

**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.

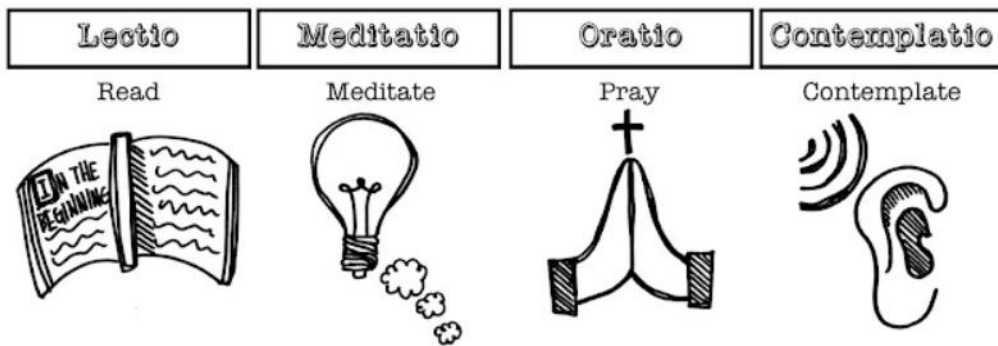
**Prayer Calendar**

**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 8 <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>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>
Thu 9 <sup>th</sup>	<p><b>Be Still and know that I am God.</b></p> <p><b>Lectio Divina on Psalm 46:10</b></p> <p><b>1. Lectio (Reading)</b></p> <p>Read slowly, even several times:  "Be still and know that I am God."  Notice the words. Let them echo. Maybe even read it this way, pausing at each phrase:</p> <p>"Be still and know that I am God."  "Be still and know that I am."  "Be still and know."  "Be still."  "Be."</p> <p><b>2. Meditatio (Meditation)</b></p> <p>Ask: What is God saying to me here?  "Be still" — God is inviting me to stop, to rest, to let go of control.  "Know" — not just in my mind, but in my heart, to trust His presence.  "That I am God" — I don't have to be in charge. He is God, and I am safe in Him.</p> <p><b>3. Oratio (Prayer)</b></p>

	<p>Turn your thoughts into prayer:</p> <p>Lord, I am often restless, worried and busy.          Help me to be still in Your presence.          Teach me to trust You more deeply,          and to remember that You are God and I am held in Your care.</p> <p><b>4. Contemplatio (Contemplation)</b></p> <p>Now simply rest.          Sit quietly, breathing slowly.          Let the words "Be still and know that I am God" settle deep in your heart.          No need for words—just silence and presence.</p> <p> <b>Takeaway for daily life:</b>          Whenever I feel anxious or hurried today, I will pause and whisper:   "Be still and know that I am God."</p>
<p>Fri 10<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 are sad, safety to those in danger, and strength to those working for peace.          (Pause silently, remembering the people of Ukraine.)</p> <p><b>3. Prayer for Gaza</b></p> <p>Lord, we pray for Gaza.          Protect innocent lives, bring food to the hungry, shelter those who have lost their home, and hope to the weary.          May justice, mercy, and forgiveness grow where hatred and fear have caused so much suffering.          (Pause silently, remembering the people of Gaza.)</p> <p><b>4. Prayer for Our Country</b></p> <p>Lord, we pray for our own country.          Where there is division, bring unity.          Where there is injustice, bring fairness.          Where there is despair, bring hope.          Guide our leaders with wisdom and our people with kindness.          (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.          (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 11<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 12<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="#">Tim Hughes - Here I Am to Worship (Official Lyric Video)</a></p> <p>Light of the world          You stepped down into darkness          Opened my eyes and let me see          Beauty that made this heart adore You          Hope of a life spent with You</p> <p>Chorus:          Here I am to worship, here I am to bow down          Here I am to say that You're my God          Altogether lovely, altogether worthy          Altogether wonderful to me</p> <p>King of all days, oh so highly exalted          You're glorious in heaven above, yes You are          Humbly You came to this Earth You created          All for love's sake became poor (Chorus)</p> <p>I'll never know how much it cost          To see my sin up on that cross          I'll never know how much it cost          To see my sin up on that cross (Chorus 4x)</p>
<p>Mon 13<sup>th</sup></p>	<p><b>Pray for our school community</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 14 <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 Second Joyful Mystery: The Visitation</b> Mary goes to visit her cousin Elizabeth, who is also expecting a child (John the Baptist). When Elizabeth hears Mary's greeting, her baby leaps with joy, and Elizabeth, filled with the Holy Spirit, says: <i>"Blessed are you among women, and blessed is the fruit of your womb!"</i> (Luke 1:39–45)</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 Mary brought Jesus to Elizabeth, may I bring Jesus' love to those around me—through kindness, service, and joy.</p> <p><b>Sign of the Cross</b> ☩</p>