

Monday 2 February

Theme – Think of the different effects of time on people

Quote – “Tempus Figit” (Latin. time flies)

Reflection Time can affect people in different ways. There are those who feel they haven't got enough time – those people in hectic jobs, with deadlines; those who have too much to do or those who feel they have made a mess of everything and would like to start again.

Then there are those who might wish for less time, for example: people who are worried about what might happen; people in despair; people who suffer from illness or people who are in prison. Let us resolve to use the time we have wisely, and take advantage of the opportunities we have.

Prayer Lord, we pray for those who find themselves with too much or too little time. Help them to use the time they have wisely. Amen

Hail Mary

Tuesday 3 February

Theme - Enjoy the gift of life!

Quote – “The kingdom of heaven is like a king who gave a wedding feast for his son.”

Reflection – Faith should give us great hope and joy. Being faithful to one's beliefs, to one's conscience, is often a struggle. But what rewards it brings! True inner peace which helps bring peace to others – and everlasting peace hereafter.

Prayer Lord God, help me to value the gift of my own life and the lives of those around me. Help me to show this through my words and actions, and may I never take anyone for granted. Amen

Our Father.....

Wednesday 4 February

Theme – Embrace Change

Reading – “Change is the law of life. Those who look only to the past or the present are certain to miss the future.”

Reflection Change can be exciting, but it can also be frightening. Whatever we have to face each day we know that nothing stays the same. Our bodies change, our thoughts and emotions mature and our understanding develops. There is a security about the past, but if we cling to the past we will not be free to face the future.

Prayer Lord, be a guiding strength in our lives as we develop and change. Amen

Our Father