

**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.

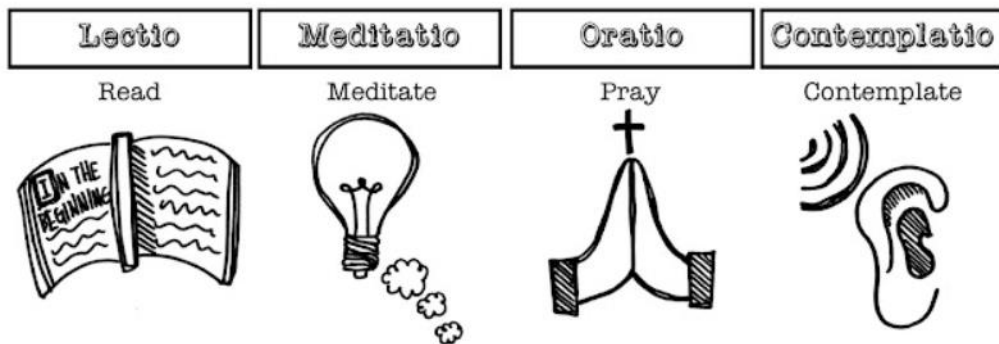
**Prayer Calendar**

**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.

**Contempaltio (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.

<b>Date in October</b>	<b>Theme/Prayer</b>
Wed 15 <sup>th</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>1. 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>Thu 16<sup>th</sup></p>	<p><b>Lectio Divina on Psalm 91</b></p> <p><b>1. Lectio (Reading)</b>      Read the psalm slowly. You don't need to take the whole psalm at once—just let the words settle. For example:  <i>"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.'" (Psalm 91:1–2)</i>      Notice the images: <i>shelter, shadow, refuge, fortress.</i></p> <p><b>2. Meditatio (Meditation)</b>      Ask: <i>What is God saying to me through these words?</i></p> <ul style="list-style-type: none"> <li>• "Shelter of the Most High" — God is a safe place for me, stronger than my fears.</li> <li>• "Shadow of the Almighty" — like resting in the cool shade on a hot day, God covers and protects me.</li> <li>• "My refuge and my fortress" — when I feel weak, anxious, or under attack, God is my stronghold.</li> </ul> <p>Where do I need God's shelter right now? What fears, struggles, or worries can I place in His hands?</p> <p><b>3. Oratio (Prayer)</b>      Respond with your own prayer. For example:</p>

	<p>Lord, You are my refuge and my fortress.  Thank You for watching over me and those I love.  Protect me from fear, guide me through trials,  and help me to rest in Your shadow with trust and peace.</p> <p><b>4. Contemplatio (Contemplation)</b>  Sit quietly with an image from the psalm—perhaps resting in God’s shadow, or standing safe in His fortress.  No words are needed. Just let yourself be held in His protection.</p> <p> <b>Takeaway for daily life:</b>  Whenever fear arises, whisper the words:  ☞ <i>“You are my refuge and my fortress, my God in whom I trust.”</i></p>
<p>Fri  17<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, our country and 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.</p>

	<p>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>
<p>Sat 18<sup>th</sup></p>	<p><b>Gratitude</b>          Reflect on your day. Thank God for 2-3 blessings during the day e.g. people, moments, provisions.</p>
<p>Sun 19<sup>th</sup></p>	<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="#">SHOUT TO THE LORD (LYRICS)</a></p> <p>My Jesus, my Saviour          Lord there is none like You          All of my days I want to praise          The wonders of Your mighty love</p> <p>My comfort, my shelter          Tower of refuge and strength          Let every breath, all that I am          Never cease to worship You</p> <p>Chorus:          Shout to the Lord all the Earth, let us sing          Power and majesty, praise to the King          Mountains bow down and the seas will roar          At the sound of Your name          I sing for joy at the work of Your hands          Forever I'll love You, forever I'll stand          Nothing compares to the promise I have          In You</p> <p>Repeat: My Jesus, my saviour. . .</p>
<p>Mon 20<sup>th</sup></p>	<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></p>

	<p>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>
<p>Tuesday 21<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 Third Joyful Mystery: The Nativity</b> We meditate on the birth of Jesus in Bethlehem. Mary and Joseph welcomed Him in a humble stable, and the angels announced His coming to shepherds in the fields. <i>“And she gave birth to her firstborn son and wrapped him in swaddling cloths and laid him in a manger, because there was no place for them in the inn.” (Luke 2:7)</i></p> <p>☞ <i>Let us pray for the grace to say “Yes” to God in our own lives.</i></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, 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</b> (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.</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 Christ was born in simplicity and humility, may I welcome Him into my own heart with love and trust, and live with a spirit of humility and gratitude.</p> <p><b>Sign of the Cross</b> ☩</p>