



In the name of the Father, Son and Holy Spirit



Hope

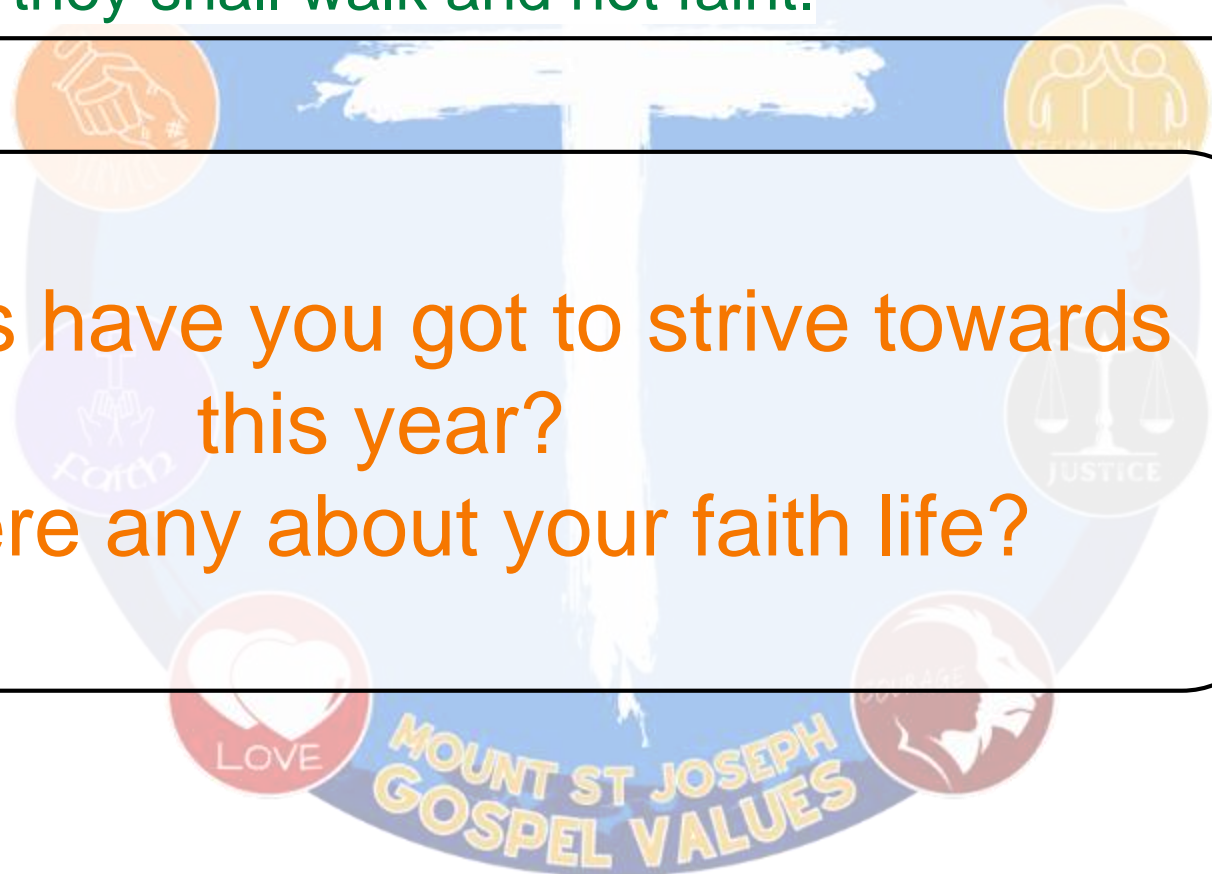
What is this image showing?



but they who hope for the Lord shall renew their strength;
they shall mount up with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.



What goals have you got to strive towards
this year?
Are there any about your faith life?



Our School Prayer



LORD, make me a better person, more considerate to others,
more honest with myself, more faithful to you.

Make me generous enough to want sincerely to do your will
whatever it may be.

Help me to find my true vocation in life, and grant that through it I
may find happiness myself and bring happiness to others.

St Joseph – Pray for Us
St Teresa – Pray for Us



In the name of the Father, Son and Holy Spirit



- Listen with an open heart.
- Hear God welcome you.
- Know that God will find you if you ever get lost in life.
- Know that you can be free to be yourself – you are a child of God!
- Even though you are not perfect, you are specially chosen by God.
- God is for you, never against you.
- God will help you grow into the fullness of life.



Thank you for making a place for me, Lord.
Thank you for the hope you have given me today.
Help me to spread your love to the people I meet.
Amen.

January

15

**WE
GATHER**

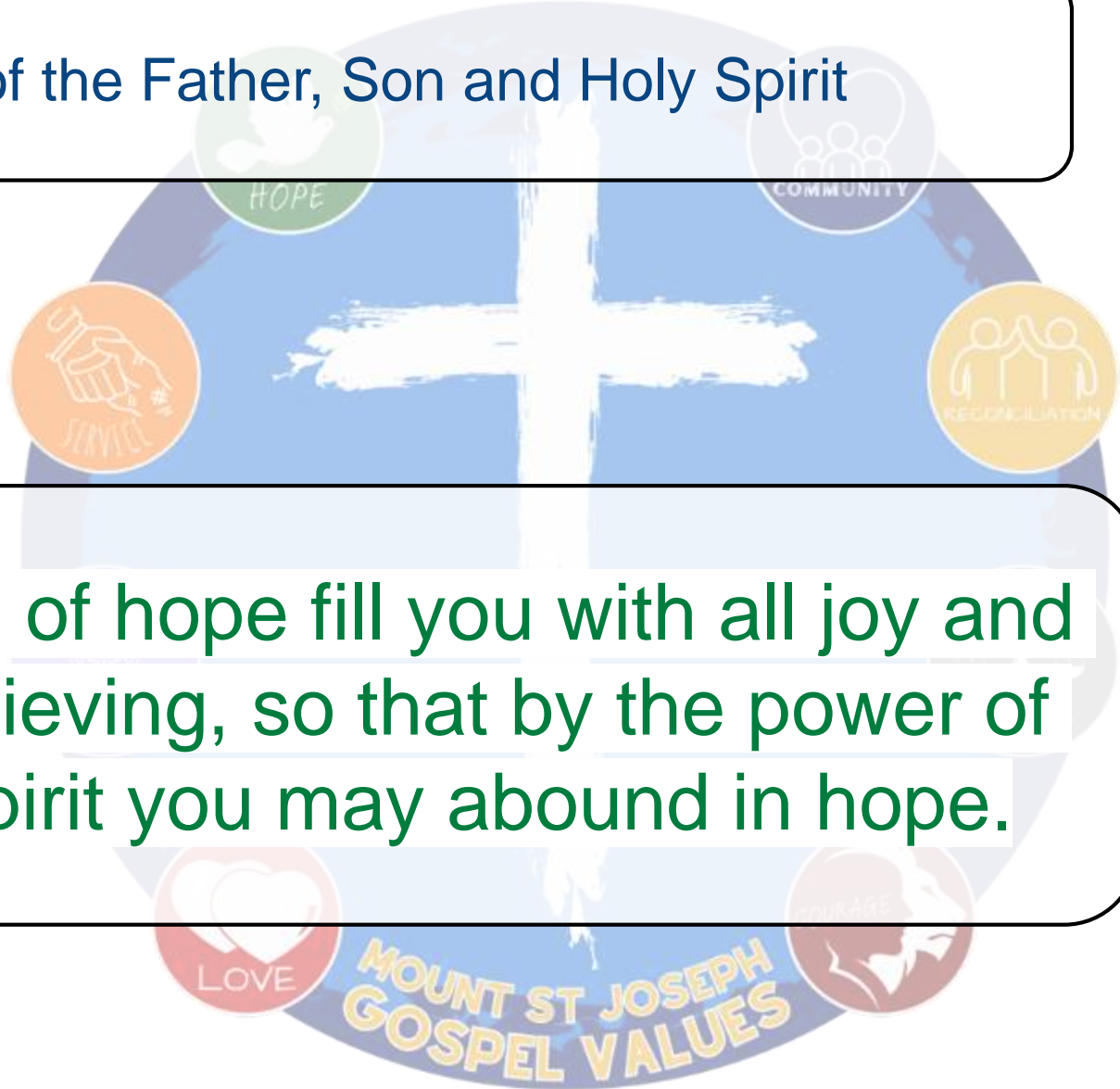


**WE
LISTEN**



In the name of the Father, Son and Holy Spirit

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.





[Stillness Script – Click here](#)

BE

STILL

Spend a couple of minutes in silent reflection, thinking about the hopes we have and how we can work towards them



In the name of the Father, Son and Holy Spirit

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January

16

**WE
GATHER**

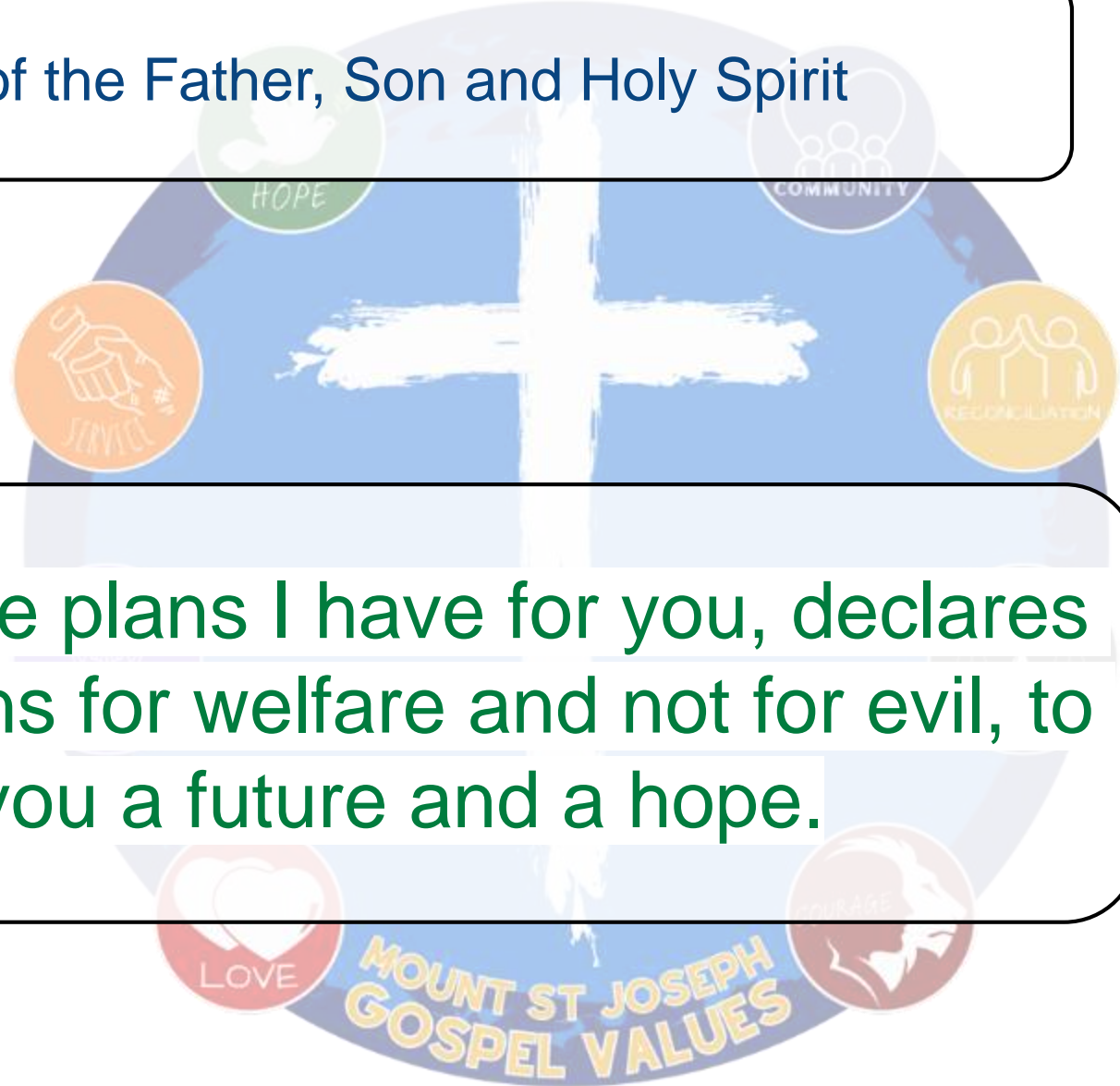


**WE
LISTEN**



In the name of the Father, Son and Holy Spirit

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.





Spend a few quiet moments thinking about this year. What are you hopeful about?

Can you make a commitment to make a change, or to continue to do some of the great things you've been doing since September?

Write out the things you are going to make a new start with, perhaps using a sheet like the one on the next slide.

If you had to choose just one thing to do, what it be?

Ask the Holy Spirit to give you the strength to put your resolution into action.



Thank you for the hope in my heart, Lord Jesus.

Holy Spirit, be with me as I try to make a new start.

Give me the strength and determination to be the person

God the Father created me to be.

**St Joseph – Pray for Us
St Teresa – Pray for Us.**

