

**Prayer and Liturgy (Collective Act of Worship)**

**Autumn term 2025**

Week beginning	Tuesday	Thursday (Focus/ theme/ type of prayer)
22/9/25	Marks 10 mission <a href="https://www.themark10mission.co.uk/">https://www.themark10mission.co.uk/</a>	<b>1. Spontaneous Prayer:</b> short moments during the day for children to speak from the heart or write down.
29/9/25	Marks 10 mission	2. Visio Divina / Image Suggestion <i>Michaelmas / Feast of St. Michael &amp; All Angels</i> "St Michael and the Angels" by Guido Reni or another classical painting showing Michael defeating evil <ul style="list-style-type: none"> <li>• Who is Michael fighting?</li> <li>• What does courage look like in this image?</li> <li>• Where in your life do you need courage or protection?</li> </ul> <i>Spontaneous prayer:</i> "St Michael, defend us in the day of battle..." Prayer Box: children write where they need courage.
6/10/25	Marks 10 mission	3. Examen for Gratitude: "Thank You, God"  <b>Focus:</b> Noticing the good in our day and recognising God's presence.  "God, help me remember the good things today."  <b>Steps:</b> <ol style="list-style-type: none"> <li>1. <b>Be still.</b> Close your eyes and take a deep breath.</li> <li>2. <b>Think about your day.</b> What was the best part? Who made you smile?</li> <li>3. <b>Say thank you.</b> Whisper or write a prayer of thanks to God.</li> <li>4. <b>Where was God?</b> Did something happen today that felt like God was with you?</li> </ol>

		<p>5. <b>Prayer:</b> "Thank you, God, for being with me in the little things."</p> <p><b>Use with:</b> Soft music, candle, and a "thank you" jar where children write what they're grateful for.</p>
13/10/25	Marks 10 mission	<p>4. Rosary Prayer Experience – Pupil-Led. Children reflect on the life of Jesus through <b>one mystery of the Rosary</b>, while also inviting them to offer personal prayers through Mary.</p>
20/10/25	Marks 10 mission	<p>5. <b>We gather, We listen, We respond, we do</b></p> <p>Luke 17:11-19), the theme is:</p> <p><b>Gratitude and Thankfulness</b></p>
3/11/25	Marks 10 mission	<p>1. <b>Spontaneous Prayer:</b> short moments during the day for children to speak from the heart or write down.</p>
10/11/25	Marks 10 mission	<p>2. Visio Divina / Image Suggestion</p> <p><i>All Saints / All Souls (1-2 Nov)</i></p> <p>Image of saints, stained glass or iconography showing saints' lives</p> <ul style="list-style-type: none"> <li>• Who among the saints inspires you?</li> <li>• What virtues do you see in the image (e.g. compassion, courage, faith)?</li> <li>• How can you live like a saint in your everyday life?</li> </ul> <p>Prayer Box: children write names of people who inspire them or loved ones who've died. Spontaneous prayer for those people.</p>
10/11/25	Marks 10 mission	<p>3. <b>Examen for Forgiveness:</b> "I'm Sorry, God"</p> <p><b>Focus:</b> Reflecting on our choices and asking for God's help to do better.</p> <p>"Jesus, help me to see when I could have chosen love."</p> <p><b>Steps:</b></p>

		<ol style="list-style-type: none"> <li>1. <b>Be quiet.</b> Take a deep breath and think back over your day.</li> <li>2. <b>Think about your actions.</b> Was there a moment you were unkind or didn't do your best?</li> <li>3. <b>Tell God.</b> In your heart or aloud, say sorry to God.</li> <li>4. <b>Ask for help.</b> How can you make tomorrow better?</li> <li>5. <b>Prayer:</b> "God, forgive me. Help me grow to be more like Jesus."</li> </ol> <p><b>Use with:</b> A cross, quiet music, and a small "I'm Sorry" box or prayer card writing.</p>
17/11/25	Marks 10 mission	<p><b>4. We gather, We listen, We respond, we do</b></p> <p><b>Gospel:</b> Mark 13:24-32 — The Coming of the Son of Man</p> <p><b>Theme:</b> <b>Watchfulness and Hope</b></p> <p>Jesus teaches us to be watchful and hopeful as we wait for God's kingdom.</p>
24/11/25	Marks 10 mission	<p>. Visio Divina / Image Suggestion</p> <p><i>Advent begins (depending on date)</i></p> <p>Annunciation / Advent imagery (Gabriel speaking to Mary)</p> <ul style="list-style-type: none"> <li>• What does waiting mean in the image?</li> <li>• How is Mary trusting in God?</li> <li>• Where am I waiting in my life?</li> </ul> <p>Advent reflections &amp; prayers; lighting Advent candles; children write hopes or prayers for the coming of Christ.</p>
1/12/25	Marks 10 mission	<p>2. Visio Divina / Image Suggestion</p> <p><i>Advent begins (depending on date)</i></p> <p>Annunciation / Advent imagery (Gabriel speaking to Mary)</p> <ul style="list-style-type: none"> <li>• What does waiting mean in the image?</li> <li>• How is Mary trusting in God?</li> <li>• Where am I waiting in my life?</li> </ul> <p>Advent reflections &amp; prayers; lighting Advent candles; children write hopes or prayers for the coming of Christ.</p>

		<p>1. <b>1. Spontaneous Prayer:</b> short moments during the day for children to speak from the heart or write down Advent</p>
8/12/25	Marks 10 mission	<p>3. . <b>Examen for Purpose:</b> "What Can I Do Tomorrow?"</p> <p><b>Focus:</b> Looking ahead with hope and asking God to guide us.</p> <p>"Holy Spirit, help me see what I need to do next."</p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. <b>Sit still.</b> Close your eyes and take a few calm breaths.</li> <li>2. <b>Think about today.</b> Was there something you didn't finish or something you could improve?</li> <li>3. <b>Ask God:</b> "What do you want me to do tomorrow?"</li> <li>4. <b>Make a plan.</b> What is one good thing you can do tomorrow?</li> <li>5. <b>Prayer:</b> "Holy Spirit, guide my words, my choices, and my heart."</li> </ol> <p><b>Use with:</b> A candle or dove image; pupils write a goal or promise on a leaf or flame cut-out.</p>
15/12/25	Marks 10 mission	<p><b>4. We gather, We listen, We respond, we do</b></p> <p>Matthew 11:2-11</p> <p>Recognising Jesus in His Works and Preparing Our Hearts"</p>