

We start each Sacred Time with the sign of the cross.

Sign of the cross: In the name of the Father,
and of the Son and of the Holy Spirit. Amen.



- This prayer is calling to mind God - who is the Father, Son and Spirit.
- We are reminding ourselves to remember God in our **thoughts**, in our **hearts** and in the **work** we do.
- The actions make a cross to remind us about Jesus.
- The sign of the cross marks that this is a special time.

Let us make the sign of the cross together.



Sacred Time Theme: Chosen

'The stone which the builders rejected has become the most important of all' – Matthew 21:42



Day 1: Chosen

Word of the Week

In last Sunday's Gospel reading Jesus says, 'the stone that the builders rejected has become the corner stone.'

What do you think he was saying here?

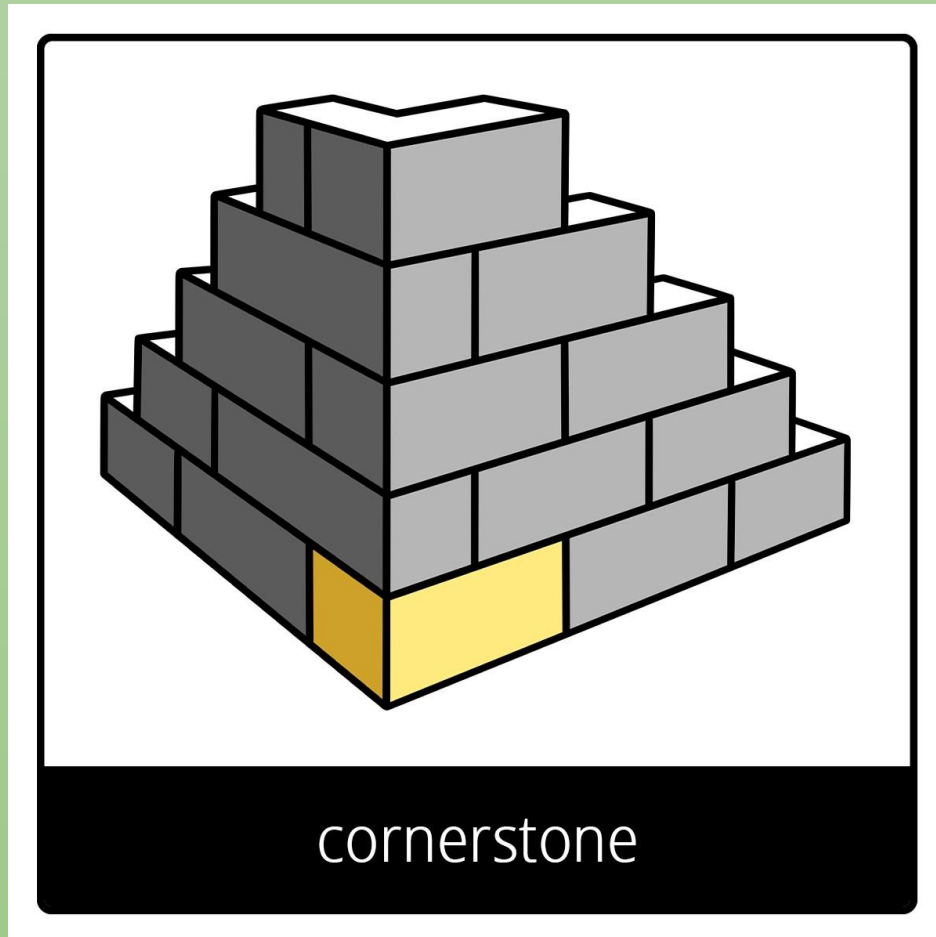
Imagine builders building a great building.



They take a large brick but they reject it and throw it away.

Why may they reject it?

Jesus then says that this poor brick that has been rejected is actually the corner stone - the stone that is the most important because it holds up the whole building.





Pray

Let us pray...

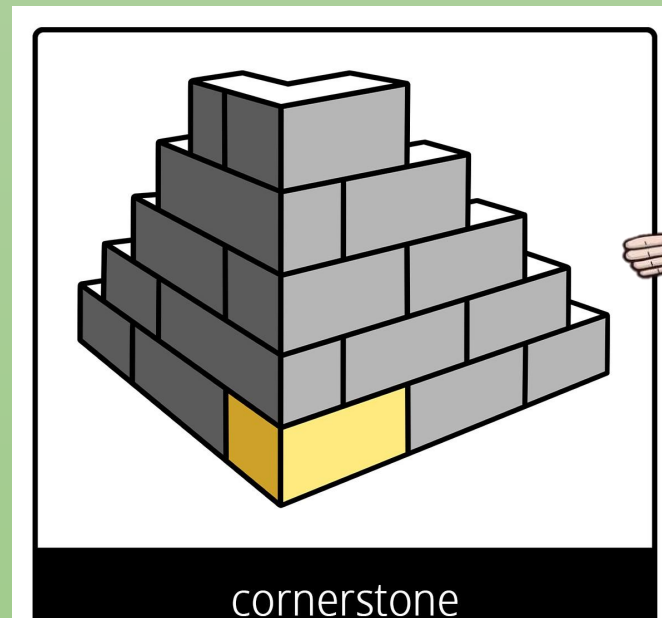
Thank you Jesus for coming into our world to save us. Thank you for the message of love you brought. We pray for all people who feel rejected and unloved. Help us to care for those in need.

Amen.



What is Jesus talking about?

He is talking about himself. He is predicting his own rejection by some people and his own death. Jesus was rejected. Some people did not like his message or believe that he was special. This is why they killed him on the cross. He is the stone that is rejected, but he is actually the most important because he brings salvation for everyone.



Day 2: Chosen

This week we have looked at Jesus saying: 'The stone that the builders rejected has become the corner stone'.

He was talking about himself, but it also links to our lives to.



Sometimes we can feel rejected.
We can feel worthless, unloved
and unhappy.

Day 2: Chosen

However, always remember you are special, you have been chosen by God to be you. You are wonderful. God does not make rubbish! You are amazing! You are the cornerstone because you are important.



YOU'RE AWESOME!

Day 2: Chosen

For today's prayer reflect on the words in Psalm 139. Think about all the things that make you wonderful and unique as you watch this [clip](#).



Day 3: World Mental Health Day



Every year we celebrate World Mental Health Day on 10 October. The theme for 2023 is 'Mental health is a universal human right'. Everyone deserves to have good mental health.

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.

Day 3: World Mental Health Day



Watch this [clip](#) until 1.30

Remember if feelings of stress, anxiety, low mood seem to last or be taking over your life speak to someone and ask for help. We are always here to listen.

If you see a change in a friend or become concerned about someone else's mental health speak to an adult for advice.

Day 3: World Mental Health Day



Let us pray...

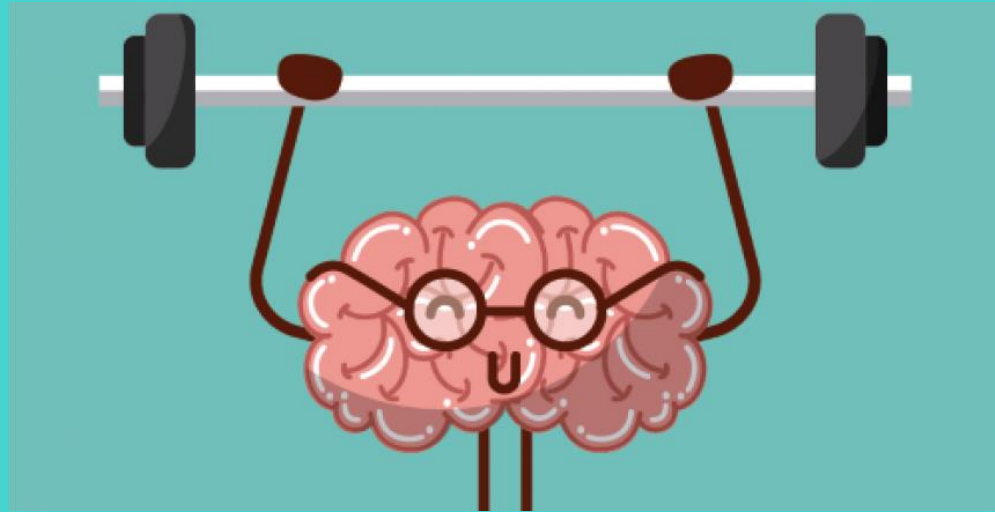


Dear Lord,

Help us to look after our mental health as well as our physical health. We pray for those who experience mental health problems. Please bring them comfort and healing. Help them to know that they are never alone.

Amen.

Day 4: Looking after our Mental Health



It is so important to take care of our mental health as well as our physical health.

What can you do to help your mental health?

Day 4: Looking after our Mental Health



[Watch this clip](#) for some tips!

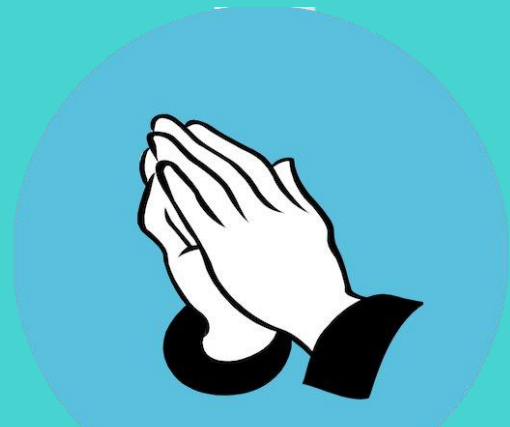
Day 4: Looking after our Mental Health

Let us pray...

Dear Lord,

Help us to remember that we are each a child of God who has been wonderfully made.

Help us treat ourselves with the love and respect we deserve.



Amen.

