

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

2. Our School Prayer



Teacher: Let's say together 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.



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3. Mercy Reflection

One Heart, One Mind in Faith, Hope and Love



"Let charity be our badge of honor...
so that it may be truly said, there is in
us but one heart and one soul in God"

-Catherine McAuley



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



Teacher or a member of the form:

A Message of giving and receiving - The Book of Galatians 6 : 7-10

Do not be deceived; God is not mocked, for you reap whatever you sow. If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit. So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.



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5. We reflect on the Word of God, together.

Do not be deceived; God is not mocked, for you reap whatever you sow. If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit. So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.

Reflection

What do you think this scripture is teaching us?

Why should we help others?

In what ways can you help others?

How could helping others through your actions or kindness benefit you?



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Reflection

6. How did we do?

Galatians 6:7-10 is a chapter that emphasizes the principle of sowing and reaping, which is a biblical concept that teaches that one will harvest what they SOW.

The chapter is about the principle of sowing and reaping, emphasizing that one will harvest what they sow, urging believers to persist in doing good and not grow weary, especially towards others in the faith community.

The apostle Paul is writing to the churches in Galatia, urging them to live a life guided by the Spirit and to support one another in love and good deeds.

The chapter is filled with a sense of purpose and community, as these followers of Christ strive to live out their faith in practical ways and make a positive impact on the world around them.



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7. Contemplation

“God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them.” - Hebrews 6:10

“God is not unjust, he will not forget your work and the love you have shown him as you have helped his people and continue to help them.”

Faithful God, who sees each deed,
each quiet act, each loving seed,
hold my heart when I grow tired,
remind me You see what love has
sown.

Let me serve with steady grace,
not for reward, but for Your face—
trusting You forget no care,
no hidden prayer, no burdened



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8. Closing Prayer

Faithful God,

You see the effort no one else notices — the quiet kindness, the hard choices, the seeds I plant each day.

In Epistle to the Galatians You remind me not to grow tired of doing good. When I feel left out, pressured, or discouraged, help me sow to Your Spirit — not to fear or compromise.

Like Catherine McAuley, teach me to choose mercy: to be inclusive, to speak kindly, to love bravely in small ways.

When I wonder if it matters, remind me that You see every seed of love — and in Your time, it will grow.

All: Amen.

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.



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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.**



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Go Forth



Prayer & Liturgy - Mercy Reflection

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