

## SIGN OF THE CROSS AND GATHER

We are now in the season of Lent. A time for prayer, fasting and almsgiving. Let us remember why we celebrate Lent and what it prepares us for – the passion, death and resurrection of Jesus on which our Christian **faith** is founded.

### WE LISTEN

#### Matthew 25: 31-46

Jesus said to his disciples, 'For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you made me welcome; naked and you clothed me; sick and you visited me; in prison and you came to see me'



### RESPONSE

Merciful Father, during this season of Lent, spur me on to give generously, to pray more fervently and to act with **integrity**. Draw us closer to you as we journey with you over these weeks of Lent.  
Amen.

### MISSION

In what ways can you become better with your prayers during Lent?  
In what ways will you give? Not just financially but with your time and your talents?  
If you slip up on your fasting too – don't give up, just start again.

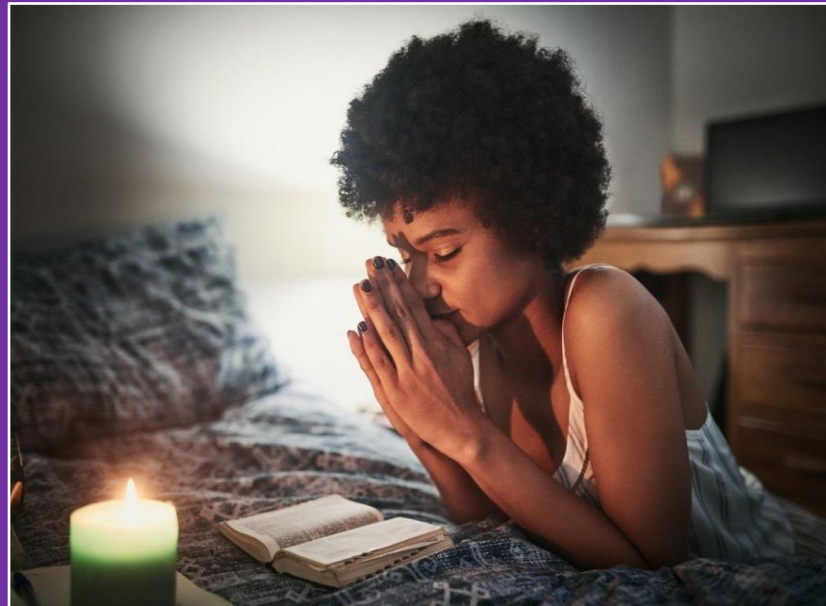
## SIGN OF THE CROSS AND GATHER

Sometimes we forget that prayer is simply a conversation with God. Sometimes it is even just sitting in silence, acknowledging his presence with us. We don't have to use garbled and complicated language, because he sees us as we really are. Jesus taught his disciples how to pray, and you will recognise the words he used.

### WE LISTEN

#### Matthew 6: 7-15

Jesus said to his disciples, 'In your prayers, do not babble as the pagans do, for they think that by using many words they will make themselves heard. Do not be like them; your Father knows what you need before you ask him. So you should pray like this:



### RESPONSE

...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.

### MISSION

With it being Lent, we are encouraged to make more of an effort with our prayers. When you get home tonight, take time to tell God about your day. He loves you and wants you to talk to him, knowing that he is right there by your side, listening to every word you say.

### SIGN OF THE CROSS AND GATHER

St David is the Patron of Wales, but very little is known about him. We do know that he led an austere life. This means that he lived very simply. The daffodil is the national symbol of St David's Day.

#### WE LISTEN

##### Matthew 5:13-16

Jesus said, 'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lampstand where it shines for everyone in the house. In the same way your light must shine.'



#### RESPONSE

We pray today for all those who are Welsh as they celebrate this special day. We also pray that we can **let our light shine** as today's Gospel inspires us. May we live a life truly worthy of our **vocation** like St David.  
Amen

#### MISSION

What do you think the connection is between St David and Daffodils?  
Go out there and **let your light shine today**.

## SIGN OF THE CROSS AND GATHER

Our theme this week is for the persecuted. During the season of Lent we remember that people are treated badly when others don't agree with who they are and what they stand for. Jesus was persecuted and was tortured and killed for being the Son of God as people didn't like it.

Let's think about our values of **respect** and **integrity** today.

### WE LISTEN

#### Matthew 7:7-12

Jesus said to his disciples, 'So, always treat others as you would like them to treat you; that is the meaning of the law and the prophets.'



### RESPONSE

Let us pray for all those in the world who are persecuted today for speaking their truth. Lord, when we struggle with others or disagree with them, help us to be tolerant and remember to treat them how we would like to be treated. Amen.

### MISSION

Today's mission is simple, we've heard it twice already.  
Treat others how you would like to be treated.



## SIGN OF THE CROSS AND GATHER

As we bring our first week of Lent to a close, Jesus reminds us that we should reflect on our behaviour and say sorry for our mistakes and try and be reconciled to those we have upset and those who have upset us.

### WE LISTEN

#### Matthew 5:20-26

Jesus said to his disciples, 'If you are bringing your offering to the altar and there remember that your brother has something against you, leave your offering before the altar and go and be reconciled with your brother first.'



### RESPONSE

Merciful Father, give us the grace today to be able to forgive those who have hurt us. Give us courage to apologise to anyone we may have offended. Help us to treat each other with **respect** and to always be ambassadors of your love.  
Amen.

### MISSION

Have the courage to apologise to someone today if you need to.  
Be open to reconciliation if someone approaches you to say sorry.  
Remember that God loves each of us in equal measure, he doesn't have favourites.  
Let us treat each other as we would like to be treated.