

# St Bede's Catholic School

## Weekly Theme

Peace

30<sup>th</sup> January - 3<sup>rd</sup> February 2023



The liturgical  
colour is **Green**.

We are in  
**ORDINARY** time.

# Morning Prayer

Holy Spirit of Peace,  
Settle deep within my heart.

Let my actions today be free from aggression  
and anger.

Let my words be only ones of compassion and  
caring.

Let me every breath inhale your wisdom and  
exhale your grace.

In such a way, might I bear another's  
burden's, if only in part, so that I become a  
sacred instrument of your peace.

Amen

# Peace - John 14: 27



<https://www.youtube.com/watch?v=1xh84jeGBIA>

When Jesus told his disciples that he was going to return to his Father, they were afraid. What would happen to them? Would the enemies recognise them as his followers and try to harm them?

Jesus knew that his disciples were afraid and he offered these words to comfort them. "I am leaving with a gift – peace of mind and heart. Don't be troubled or afraid. Remember what I have told you. I am going away but I will come back to you again."

These words were a great comfort to his disciples and they are a great comfort to us today. When Jesus returned to his Father in heaven. He asked the Father to send the Holy Spirit to comfort his disciples until the day when he returned. That includes you!

Jesus left us a wonderful gift, peace of mind and heart. Whenever we find ourselves in the dark or the storms of life, Jesus is with us.