

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.



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3. Mercy Reflection

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Everyone can rise above their circumstances and achieve success if they are **dedicated** to and **passionate** about what they do.

– Nelson Mandela



AZ QUOTES



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



Teacher or a member of the form:

Jeremiah's Letter to the Exiles in Babylon 29: 11-14

For surely I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope.

Then when you call upon me and come and pray to me, I will hear you.

When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the LORD, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, says the LORD, and I will bring you back to the place from which I sent you into exile.



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

For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.

Then when you call upon me and come and pray to me, I will hear you.

When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, says the Lord, and I will bring you back to the place from which I sent you into exile.

Reflection

What do you think this scripture is teaching us?

Do you think that God helps people have courage?

From what you know of Jesus, do you think he felt pressure to fit in?

Do you feel that you compare yourself to others? How does that make you feel?



Reflection

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6. How did we do?

This verse reminds us that God's plans for our lives are filled with hope and purpose. Even when circumstances seem bleak, His overarching design leads to fulfillment and blessings. Trusting in His plan gives us peace and assurance.

Too often in modern life we focus on comparing ourselves to others – judging our successes, appearance and lifestyles on what others have and not focusing on our own achievements.

We often put pressure on ourselves to conform to what others think we should be doing or how we should look – rather than focusing on what makes us special as individuals and how we can become the best version of our unique self.

We should always try to be the best version of ourselves and challenge ourselves to achieve our full potential, regardless of others or what is portrayed in the media.



One Heart, One Mind
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7. Contemplation

“Take delight in the Lord, and he will give you your heart’s desires.” - Psalm 37:4





8. Closing Prayer



Loving and compassionate God,

In a world that tells us to compete, compare, and prove our worth, teach us to seek what truly fulfills our hearts.

When we feel pressure to measure ourselves against others, remind us that our value comes from being loved by You. Free us from the need to impress, and guide us instead toward lives of purpose, kindness, and quiet courage.

Inspired by the example of Catherine McAuley, may we choose mercy over status, service over recognition, and compassion over comparison. Help us to see Christ in those who struggle and to respond with generous and open hearts.

May we seek not what looks successful, but what is meaningful, just, and loving in Your sight.

All: Amen.

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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

One Heart, One Mind

in Faith, Hope and Love