

**St. Charles Borromeo Catholic Primary School & Nursery**  
**Family Prayer Plan for October 2025**  
**7 minutes a day with God**



**Our Mission Statement**

**"Grow, Learn, Work, Follow"**

We will **grow** in our Catholic faith by praying and worshipping together.

We will work hard so that we can **learn** and be the best that we can be.

We will **work** together in our families, school, and parish and with those both near and far to make our world a better place for us all.

We will **follow** the example of Jesus and his teachings in all that we say and do.

In October 2025, let's celebrate as a community with daily prayer and worship at home so we continue to grow in faith, follow Jesus and strive to make our world a better place.

**Prayer** is simply talking and listening to God. It's our way of being with Him, sharing our hearts, and opening ourselves to His love.

The Catechism of the Catholic Church says:

*"Prayer is the raising of one's mind and heart to God or the requesting of good things from God."*

**Here are some key truths to remember about prayer:**

God wants us to pray, even if our life's journey is a challenge.

*But if from there you will seek the Lord your God, you will find Him if you seek Him with all your heart and with all your soul. – Deuteronomy 4:29*

God promises to respond when we ask to hear from Him.

*Ask, and it will be given to you; seek, and you will find; knock, and the door will be opened to you. – Matthew 7:7*

God understands our struggles, because Jesus has walked a mile in our shoes.

*For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who was tempted in every way that we are, yet was without sin. – Hebrews 4:15*

God gives mercy to those who come to him.

*Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. – Hebrews 4:16*

**Note:** This prayer plan is a guide depending on where you are on your prayer journey. Feel free to use the prayer text provided or break into spontaneous prayer relevant to the theme for the day.

Just spend 7 minutes a day **as a family** in conversation with the Lord.

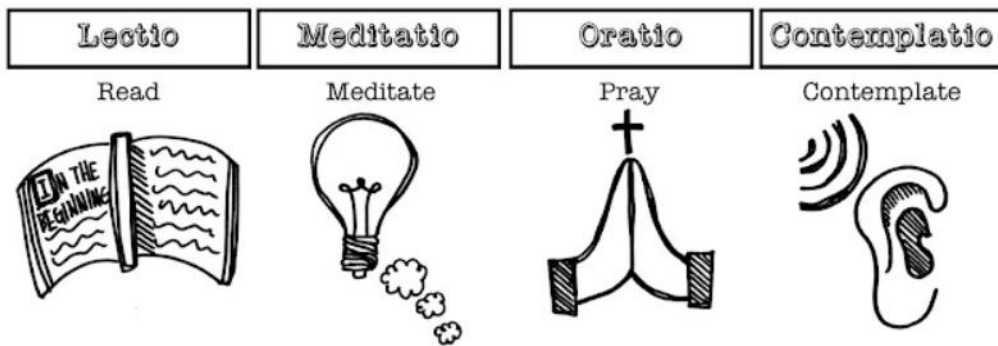
**Prayer Calendar**

**A Guide to Lectio Divina**

**What is Lectio Divina?**

Lectio Divina (pronounced lek-see-oh dih-vee-nah) is a traditional Christian practice of prayerful meditative reading of scripture that dates back to the early centuries of the Church. It is a gentle and peaceful way for adults and children to talk to God by reading the Bible slowly and thoughtfully. It means ‘sacred reading’ in Latin, and it helps us to listen to what God might be saying to them through scripture.

Here’s a simple way of explaining it to young children:



**Lectio (Reading)**

Everyone would read a short Bible passage slowly, for very young children, you can read it to them. You can read it more than once. Everyone listens carefully for any word or sentence that feels special or important.

**Meditatio (Thinking)**

Think about what you read. Ask yourself:

- What does this mean to me?
- Why did that word or sentence stand out?
- Is God trying to tell me something?

**Oratio (Talking to God)**

Say a prayer to God. You can thank Him, ask Him questions, or tell Him how you feel about what you read.

**Contemplatio (Being quiet with God)**



Sit quietly and imagine God is with you. You don’t have to say anything – just enjoy being close to Him.

**Tips for Parents:**



- Light a candle.
- Let the children share what they noticed.



Date in October	Theme/Prayer
Wed 22 <sup>nd</sup>	<p><b>Pray for others</b></p> <p>Think of the people who need prayers (family, friends). Say a short prayer for each one. Ask God to bless, guide, comfort or heal them.</p>

	<p>Loving God, You hear the prayers of Your children. Today we bring before You the people we love and those who need Your help. Name each one in your family. For friends, the sick and those who are alone, you have the option to name each person you would like to pray for or just keep them anonymous. <i>(Pause for a moment of silence, invite everyone to think of family and friends.)</i></p> <p><b>For Family:</b> Lord, I pray for my family. Bless them with health, love, and peace. Keep them safe in Your care.</p> <p><b>For Friends:</b> Lord, I pray for my friends. Guide them in their choices, comfort them in their struggles, and fill them with joy.</p> <p><b>For Anyone Who Is Ill or Hurting:</b> Lord, I pray for those who are sick or in pain. Bring them healing, strength, and hope.</p> <p><b>For Anyone Who Feels Alone:</b> Lord, I pray for those who feel lonely or sad. Surround them with Your love and send them caring people.</p> <p><b>Closing:</b> Thank You, God, for hearing our prayers. We trust that You bless, guide, comfort, and heal the people we love. Through Christ our Lord. Amen.</p>
<p>Thurs 23<sup>rd</sup></p>	<p><b>Lectio Divina on Isaiah 41:10</b></p> <p><b>1. Lectio (Reading)</b> Read the verse slowly, maybe twice: <i>"Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."</i> Notice the promises: <i>I am with you... I am your God... I will strengthen you... I will help you... I will uphold you.</i></p> <p><b>2. Meditatio (Meditation)</b> Ask: <i>What is God saying to me here?</i></p> <ul style="list-style-type: none"> <li>• "Do not fear" — God sees my anxieties and speaks peace to me.</li> <li>• "I am with you" — I am never alone, even in hard times.</li> <li>• "I will strengthen you and help you" — when I feel weak or overwhelmed, God is my support.</li> <li>• "I will uphold you" — He carries me when I can't carry myself.</li> </ul> <p>Where do I feel fear or discouragement right now? Can I let God's words speak directly into that place?</p> <p><b>3. Oratio (Prayer)</b> Respond with your heart: Lord, thank You for being with me always. You know my fears and worries. Give me Your strength when I am weak,</p>

	<p>and help me to trust that You are holding me in Your hand. I choose to rest in Your promise today. Amen.</p> <p><b>4. Contemplatio (Contemplation)</b>          Now sit quietly with God.          Imagine yourself resting in His strong hand, safe and upheld.          Let go of words and simply <i>be with Him</i> in peace.</p> <p> <b>Takeaway for daily life:</b>          Whenever fear rises, whisper:   <i>"Do not fear, for I am with you."</i></p>
<p>Fri 24<sup>th</sup></p>	<p><b>Peace</b>  <i>"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."</i> John 14:27</p> <p><b>1. Pray for Peace: In our world (Ukraine, Gaza, Israel). In our country; In our home.</b></p> <p>Loving God, we come before You in trust. You are our refuge and our peace. We bring to You the pain and struggles of our world, our countries, and our homes.</p> <p>(Pause for a breath of silence.)</p> <p><b>2. Prayer for Ukraine</b></p> <p>Lord, we pray for Ukraine.          Bring comfort to those who grieve, safety to those in danger, and strength to those working for peace.          May violence end, and may healing come to broken hearts and broken lands.</p> <p>(Pause silently, remembering the people of Ukraine.)</p> <p><b>3. Prayer for Gaza and Israel</b></p> <p>Lord, we pray for the people of Gaza and Israel,          We give thanks that the fighting has come to an end.          May the leaders of both sides continue to work for lasting peace, justice and reconciliation.</p> <p>(Pause silently, remembering the people of Gaza and Israel.)</p> <p><b>4. Prayer for Our Country</b></p> <p>Lord, we pray for our own country.          Where there is division, sow unity.          Where there is injustice, bring fairness.          Where there is despair, raise up hope.          Guide our leaders with wisdom and our people with kindness.</p> <p>(Pause silently, holding our country in God's presence.)</p> <p><b>5. Prayer for Our Homes</b></p> <p>Lord, we pray for peace in our homes.          Bless our families with patience, gentleness, and love.          Heal any wounds of anger or hurt, and make our homes places of safety and welcome.</p>

	<p>(Pause silently, remembering your home and loved ones.)</p> <p>God of peace, hear our prayer.          Make us instruments of Your peace—          in our homes, in our country, and in the world.          We entrust all to You, through Christ our Lord. Amen.</p>
Sat 25 <sup>th</sup>	<p><b>Gratitude</b>          Reflect on your day. Thank God for 2-3 blessings during the day e.g. people, moments, provisions.</p>
Sun 26 <sup>th</sup>	<p><b>Praise &amp; Worship:</b>          Sing a hymn or say the words of the hymn. 'When you sing you pray twice!'          Choose your own hymn and either sing along with a video of it on YouTube or search for the lyrics online and just sing together.</p> <p>Here's a hymn option:  <a href="#">Take O take me as I am</a></p> <p>Take, O take me as I am;          summon out what I shall be;          set your seal upon my heart and live in me. (Repeat 3x)</p>
Mon 27 <sup>th</sup>	<p><b>Pray for our school</b></p> <p><b>St Charles Borromeo School Prayer</b>          Loving God          We give thanks for our school,          our families, teachers and friends.          Make our school a happy place,          where we learn, play and grow together.          Help us always to be the best that we can be          And follow St Charles Borromeo by helping others.          Amen</p> <p><b>Prayer of Saint Charles Borromeo</b>          Give us the ability to teach this Faith to others without pride, without ostentation, and without personal gain. Let us realize that we are simply your instruments for bringing others to the knowledge of the wonderful things you have done for all your creatures.</p>
Tue 28 <sup>th</sup>	<p><b>Rosary</b>          Pray one decade of the rosary.</p> <p><b>Sign of the Cross</b> ☩          In the name of the Father, and of the Son, and of the Holy Spirit. Amen.</p> <p><b>The Fourth Joyful Mystery: The Presentation (of Jesus in the Temple)</b>          Mary and Joseph take the baby Jesus to the Temple in Jerusalem to present Him to the Lord, as the Law required. There they meet Simeon, who praises God and says that Jesus is <i>"a light for revelation to the Gentiles and glory for your people Israel."</i> (Luke 2:22–35)</p> <p>☞ <b>Fruit of the Mystery:</b> Obedience / Purity of Heart</p> <p><b>Our Father</b> (1x)          Our Father, who art in heaven, hallowed be Thy name;          Thy kingdom come; Thy will be done on earth as it is in heaven.          Give us this day our daily bread; and forgive us our trespasses,</p>

	<p>as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.</p> <p><b>Hail Mary (10x)</b> Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.</p> <p><b>Glory Be (1x)</b> Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.</p> <p><b>Fatima Prayer</b> O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those most in need of Thy mercy.</p> <p> <b>Closing Prayer</b> As Mary and Joseph offered Jesus to God, may I offer my own life each day in obedience and love, trusting that God's will is always good.</p> <p><b>Sign of the Cross</b> </p>
Wed 29 <sup>th</sup>	<p><b>Pray for others</b> Think of the people who need prayers (family, friends). Say a short prayer for each one. Ask God to bless, guide, comfort or heal them.</p> <p>Loving God, You hear the prayers of Your children. Today we bring before You the people we love and those who need Your help. Name each one in your family. For friends, the sick and those who are alone, you have the option to name each person you would like to pray for or just keep them anonymous. <i>(Pause for a moment of silence, invite everyone to think of family and friends.)</i></p> <p><b>For Family:</b> Lord, I pray for my family. Bless them with health, love, and peace. Keep them safe in Your care.</p> <p><b>For Friends:</b> Lord, I pray for my friends. Guide them in their choices, comfort them in their struggles, and fill them with joy.</p> <p><b>For Anyone Who Is Ill or Hurting:</b> Lord, I pray for those who are sick or in pain. Bring them healing, strength, and hope.</p> <p><b>For Anyone Who Feels Alone:</b> Lord, I pray for those who feel lonely or sad. Surround them with Your love and send them caring people.</p> <p><b>Closing:</b> Thank You, God, for hearing our prayers. We trust that You bless, guide, comfort, and heal the people we love. Through Christ our Lord. Amen.</p>

<p>Thurs 30<sup>th</sup></p>	<p><b>Lectio Divina on 1 Corinthians 13:13</b></p> <p><b>1. Lectio (Reading)</b> Read the verse slowly: <i>"And now these three remain: faith, hope and love. But the greatest of these is love."</i> Read it again, letting one word or phrase stand out.</p> <p><b>2. Meditatio (Meditation)</b> Ask: <i>What is God saying to me here?</i></p> <ul style="list-style-type: none"> <li>• "Faith" — Do I trust God fully, even when I don't see the whole path?</li> <li>• "Hope" — Do I live with confidence that God's promises are true, even in hard times?</li> <li>• "Love" — The heart of all: God calls me to love Him and love others.</li> </ul> <p>Why is love the greatest? Because faith and hope lead to love, and love will last forever.</p> <p><b>3. Oratio (Prayer)</b> Respond to God in prayer: Lord, thank You for the gifts of faith, hope, and love. Strengthen my faith when I doubt, keep my hope alive when I am discouraged, and above all, fill my heart with Your love, so that I may love You and love others as You have loved me.</p> <p><b>4. Contemplatio (Contemplation)</b> Rest in silence. Imagine being surrounded by God's love—steady, warm, eternal. Let His love fill you, without words.</p> <p> <b>Takeaway for daily life:</b> Today I will ask myself: <i>Am I acting with love?</i> Because love is the truest sign of God's presence in me.</p>
<p>Fri 31<sup>st</sup></p>	<p><b>Rosary</b> Pray one decade of the rosary.</p> <p><b>Sign of the Cross</b> ☩ In the name of the Father, and of the Son, and of the Holy Spirit. Amen.</p> <p><b>The Fifth Joyful Mystery: The Finding of the Child Jesus in the Temple</b> When Jesus was 12 years old, Mary and Joseph found Him in the Temple, sitting among the teachers, listening and asking questions. He told them: <i>"Did you not know that I must be in my Father's house?"</i> (Luke 2:41–52)</p> <p> <b>Fruit of the Mystery:</b> Obedience / Purity of Heart</p> <p><b>Our Father</b> (1x) Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.</p> <p><b>Hail Mary</b> (10x) Hail Mary, full of grace, the Lord is with thee; blessed art thou among women,</p>

and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death. Amen.

**Glory Be** (1x)

Glory be to the Father, and to the Son, and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

**Fatima Prayer**

O my Jesus, forgive us our sins, save us from the fires of hell,  
lead all souls to heaven, especially those most in need of Thy mercy.

 **Closing Prayer**

Heavenly Father,  
we thank You for the gift of Jesus,  
who shows us the way to Your heart.  
Like Mary and Joseph, may we always seek Him  
when we feel lost or far away.  
Give us the joy of finding Him in prayer, in the Eucharist,  
and in the love we share with others.  
Through the intercession of Mary, Our Mother,  
may we grow each day in faith, hope, and love.  
Amen.

**Sign of the Cross** 