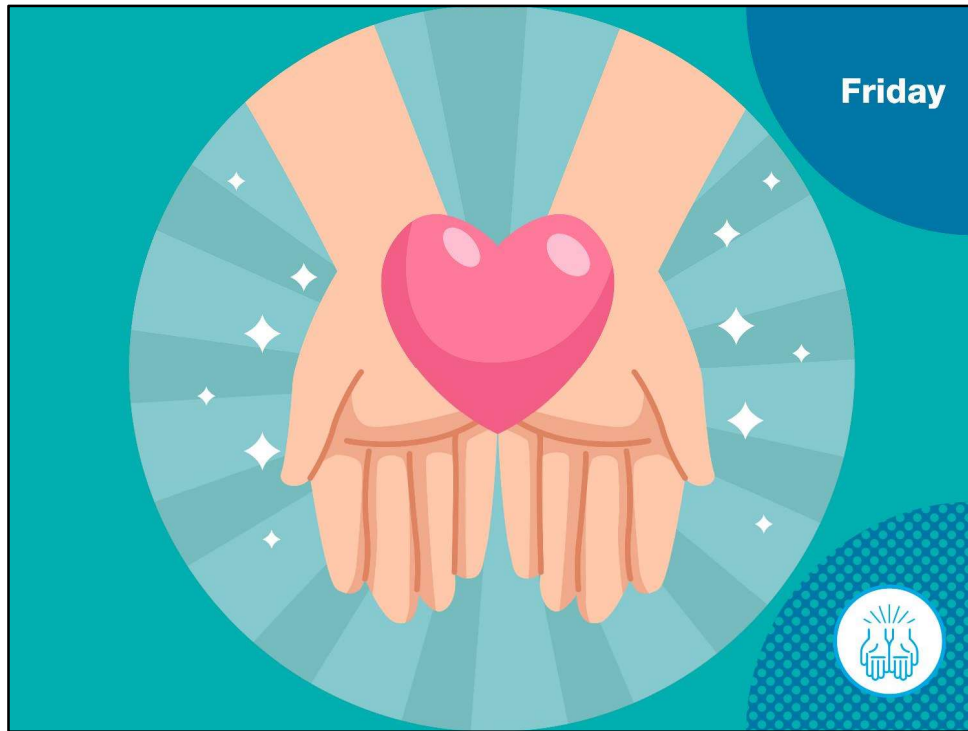
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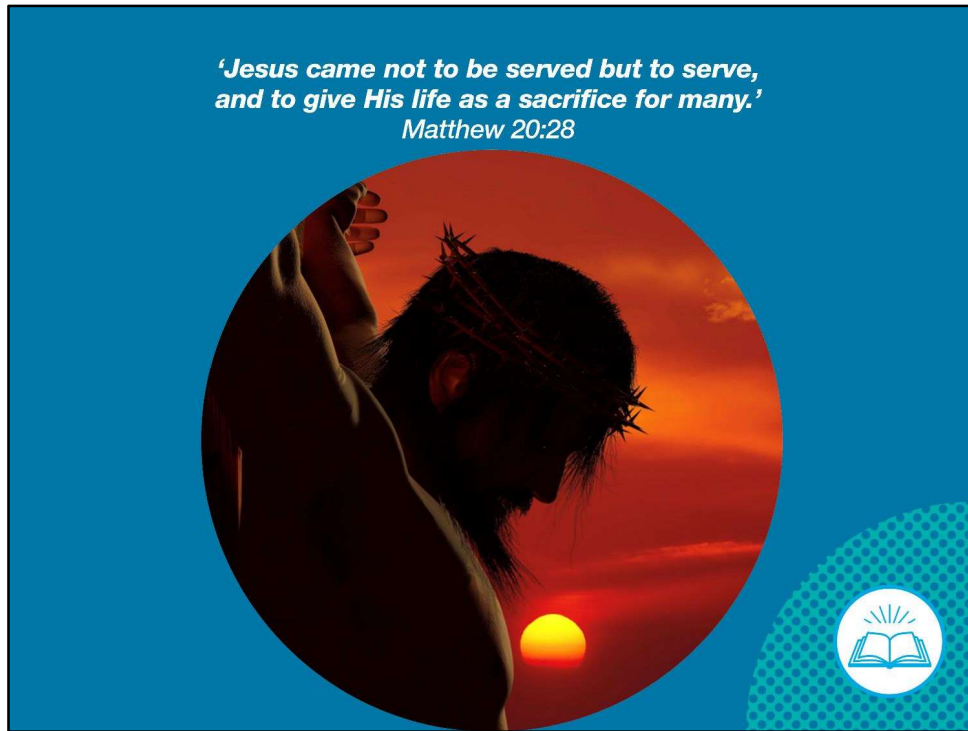
**Prayer Leader:**

You are invited to begin our prayer time with the **Sign of the Cross**.

This week we've been thinking about how different people choose to make sacrifices to achieve a greater goal, like helping others.

We've heard about a doctor, an athlete, a priest and a mother. Their sacrifice can be an inspiration to us, helping us to see how we can make choices and sacrifices for others.

Today we'll reflect on **the greatest sacrifice of all – when Jesus gave His life to save us all.**



**Prayer Leader:**

Let's listen again to what the Scriptures say about Jesus' great sacrifice for us.

**Reader:**

***'Jesus came not to be served but to serve, and to give His life as a sacrifice for many.'***  
***Matthew 20:28***

**Prayer leader:**

Even though Jesus is a King, He chose to give up His life for us.

We remember Jesus' sacrifice each week at Mass and during Holy Week we especially commemorate His death on the Cross on Good Friday.



**Prayer Leader:**

Let's spend some time with Jesus now.

Relax your body, breathe slowly and let your mind focus on Jesus.

Be still with Jesus and tell Him anything that is on your mind.

Jesus is always ready to listen to you and help you.

Ask Jesus for anything you need right now.

Let's pray together. Repeat after me:

**Jesus,**

**Thank you for loving me.**

**Help me to live in your way, loving God and loving others.**

**Amen**



**Prayer Leader:**

Like Jesus, we too could put others first and we can make this part of our GIVE, ACT and PRAY this Lent.

Think for a moment...

**What could you do today to put others first?**

Maybe you could:

- Ask a friend what they want to do, instead of insisting on your own way.
- Let your friend/sibling go first without complaining.

Let's finish by praying to the Holy Spirit to help us.

Repeat after me:

**Holy Spirit help us.**

You are invited to end our prayers with the **Sign of the Cross**.

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