

## 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*  
in Faith, Hope and Love



### 3. Mercy Reflection

*One Heart, One Mind*

**in Faith, Hope and Love**

**Hardship is an opportunity for growth  
and reflection.**

Catherine McAuley



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



**Teacher or a member of the form:**

### **A Message of Resilience and Faith - The Book of Romans 5 : 1-5**

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God.

And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.



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

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God.

And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

*Reflection*

**What do you think this scripture is teaching us?**

**Why do you think God allows suffering?**

**How does our faith help us overcome challenges?**

**Can you think of a time that you have faced hardship and overcome it?**



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in Faith, Hope and Love



## *Reflection*

### 6. How did we do?

In Romans chapter 5, the apostle Paul is writing to the Christian community in Rome, encouraging them to persevere in their faith despite facing various trials and challenges.

As a discussion unfolds, the group reflects on their own struggles and challenges, finding solace in the words of Paul.

They are reminded that through perseverance, character is built, and hope is not in vain.

The flickering candles seem to burn brighter as the group is filled with a sense of unity and strength, knowing that they are not alone in their journey of faith.



*One Heart, One Mind*  
in Faith, Hope and Love



## 7. Contemplation

*“God is our refuge and strength,  
a very present help in trouble.” - Psalm 46:1*





## 8. Closing Prayer



**Loving and faithful God,**

In moments of hardship, when the road feels steep and uncertain, steady my heart. Teach me to see trials not as barriers, but as sacred invitations to grow.

As Catherine McAuley reminded us, hardship can be an opportunity for growth and reflection. Help me to embrace each challenge with courage, trusting that You are shaping my spirit through it.

Grant me resilience when I am weary, wisdom when I am uncertain, and a quiet strength that bends but does not break.

May every difficulty draw me closer to You, refining my compassion, deepening my faith, and guiding me to become more loving and merciful in all I do.

**All: Amen.**

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in Faith, Hope and Love

## 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**

*One Heart, One Mind*

**in Faith, Hope and Love**