

# **St John Plessington Catholic College**

## **Prayers and Reflection**



**Doubt**

**Week Commencing  
24<sup>th</sup> April 2017**



*Please find attached college themes for the last week of April.*

*Please do not hesitate contact me if you require any additional information.*

*Thank you*

*Gerard Boyle*

College Chaplain

### **A Prayer for the start of the day**

Father; as we begin another day at school,  
we ask you to protect and guide us.  
We offer you our work and pray that today we will be happy.  
Help us to co-operate with each other, and with our teachers,  
so that we may grow together as one inspired by the Holy Spirit  
and united in our Lord, Jesus Christ.

Saint John Plessington  
Pray for us.  
Amen

### **A Prayer for during the day.**

Father your Son, Jesus Christ has taught us that our talents are on trust  
from you.  
Help us to use these talents to the full

Saint John Plessington  
Pray for us.  
Amen

### **A Prayer at the end of the day**

Lord, thank you for giving us this day  
in which we have tried to do our best for you.  
May we be filled with your Holy Spirit.

Saint John Plessington  
Pray for us.  
Amen

### **Grace before meals**

Every good thing we have comes from God, and that is why we offer  
Grace before Meals, to acknowledge our dependence on Him and to  
ask Him to bless us and our food.

For good food and those who prepare it, for good friends with whom  
we share it, we thank you Lord. Amen.

Bless us, O Lord, and these Thy gifts  
which we are about to receive from Thy bounty  
through Christ our Lord.  
Amen

**The “Our Father”**

Our Father who art in heaven  
hallowed be thy name  
thy kingdom come  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread  
and forgive us our trespasses  
as we forgive those who trespass against us,  
and lead us not into temptation  
but deliver us from evil.  
Amen

**The “Hail Mary”**

Hail Mary, full of grace,  
the Lord is with thee,  
blessed art thou among women,  
and blessed is the fruit of thy  
womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners, now and at  
the hour of our death.  
Amen

**The “Glory Be”**

Glory be to the Father  
and to the Son  
and to the Holy Spirit  
as it was in the beginning  
is now, and ever shall be,  
world without end.  
Amen

**The “Eternal Rest”**

Eternal rest, grant unto them, O Lord,  
and let perpetual light shine upon them.  
May they rest in peace.

Amen.

## **John 20:19-31**

*On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.*

*Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that he breathed on them and said, "Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."*

*Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. So the other disciples told him, "We have seen the Lord!"*

*But he said to them, "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe."*

*A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, "Peace be with you!" Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe."*

*Thomas said to him, "My Lord and my God!"*

*Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."*

*Jesus performed many other signs in the presence of his disciples, which are not recorded in this book. But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.*

There are times that we have doubts in our faith. The Gospel tells the story of someone who doubted Jesus, the story of doubting Thomas. It is understandable that Thomas had doubts after all he was only human. I am sure that he doubted Peter and the others who had said that they had seen Jesus. These are the same people who only a few months earlier were squabbling with each other over who would be the most powerful in the Kingdom of God. Jesus had told them that they would be tested, but with the exception of John, they had all

deserted Jesus, including Thomas, who once had said, "Let's go with him to Jerusalem and die with him." The fact the Thomas was nowhere to be found at the crucifixion must have left him with some pretty negative feelings about himself. And what was probably most devastating to Thomas is that for the first time, he questioned his belief in Jesus. So Thomas was vocal in his doubts. He doubted the other disciples. He doubted himself. And he doubted Jesus. This obviously changed when he saw Jesus. Pictures will often show Thomas putting his hands in the marks of the nails on Jesus' hands and touching the Lord's side, but actually Jesus only invites Thomas to do this. Thomas' response to Jesus was, "My Lord and My God." Jesus' next comment was meant for us, "You believe because you have seen. Blessed are those who have not seen yet believe."

### **Prayer**

Heavenly Father, God of mercy, we do not look for Jesus among the dead, for he is alive.

Increase our faith that we may believe without looking for evidence.

May our faith and Trust grow everyday.

Amen

Form Tutor

The aim of this week's theme:

At many stages in our journey through life, we all experience doubt, whether it be about ourselves and our ability to achieve the things that we want to, or perhaps we experience doubt about our relationships with other people.

Following the death of Jesus on Good Friday, the disciples must have doubted that Jesus really was the Son of God. It was not until the risen Jesus appeared to them that they began to truly understand all that Jesus had told them before his death.

Jesus calls us to place all our trust in him. Today in our world there are one billion eight hundred million Christians who follow Jesus.

This week let us try to put all the things that worry or concern us into the hands of the risen Jesus

## **Day1**

### **Tutor**

Read the Scripture

### **Student Prayer**

Loving Father, help us to be wise and to know the right things to do to follow you. Amen

St John Plessington  
Pray for us

## **Day 2**

Think about: The society in which we live.

### **Tutor:**

It's normal for humans to doubt, Many people in our society today transfer their own questions and doubts onto others, attacking and making fun of those who believe in Jesus. Let us have the courage to be proud that we follow Jesus and his teachings.

### **Student prayer**

Dear Lord, help me to respect all people regardless of what they believe in. Help me to always remember that each person is made in your image and likeness. Amen.

Amen

St John Plessington

Pray for us

### **Day 3**

Think about: The world in which we live.

#### **Tutor**

It is really hard to be a follower of Jesus in our world today, sometimes we might feel that our prayers go unanswered. It takes courage and determination to say, "In spite of what others say and in spite of my own questions, I believe that Jesus died on the cross and rose again." Jesus does not see us as people who have doubts, but as people who are searching for him.

#### **Student Prayer**

God our Father, you call each of us by name, and you treasure each of us individually as though no-one else exists.

Inspire us to respect and value each person who comes into our lives today.

Amen

St John Plessington

Pray for us

### **Day Four**

Think about our college community

#### **Tutor**

The college badge that we wear on our blazer reminds us that in our daily lives we are to be faithful to Christ. In what practical ways can we do this?

#### **Student Prayer**

Today Father, help me to see all people as you do.  
Amen.

St John Plessington

Pray for us



## **Day Five**

Think about our families

### **Tutor**

Sometimes our families change and we have to accept new people into being a part of our family. Sometimes we can find this a hard thing to do. What can we do to help everyone in this situation?

### **Student Prayer**

Lord, help me never to give up, even when the going gets hard

Amen.

St John Plessington  
Pray for us

### **Other prayers you may wish to use**

Lord, we come before you as we are.  
We ask you to take away from us  
all that makes us less than human.  
Strengthen us with the power of your Spirit  
that our attitude and outlook may develop,  
and our "way of looking"  
may become more like yours.  
Help us to remain positive -  
encouraging and appreciating one another,  
looking upon people in the same way that you do.  
Amen.

Grant me to recognise in others, Lord God,  
the radiance of your own face.  
Amen.

God our Father,  
extend our horizons,  
widen our vision,  
and remind us how inter-connected we are  
as your sons and daughters.  
Breathe your Spirit into us  
that we may live more truly  
as brothers and sisters  
of one another.  
Amen.

God be in my head  
and in my understanding.  
God be in my eyes  
and in my looking.  
God be in my mouth  
and in my speaking.  
God be in my heart  
and in my thinking.  
God be at my end  
and at my departing.  
Amen.