

<p>10th March</p> <p>Lent</p>	<p>Luke 4:1-13 'Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil.'</p>	<p>Strength</p>	<p>Lent is the 40 days that Christians prepares for Easter. Jesus went into the desert for 40 days to prepare for his mission. We too go into the desert to turn away from the negative things we are tempted by in our lives and to turn back to God. During Lent Christians traditionally pray, give up things and give to others (prayer, fasting and almsgiving).</p> <p>Prayer: Lord, help us to trust in You and resist temptation. Guide us to share Your love and salvation with everyone. Strengthen our faith during this Lenten season. Amen.</p>	<p>6th March - World Book Day 8th March - International Women's Day 14th - Holi in Hinduism</p>
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Don't forget - there are additional resources for you to use with your form saved on the K Drive in chaplaincy
Each form should also have a paper copy of the prayer booklet (there are spare copies in the sacred time resource box in the staff room)

Additional prayer resources for sacred time;

[Additional Prayer resources for form Sacred Time\prayer hand.pptx](#)

[Additional Prayer resources for form Sacred Time\Set prayers for Sacred Time.pptx](#)

[Additional Prayer resources for form Sacred Time\prayer booklet.docx](#)

The resources and activities in this powerpoint are suggestions, and intended to support, and / or offer a starting point.

They are not prescriptive - please feel free to adapt for your form, or create your own resources as appropriate



Gospel, Luke 4:1-13

- ¹ Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit into the desert,
- ² for forty days being put to the test by the devil. During that time he ate nothing and at the end he was hungry.
- ³ Then the devil said to him, 'If you are Son of God, tell this stone to turn into a loaf.'
- ⁴ But Jesus replied, 'Scripture says: Human beings live not on bread alone.'
- ⁵ Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world
- ⁶ and said to him, 'I will give you all this power and their splendour, for it has been handed over to me, for me to give it to anyone I choose.
- ⁷ Do homage, then, to me, and it shall all be yours.'
- ⁸ But Jesus answered him, 'Scripture says: You must do homage to the Lord your God, him alone you must serve.'
- ⁹ Then he led him to Jerusalem and set him on the parapet of the Temple. 'If you are Son of God,' he said to him, 'throw yourself down from here,
- ¹⁰ for scripture says: He has given his angels orders about you, to guard you, and again:
- ¹¹ They will carry you in their arms in case you trip over a stone.'
- ¹² But Jesus answered him, 'Scripture says: Do not put the Lord your God to the test.'
- ¹³ Having exhausted every way of putting him to the test, the devil left him, until the opportune moment.



Please start each sacred time with the sign of the cross.

Children do not **HAVE** to make the sign of the cross but staff should please, to model prayer



Some suggested prayer activities;

Slide 6	Mark 10 mission
Slide 7-10	Gospel -Jesus tempted in the desert
Slide 11-14	Pope Francis urges us to use our time wisely
Slide 15-21	strength
Slide 22-31	Our House Saints
Slide 33-37	Lectio / Quiet minds - email/speak to me if you aren't sure what to do but want to have a go 😊

Spring Term 2 - wb 10/03/2025

Season: Lent
Liturgical Colour: purple
Theme: strength



Mark 10 mission produces videos that discuss the gospel, and have music and prayer.

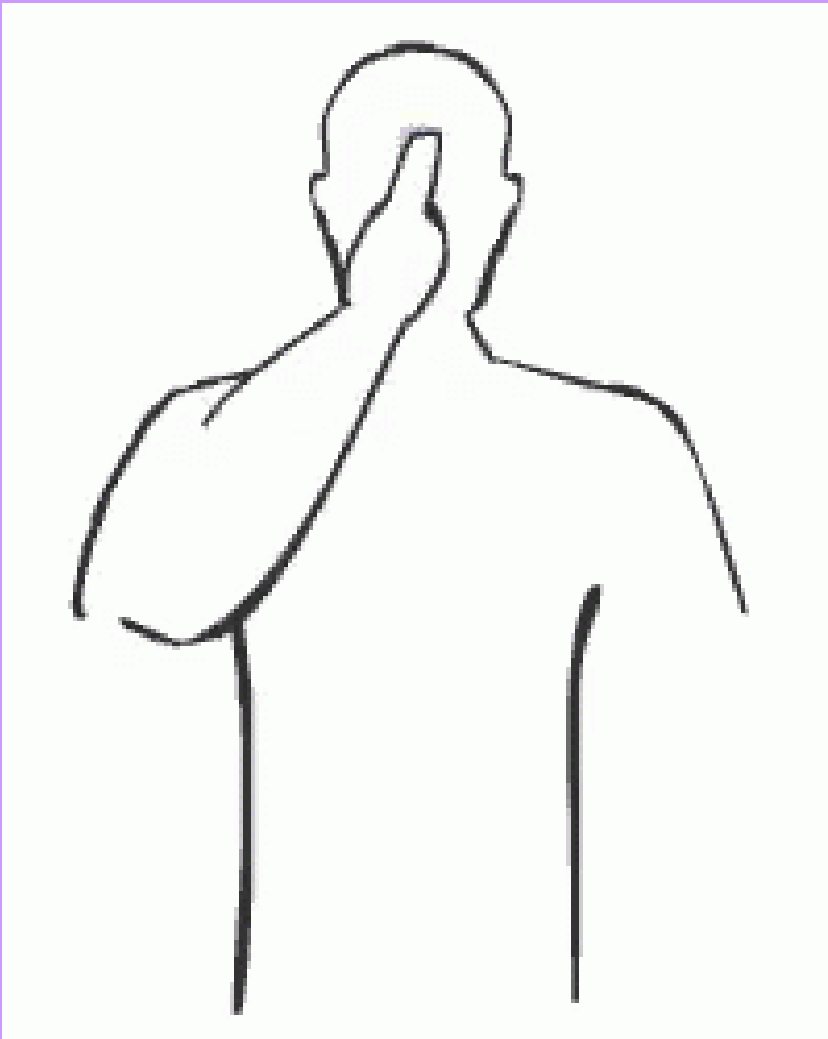
The Mark 10 Mission

There are 2 per week - one for younger children, but they may be suitable for year 7 and 8, and one for older children.

Each video is about 12-15 minutes and can be used over 2 mornings if you feel this is an appropriate resource for your form



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 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.



Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil.'

Before he began his ministry (his time of travelling round, preaching and teaching) Jesus spent some time in the desert on his own.

He spent this time thinking about what kind of teacher and leader he wanted to be.



He was tempted to take the easy route - to get people to follow him by wowing them with amazing tricks, but he was strong and resisted temptation. He knew he had to do things properly, the way God wanted.

When have you been tempted to take the easy way ,
when you knew really you should do things
properly?.....

*Look up the answers to your maths homework rather
than work them out?...*

*Leave your wrappers on the table in McDonalds
rather than pick them up and walk over to the bin?...*



Lord, help us to trust in You and resist temptation.

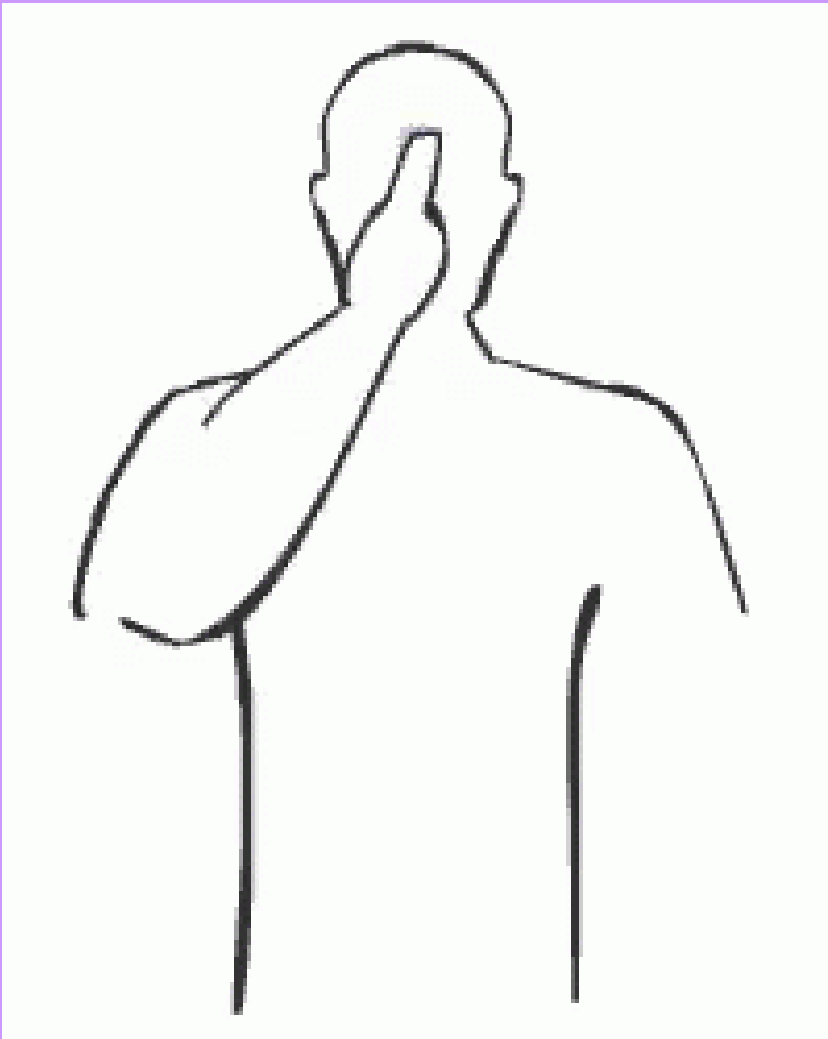
Guide us to share Your love and salvation with everyone.

Strengthen our faith during this Lenten season.

Amen.



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Let us make the sign of the cross together.



"Our life is made of time and time is God's gift, and it is therefore important to make use of it by performing good and fruitful actions."

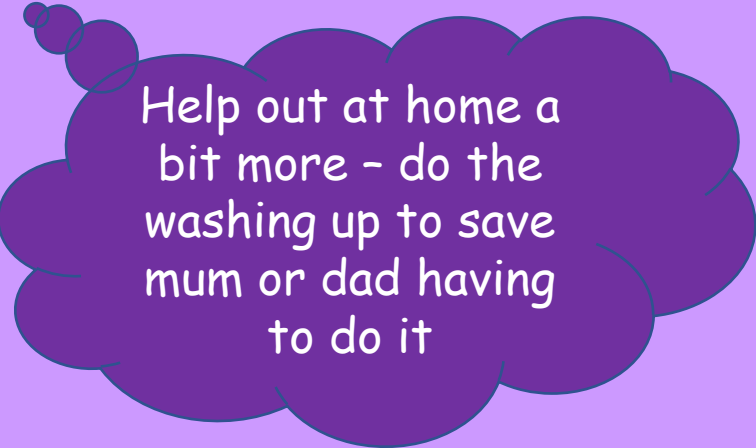


Pope Francis




What can YOU do this Lent time to prepare for Easter?

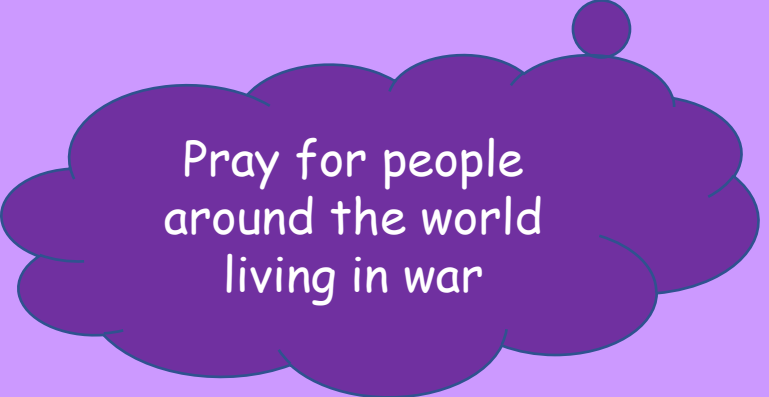
Make sure you use your time wisely - think of what YOU are going to do this week to help and serve others

A purple thought bubble with a white outline and three small purple circles leading to it from the top left.

Help out at home a bit more - do the washing up to save mum or dad having to do it

A purple thought bubble with a white outline and two small purple circles leading to it from the bottom right.

Take time to talk to the person in your class who look a bit down

A purple thought bubble with a white outline and four small purple circles leading to it from the top right.

Pray for people around the world living in war



Dear Lord, when our life on earth is done, may we stand before you and hear the words, "Well done, my good and faithful servant."

Father, we know our time on earth is but a few words in the cosmic story.

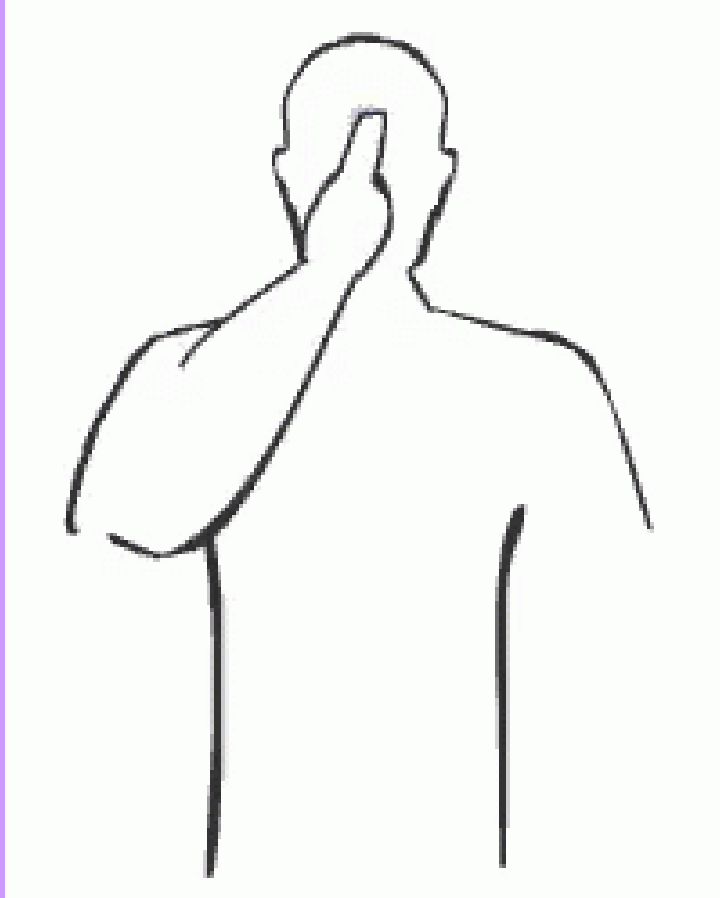
Help us to use our time wisely, and leave our mark when our time is done.

In Jesus' name we pray,

Amen.



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.
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One day, I was looking at a spider's web that had been spun overnight on my kitchen window and it got me to thinking about how, often, we underestimate the strength of things.



A spider's web is extremely fragile and can be wiped away in an instant, yet it is also incredibly strong. Weight for weight, spider's silk is stronger than steel, yet it looks so fragile we don't think of it as being strong.



This then got me to thinking about times when we need to be strong and how they can come at moments when we feel at our most fragile.

Eleanor Roosevelt once said:

We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face . . . we must do that which we think we cannot.



She was saying, when we feel we cannot do something, that is when we really gain strength from the experience after we have done it. We look back and feel pleased that we have achieved something we wouldn't have believed we could.



Often such strength comes from within. For example, a son or daughter walking out on an abusive parent or someone standing up in front of a room full of people and giving a presentation even though they have a stammer - even simply saying 'Hello' to someone you don't know can be very hard.



So, next time you feel as though you don't have any strength, think of a spider's web - it seems so fragile and can easily be broken, but it has great strength and so do you.

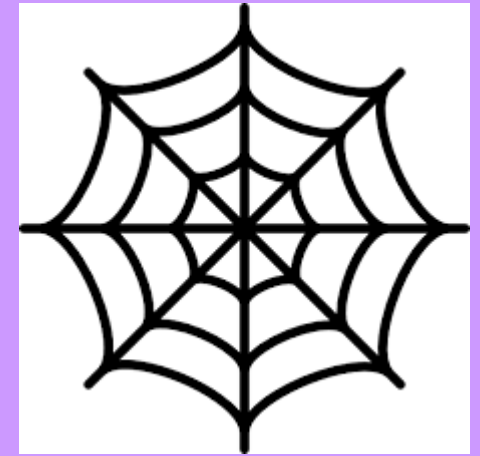
Find the strength within yourself to try something new or even do something you once thought was impossible.

Let's take a few moments to think about this spider's web.

How long it took to spin.

How strong it is.

How critical the web is to the spider's existence.



What equivalent do you have of that web? Love of family and friends?
Relationships? Education?

You might want to write on your web what you have in your life that gives you strength

Now think about the things you will have to do today that will need you to be strong to achieve

You might want to write them on your web

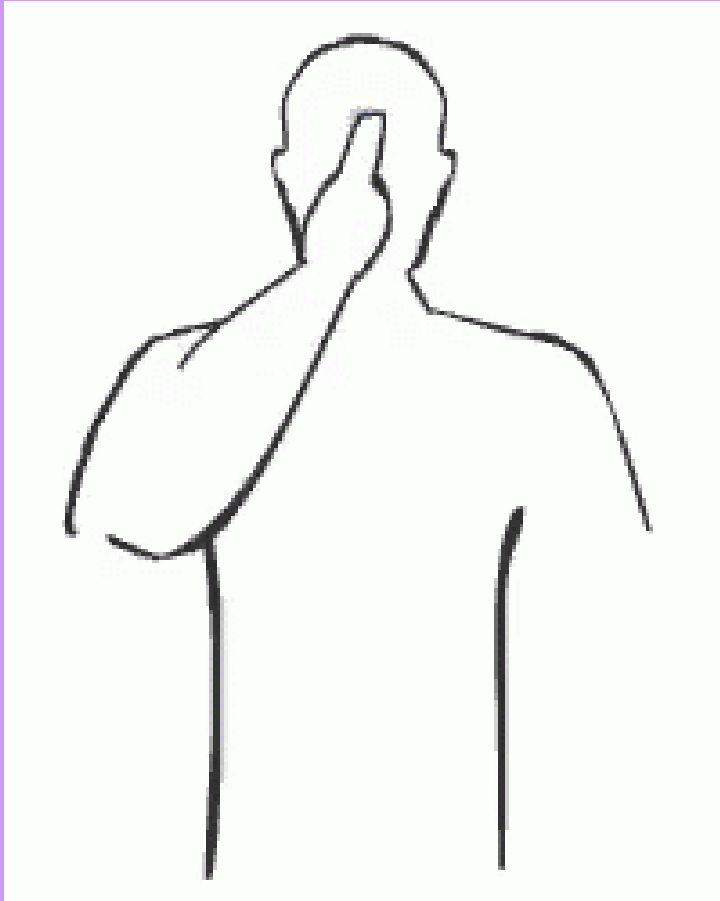
Lord

Give us strength when we feel weak

Help us face challenges with courage, knowing that you are
with us

Amen

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



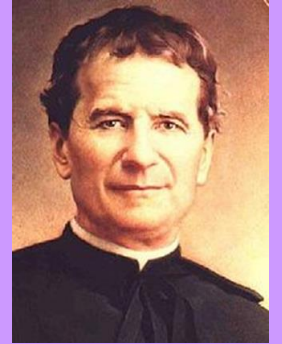
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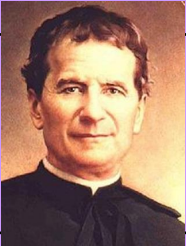



We can ask saints to pray for us and intercede with God for strength and help

What can you remember about your year group saint?



Can you remember which year group has which saint?

Year 7			
Year 8			
Year 9			
Year 10			
Year 11			

Here is a reminder of what was so special about your year group saint...



St. Maximilian Kolbe

Birth: 8th January 1894

Death: 14th August 1941

Nationality: Polish

Feast day: 14th August

Patron saint of: drug addicts, people with eating disorders and prisoners.

[CBC - KS3 Curriculum Bites, 28/10/2003, Maximilian Kolbe, Catholic Priest in Auschwitz](#)



For Jesus Christ I am prepared to suffer still more.

A single act of love makes the soul return to life.



Blessed Carlo Acutis

Birth: 3rd May 1991

Death: 12th October 2016 (15 years old)

Nationality: English born (Italian family moved to Milan as a baby)

Feast day: 12th October

patron saint of: the internet and young people



Jesus Christ speaks to us within. We should listen to Him and follow Him in everything.

We are all born as originals, but many die as photocopies.

Sadness is when you look to yourself. Happiness is when you look to God.

[Carlo Acutis Animation - YouTube](#)



St Cuthbert's Catholic High School
Live life in all its fullness

St Teresa

Birth: 1910

Death: 1997

Nationality: Macedonian

Feast day: September 5th

patron saint of: World Youth Day



Peace begins
with a smile!

Not all of us can do great things.
But we can do small things with
great love.

[Who is St. Teresa of Calcutta Anyway? HD \(youtube.com\)](https://www.youtube.com/watch?v=...)

[St. Teresa of Calcutta - Brother Francis 08 clip \(youtube.com\)](https://www.youtube.com/watch?v=...)

St John Bosco

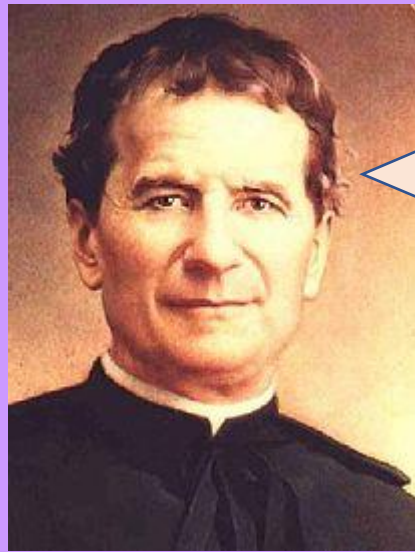
Birth: August 16, 1815

Death: January 31, 1888

Nationality: Italian

Feast day: 31st January

patron saint of: youth,
magicians and apprentices



Do not try to excuse
your faults, try to
correct them!

If one is to do good, he must
have a little courage, be ready
for sacrifice, deal affably with
all and never slight anybody.

[St. John Bosco HD - YouTube](#)



St Cuthbert's Catholic High School
Live life in all its fullness

St. Josephine Bakhita

Birth: 1869n

Death: 8th February 1947

Nationality: Dafur - Sudan,
Africa

Feast day: 8th February

patron saint of: people who
are the victims of slavery
and human trafficking



The best thing for us
is not we consider
best, but what the
Lord wants for us.

Pray and God will do the rest.

We must love everyone and be
compassionate!

[St. Josephine Bakhita HD - YouTube](#)



St Cuthbert's Catholic High School
Live life in all its fullness

Dear God,

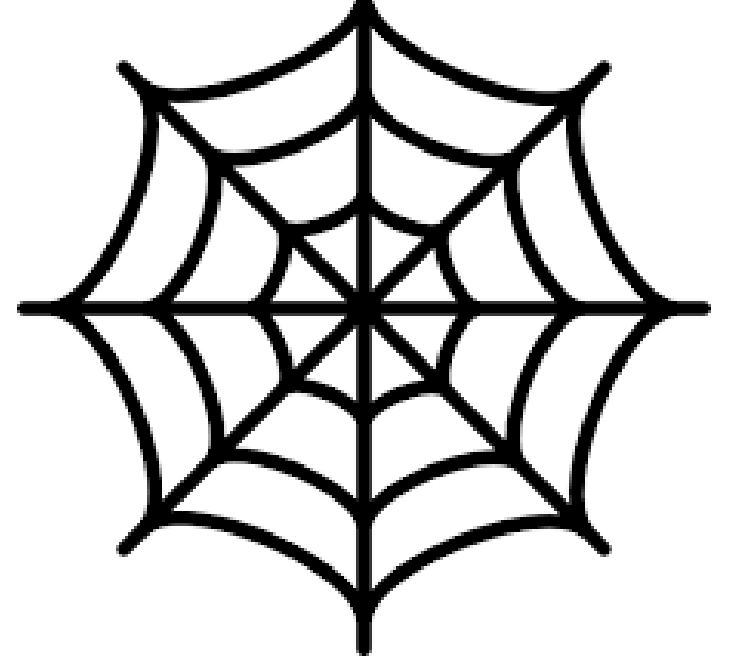
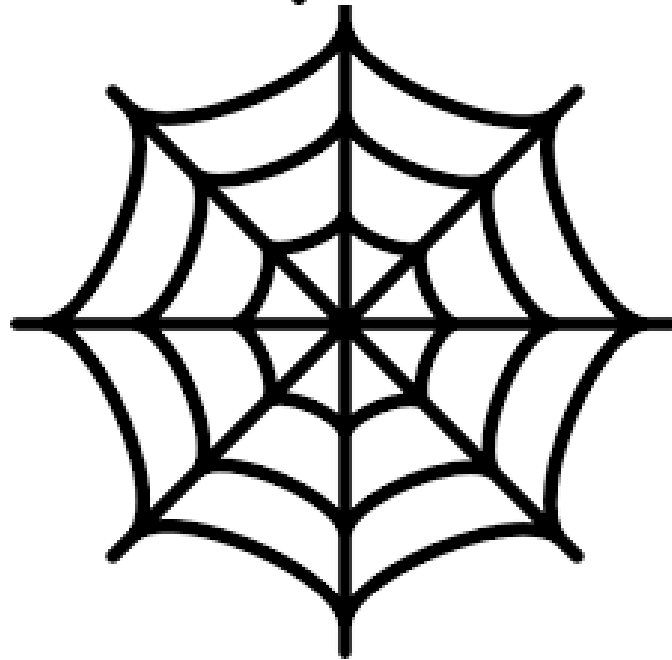
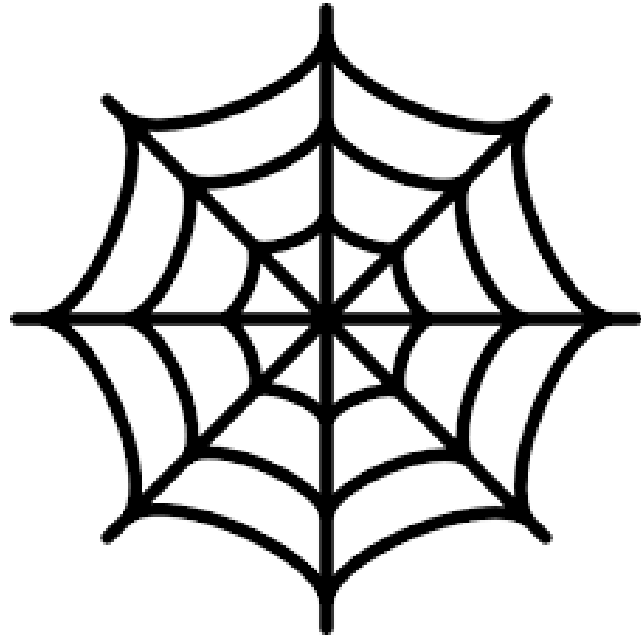
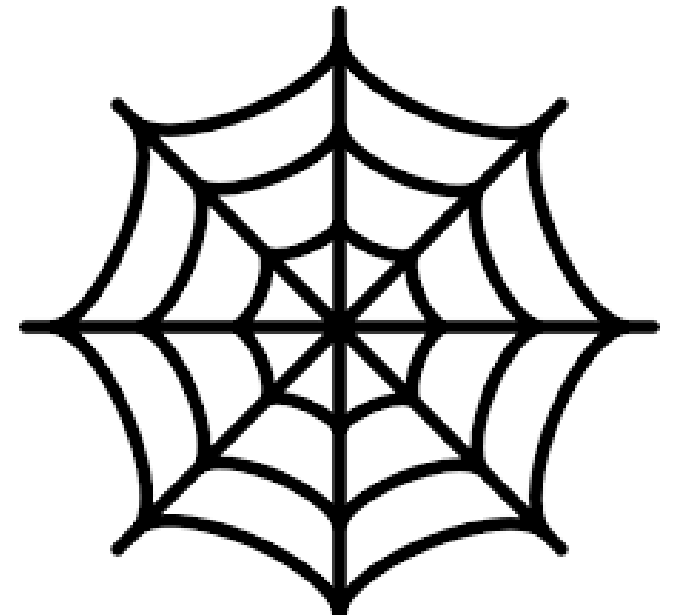
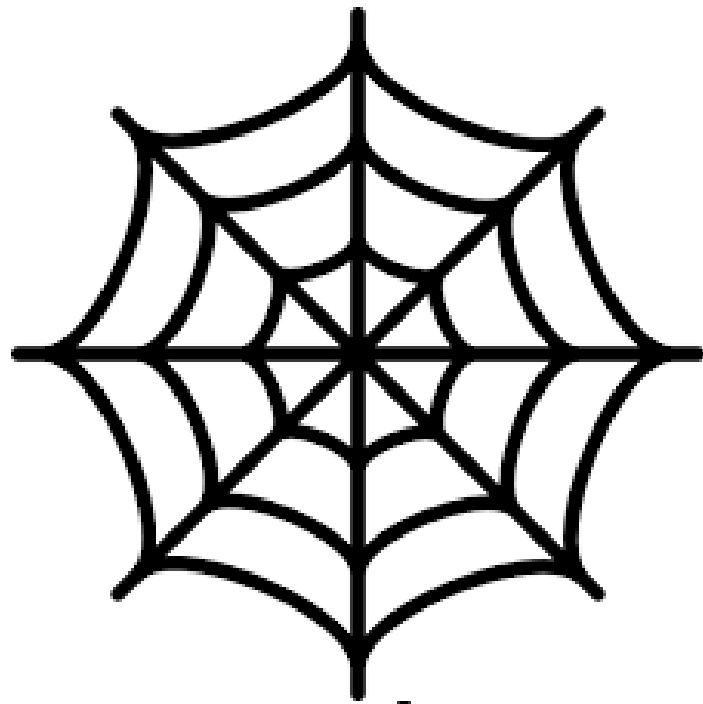
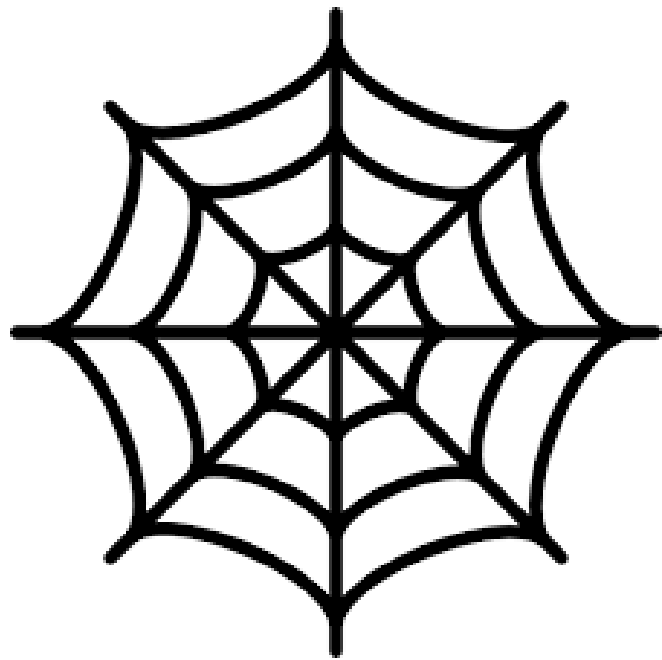
please give me strength when I am weak, courage when I am afraid, and wisdom when I am feeling foolish.

Comfort me when I am alone, bring clarity to my visions and dreams, and fill me with your light and hope.

Amen.

Saint _____ pray for us





This morning we are going to have a go at 'lectio divina'.

This is a traditional way of praying. It means 'divine reading' (divine means to do with God).

Your form tutor will read a passage from the Bible.

As you listen to the piece of scripture you can think about;

- Is there a particular phrase or word that stands out to me?
- What thoughts or memories are coming in to my head as I listen?
- How is this piece of scripture making me feel?



Lectio Divina 'Divine Reading'



Lectio Divina 'Divine Reading'



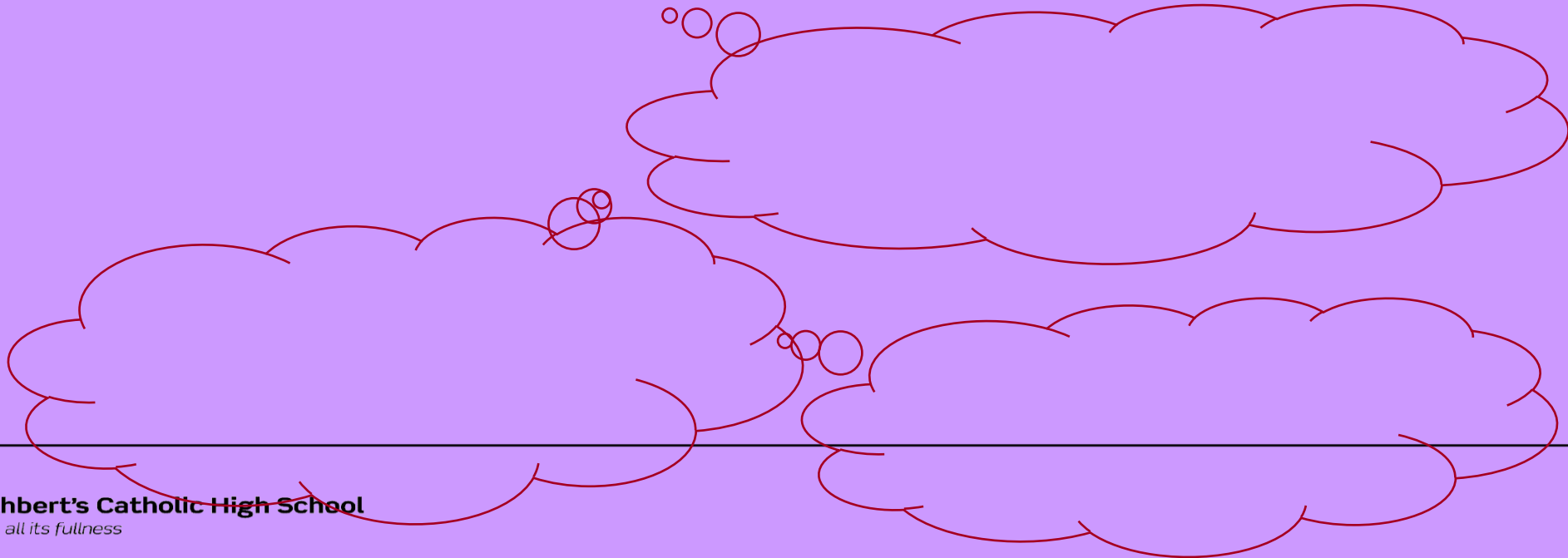
Listen as your teacher reads the piece of scripture to you.

- Is there a particular word or phrase that stands out for you?
- What thoughts or memories come into your head as you listen to this piece of scripture?
- How do you feel?

Spend a few minutes in silence, thinking about the piece of scripture

If you want to, you can doodle, write or draw as you listen and quietly reflect.

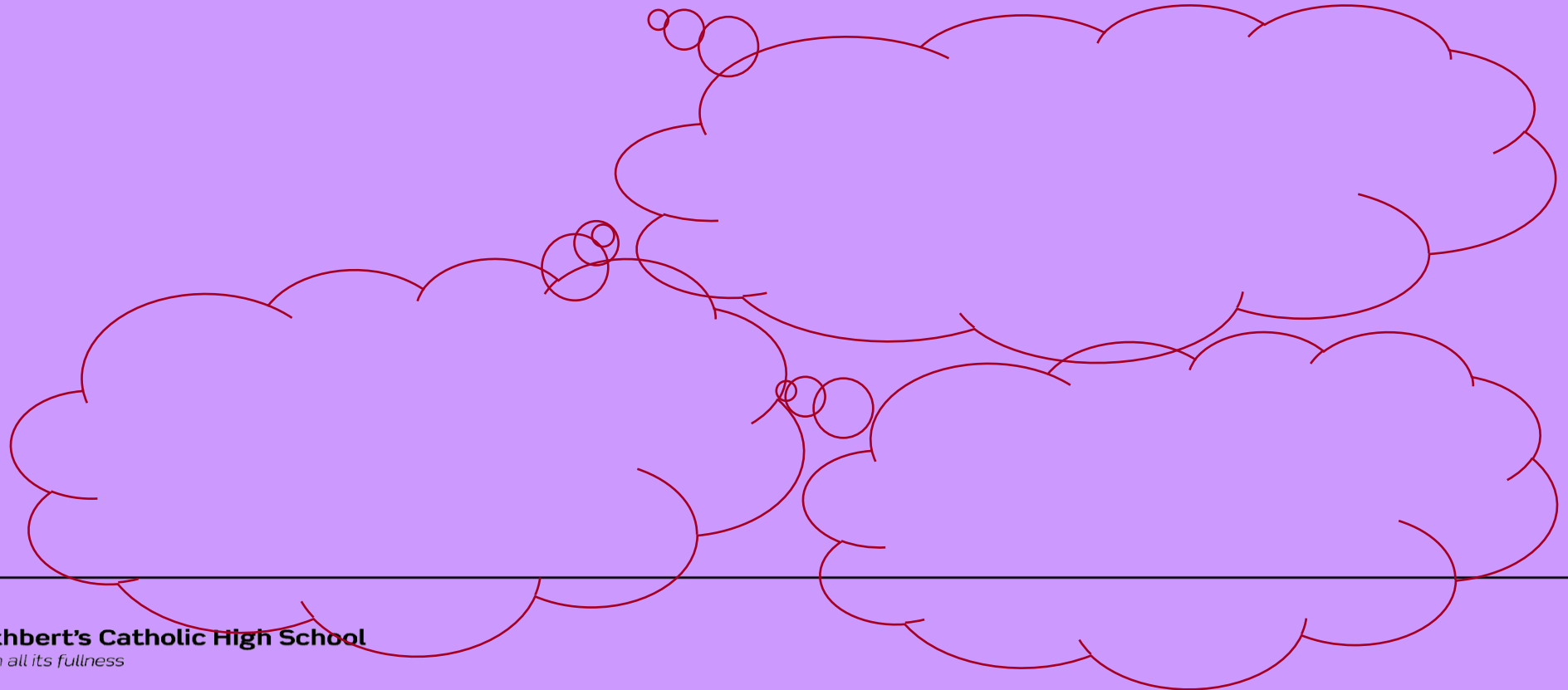
You might want to think about the questions in the bubbles.



Lectio Divina 'Divine Reading'



If you want to, you can doodle, write or draw as you listen and quietly reflect.



Quiet minds....



Loving God,
please grant me peace of mind and calm
my troubled heart.

Give me the strength and clarity
of mind to find my purpose and walk the
path you've laid out for me.

I trust your Love God, and know that you
will heal this stress. Just as the sun
rises each day against the dark of night.

Amen

