

Form Time Mercy Reflection Format: 15-20 minutes

1. The Sign of the Cross
2. Our School Prayer
3. Mercy Reflection Theme
4. Scripture Reading
5. Reflection - discussion
6. Scripture Explained
7. Contemplation
8. Closing Prayer
9. Catherine McAuley's Intercessions
10. The Sign of the Cross – Go Forth

The teacher says the words in this colour.

ALL say the words in this colour.

Prayer & Liturgy

One Heart, One Mind

in Faith, Hope and Love



1. The Sign of the Cross



**Teacher: Let us begin with the
Sign of the Cross.**

**ALL: In the name of the Father
and of the Son
and of the Holy Spirit.
Amen.**



One Heart, One Mind
in Faith, Hope and Love



Our **MERCY** Prayer.

ALL:

May our hearts be filled with Peace and Love,

Each day, help us to learn.

Remind us, 'Mercy is your way',

Compassion for the world.

You have shown us how to live,

One heart, one mind, together.

For Christ, His hands and feet we'll be.

Your servants Lord, forever.

Amen.



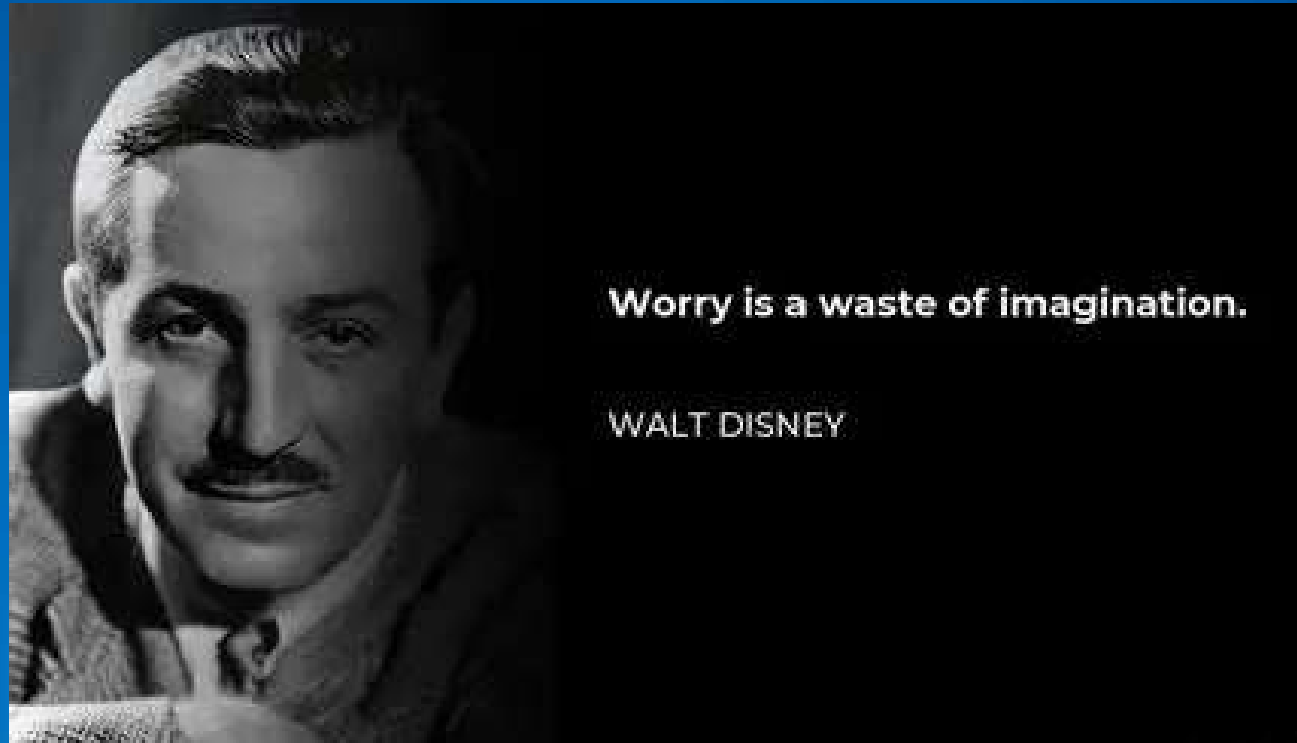
One Heart, One Mind
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3. Mercy Reflection

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Worry is a waste of imagination.

WALT DISNEY





4. Scripture Reading: We listen to the Word of God.



Teacher or a member of the form:

From the book of Philippians 4:6-9

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.



One Heart, One Mind
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5. We reflect on the Word of God, together.

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

What do you think this scripture is teaching us?

Reflection

What stresses and anxieties do you experience in your life?

What could you focus on to overcome any anxieties?

Who could you turn to in times of stress and anxiety



Reflection

One Heart, One Mind
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6. How did we do?

In this passage, Apostle Paul is writing a letter to the Christian community where he urges the Philippians not to be anxious about anything but to present their requests to God with thanksgiving. He emphasizes the importance of prayer and trusting in God's peace that surpasses all understanding.

For example:

Pray and seek God's guidance for your worries and fears, recognizing that God already knows what is in your hearts and wants you to be honest with Him.

Practice gratitude by remembering blessings big or small, which can shift the focus from fear to hope and joy, even during hard times.

Share your fears with others, creating a safe space for honest communication and support, which can help you grow together in faith.

Focus on positive thoughts and actions, aligning your thoughts with God's truth and cultivating a mindset that honors Him.



One Heart, One Mind
in Faith, Hope and Love



7. Contemplation

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.” - Proverbs 3:5-6





8. Closing Prayer



Heavenly Father,

When our minds feel full and our days feel rushed,
help us to find calm in You.

Quiet our worries, steady our thoughts,
and give us peace in our hearts.

Guide us to focus on what is true,
what is noble, what is right, what is pure and good.

Help us to carry these things with us in our lessons, our
friendships, and our actions.

May Your peace, which is beyond all understanding,
guard our hearts and minds throughout the rest of this day.

We ask this in faith and trust,
knowing that You are always with us.

ALL: Amen

One Heart, One Mind

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9. Catherine McAuley's Intercessions



May the God of Mercy bless and protect us all.

Amen.

May the God of Peace comfort us in times of trial.

Amen.

May the God of Love shine forth in our lives.

Amen.



One Heart, One Mind

in Faith, Hope and Love

10. The Sign of the Cross



**Teacher: We end our prayer with the
Sign of the Cross.**

**ALL: In the name of the Father
and of the Son
and of the Holy Spirit.
Amen.**



One Heart, One Mind

in Faith, Hope and Love



Go Forth



Prayer & Liturgy - Mercy Reflection

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