

St. Charles Borromeo Catholic Primary School & Nursery
Family Prayer Plan for 1st – 7th 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** building a relationship with God through conversation with Him.

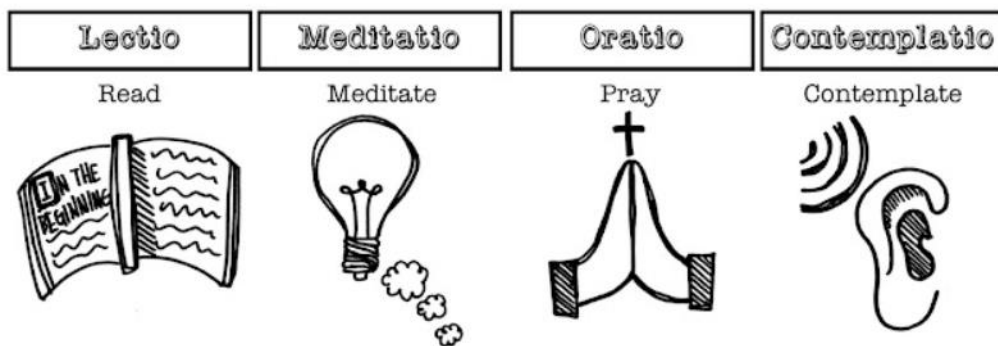
Prayer Calendar

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.

Date in October	Theme/Prayer
Wed 1 st	Gratitude Thank God for 2-3 blessings during the day e.g. people, moments, provisions.
Thu 2 nd	Do not worry

	<p>Lectio Divina: Matthew 6: 24-25</p> <p>1. Lectio (Reading) Read the passage slowly, listening for a word or phrase that stands out.</p> <p>²⁴ 'No one can be the slave of two masters: he will either hate the first and love the second, or be attached to the first and despise the second. You cannot be the slave both of God and of money. ²⁵ 'That is why I am telling you not to worry about your life and what you are to eat, nor about your body and what you are to wear. Surely life is more than food, and the body more than clothing!</p> <p>2. Meditatio (Meditation-Thinking with the Heart) Think about the word or phrase that caught your attention.</p> <ul style="list-style-type: none"> • <i>Why did that word or sentence stand out?</i> • <i>Is God trying to tell me something?</i> • <i>What might it mean to try to serve two masters? Can you walk in two directions at the same time?</i> • <i>What do you think Jesus means when He says life is more than food and clothes?</i> • <i>What do you worry about sometimes? Are you worried about school, friends, or bedtime.) Do you think Jesus wants to take care of those worries?</i> <p>3. Oratio (Prayer) "Dear Jesus, sometimes I worry about things. Help me to trust You and remember that You love me more than anything I own. I want You to be my only Master. Thank You for caring for me every day. Amen."</p> <p>4. Contemplatio (Resting with God) Invite a moment of quiet:</p> <ul style="list-style-type: none"> • <i>Let's close our eyes and imagine sitting with Jesus. He is smiling at you and saying, 'Don't worry. I am taking care of you.' Just rest with Him for a moment.</i> <p> Takeaway: "Jesus takes care of me, so I don't need to worry."</p>
<p>Fri 3rd</p>	<p>Peace <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>1. Pray for Peace: In our world (Ukraine, Gaza, Israel). In our country; In our home.</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>2. Prayer for Ukraine</p> <p>Bless the people of Ukraine. Keep them safe and strong. Bring peace to their country and help them to feel your love. Be with the children who are scared or far from home. Help leaders to make good choice and bring kindness and peace. Let your hope and comfort shine in their live. Amen</p> <p>(Pause silently, remembering the people of Ukraine.)</p>

	<p>3. Prayer for Gaza</p> <p>Lord , Please help and protect the people in Gaza. Keep the children safe and loved. Bring food to the hungry, shelter to those who need it and hope to the weary. Help everyone be kind and caring. Let your love bring hope and healing. Amen. (Pause silently, remembering the people of Gaza.)</p> <p>4. Prayer for Our Country</p> <p>Lord, we pray for our own country. Please help it be safe and happy. Bless the people who live here. Let there be peace, unity, love and hope for everyone. Guide our leaders with wisdom and our people with kindness.</p> <p>(Pause silently, holding our country in God’s presence.)</p> <p>5. Prayer for Our Homes</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 4 th	<p>Feast of St. Francis of Assisi St Francis is the patron saint for animals. Do you have a pet? Say a prayer for your beloved pet.</p> <p>Loving God, On this feast of St. Francis of Assisi, we thank You for the gift of all creation, and especially for the joy and love of my pet, [pet’s name]. Bless [him/her] with health, safety, and happiness. May [he/she] always feel cared for and loved. Help me to be a good guardian of this precious life You’ve entrusted to me. Through the prayers of St. Francis, teach us to live in peace with every creature, to care for the earth, and to see Your love shining in all living things. Amen.</p> <p>You could even sprinkle a little water on your pet while making the sign of the cross as a small blessing ritual at home.</p> <p>Say the Prayer of St. Francis: Lord, make me an instrument of your peace.</p>

	<p>Where there is hatred, let me sow love. where there is injury, pardon; where there is error, the truth; where there is doubt, the faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.</p> <p>O Divine Master, grant that I may not so much seek to be consoled, as to console; to be understood, as to understand; to be loved, as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life.</p> <p>Amen</p>
<p>Sun 5th</p>	<p>Praise & Worship 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: 10,000 Reasons (Bless The Lord) Matt Redman (Lyrics)</p> <p>Bless the Lord, O my soul, O my soul Worship His holy Name Sing like never before, O my soul I'll worship Your holy Name</p> <p>The sun comes up, it's a new day dawning Its# time to sing Your song again Whatever may pass and whatever lies before me Let me be singing when the evening comes</p> <p>Chorus Bless the Lord, O my soul, O my soul Worship His holy name Sing like never before, O my soul I'll worship Your holy name</p> <p>You're rich in love and You're slow to anger Your name is great and Your heart is kind For all Your goodness, I will keep on singing Ten thousand reasons for my heart to find (Chorus)</p>
<p>Mon 6th</p>	<p>Pray for our school</p> <p>St Charles Borromeo School Prayer 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</p>

And follow St Charles Borromeo by helping others.
Amen

Prayer to Saint Charles Borromeo

Dear Saint Charles,

You loved God and helped many people.
Please pray for us to be kind and loving too.
Help us listen to God and to what is right.
Teach us to care for others, just like you did.
We want to grow in faith and love every day.

Amen.

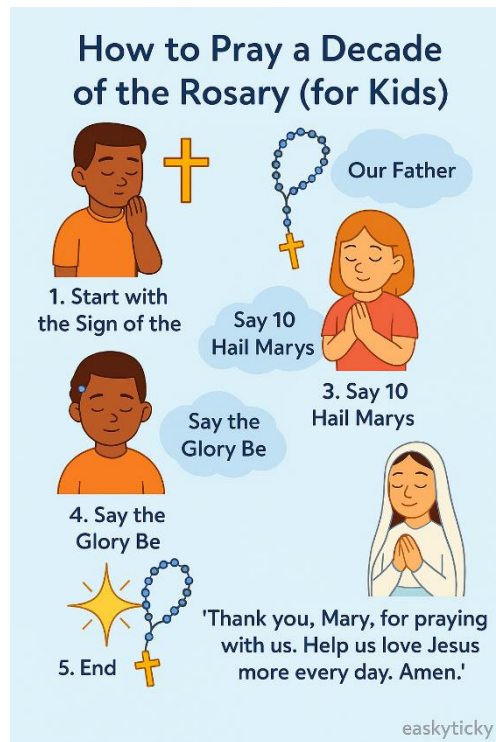
Tue
7th

Feast of Our Lady of the Rosary

Pray one decade of the rosary.

Sign of the Cross ☩

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



The First Joyful Mystery: The Annunciation

As we pray the Rosary, we think about happy times in Mary's life. We call these the Joyful Mysteries.

The Annunciation is when the angel Gabriel asks Mary to be the Mother of Jesus. We remember how Mary said "Yes" to God with great trust.

☩ *Let us pray for the grace to say "Yes" to God in our own lives.*

Our Father (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.

Hail Mary (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.

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.

 **Closing Prayer**

Mary, Mother of God, thank you for your "Yes."
Help us to trust God like you did,
and to bring Jesus' love into the world. Amen.

Sign of the Cross 