

# Prayer and Reflection

St Therese of Lisieux



## Resources Needed:

- Candle
- Optional: Flower head with petals (real if possible so the children experience the fragility and beauty of it)

<b>Gathering Together</b>	<ul style="list-style-type: none"> <li>• Gather the pupils together. (Optional: Sit in a circle if you plan to pass a flower around).</li> <li>• Light the candle and make the sign of the cross.</li> <li>• Ask St Therese of Lisieux to pray for us whilst we are in prayer.</li> </ul>
<b>Meditative Prayer</b>	<ul style="list-style-type: none"> <li>• Explain that Mary the mother of Jesus, was good at thinking with her heart (Luke 2:19). Pausing and thinking allows God into your heart.</li> <li>• Say the following statements aloud, pausing between each statement to give the children a little time to think:           <ul style="list-style-type: none"> <li>- I wonder how you could be like St Therese of Lisieux and do an ordinary thing in an extraordinary way.</li> <li>- I wonder what prayer you will say for Thomas and his family this week.</li> <li>- I wonder what you will do to be a Faith Hero.</li> </ul> </li> </ul>
<b>Action Prayer</b>	<ul style="list-style-type: none"> <li>• Explain that Therese of Lisieux carried out small acts of kindness every day.</li> <li>• Ask pupils to start thinking about what are they <u>going to do</u> to be a Faith Hero like St Therese.</li> <li>• Optional: St Therese is called the 'Flower of Jesus'. Pass the flower head around the circle, encouraging the children to hold it in their hands as they think about or say out loud what they are going to do to be a Faith Hero.</li> </ul>
<b>Vocal Prayer</b>	<ul style="list-style-type: none"> <li>• You could ask the children to either say or think of some prayers. End with St Therese of Lisieux, pray for us.</li> </ul>

<p><b>Contemplative Prayer</b></p>	<ul style="list-style-type: none"> <li>• Explain to the pupils that we are going to spend a little time in silence resting in God's love.</li> <li>• Explain that you will say some words from the Bible and that you will repeat it a few times, and then give them some time to be silent and rest with God. You will try and see if they can rest with God for one minute.</li> <li>• Encourage the children to close their eyes.</li> <li>• Start by asking them to notice their breathing but not change it, just notice it going in and out.</li> <li>• Say '<b>God will not forget what you gave to others</b>'. (Hebrews 6:10) Repeat this passage from scripture a few times to help the children rest with God.</li> <li>• Allow one minute of silent time.</li> <li>• Explain to pupils that they can come back to God anytime and practice resting in God's Love.</li> </ul>
<p><b>Closing Prayer</b></p>	<ul style="list-style-type: none"> <li>• St Therese of Lisieux helped others by doing kind things every day. Guide us as we follow her example, helping others and putting our faith into action. Amen.</li> <li>• Make the sign of the cross</li> </ul>