

Monday 24 November

In preparation for the week ahead, let us spend some time in quiet personal reflection.

We ask God to continue to walk with us in our daily lives, inspiring us to show love, kindness and compassion in everything we do.

Lord Jesus Christ
Make me a better person
Considerate and kind towards others
Honest with myself
Faithful to you
Help me to find my true vocation in life
And so to find happiness myself
And bring happiness to others.

Let us pray:

Angel of God,
My guardian dear,
To whom God's love commits me here,
Ever this day be at my side,
To light and guard,
To rule and guide

Tuesday 25 November

You can develop a positive attitude by recognising that there will be both good and bad in your life and then deciding to emphasise the good. If you do this you will actually increase the good that you do. Why is this true? Because goodness attracts goodness. In the same way people with a positive attitude attract others to them.

Today take some quiet moments to notice the good things coming our way.

Let us pray:

God our Father in good times, may we live in such a way that we will be strengthened for the difficult times that all of us face in our lives.

Lead me now to make positive choices to value friendship and loyalty, and develop attitude and values treasuring all that is lasting and important.

Amen

Wednesday 26 November

Today we celebrate the Feast of Saint John Berchmanns, Patron Saint of Alter Servers. The oldest of five children, he grew up in an atmosphere of political turmoil caused by a religious war between Catholic and Protestant sections of the Netherlands. He was friendly and kind and his outgoing personality endeared him to everyone. In 1618 he was sent to Rome to study Philosophy and was an exceptional student.

St John Berchmanns was not noted for anything extraordinary; he made kindness and courtesy an important part of his holiness. The path of holiness lies in the ordinary rather than the extraordinary! Let us spend today reflecting on our path to holiness and find inspiration in the example of St. John Berchmanns.

Let us pray:

Hail Mary ...

Amen

Thursday 27 November

Today is the Feast of the Miraculous Medal. This celebrates appearances of Our Lady to Catherine Laboure in Paris. Our Lady promised Catherine that she would continue in her motherly care of bringing the Graces of God to the World. These events brought about the medal which soon became known as the Miraculous Medal because of the great number of miracles from God brought through the prayers of Mary our Mother.

Let us pray: Under Your Protection

We fly to thy protection
O Holy Mother of God,
Despise not our petitions in our necessities,
But deliver us always from all dangers
O glorious blessed Virgin.

Friday 28 November

In his letter to the Galatians, St Paul said “And let us not grow weary of doing good, for in due season we will reap, if we do not give up.”

Mother Theresa reminded us of this when she said “The good you do today will often be forgotten. Do good anyway”—for yourself and for God. What does this mean?

St Paul is saying that the other world, with God, is where we will be rewarded for doing good.

Always take the opportunity to do good and don't grow weary, especially as we approach the Season of Advent. It does not matter if anyone notices or remembers, God will.

Let us pray:

Our Father

Amen.