

Staffroom Prayer Prayer Leader Sheet



Praying like the Saints

This is the prayer for the week beginning the 1st November, the solemnity of All Saints.

As you enter this time of prayer, take a moment leave aside what you have done and what you have to do, be in this place.

MUSIC (1 min 30 secs)

In today's reading from the Gospel of Matthew, Jesus does three things:
he climbed,
he sat,
he spoke.

Climbing a mountain was a sign of getting closer to God, sitting down was the recognised posture of Jesus the teacher. His spoken words reveal God in a new way.

Jesus invites us now to come closer, to be in His presence, to position ourselves to listen to Him and to take His teaching in to our hearts.

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

*'How happy are the poor in spirit:
theirs is the kingdom of heaven.*

*Happy the gentle:
they shall have the earth for their heritage.*

*Happy those who mourn:
they shall be comforted.*

*Happy those who hunger and thirst for what is right:
they shall be satisfied.*

*Happy the merciful:
they shall have mercy shown them.*

*Happy the pure in heart:
they shall see God.*

Happy the peacemakers:

they shall be called sons of God.

*Happy those who are persecuted in the cause of right:
theirs is the kingdom of heaven.*

*Happy are you when people abuse you and persecute you and speak all kinds of
calumny against you on my account. Rejoice and be glad, for your reward will be great in
heaven.'*

PAUSE (20 secs)

The happiness that Jesus speaks is found in being poor in spirit, in knowing our need for God. Spiritual poverty is a form of freedom, in being dependant on God and able to receive everything freely and to give everything freely¹.

I invite you now to close your eyes.

With your eyes closed, imagine today's burdens, difficulties, and sufferings, held tightly in your hands. Hold them as tightly as you can. If you feel comfortable, make a fist with your hands.

PAUSE (20 secs)

Now take a deep breath in. As you breath out, slowly release your grip as you begin to trust. Gently open your hand as you surrender, let your hand fully open – let go of everything that you were holding on to.

Let go and let God fill your hands and your heart with His peace. Spend a few moments in this state of peace.

PAUSE (1 min)

This week we celebrate the saints who surrendered to God freely - many of them gave everything to follow Jesus and who now know His happiness. We remember that they share a powerful spiritual communion with us – they pray for us, love us and support us. Take a moment to thank God for the saints, for their faithful encouragement and continual prayers for our happiness.

PAUSE (1 min)

This week the Church also commemorates the feast of All Souls. As Scripture reminds us, "It is holy and wholesome thought to pray for the dead."² We remember those who have died and are mindful that our relationships with them haven't ended.

¹ Fr Jacques Phillipe The Eight Doors of Freedom.

² 2 Maccabees 12:46.

Take a moment now to pray for your deceased families and friends, for staff, children and their families, especially for any who have died from Covid-related illnesses.

Pray for those in our world who have died in war and conflict, in loneliness and fear. May they rest in the peace of Christ and rise in His glory.

PAUSE (1 min)

Together with the saints, let us praise God as we say together:

***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.***