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|  | **Down and Connor**  **Catholic Schools’ Support Service** |  |
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**Our Journey with Jesus**

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So I said to the Lord, “You promised me Lord, that if I followed you,

you would walk with me always.

But I have noticed that during the most trying periods of my life there have been only one set of footprints in the sand.

Why when I needed you most,

have you not been there for me?”

The Lord replied, “The times when you have seen only one set of footprints, my child,

is when I carried you.”

***Mary Stevenson***

**Welcome**

***Allow staff a few minutes to “settle down”.***

***Put everything down on the floor.***

***Sit comfortably.***

**Leader**

**Sign of the Cross**

In the name of the Father

and of the Son

and of the Holy Spirit

Amen

**Leader**

***Choose one person to read from the bible.***

***Read the passage slowly, allowing time for reflection.***

**A reading from the Gospel of Mark 12:28-34**

One of the scribes who had listened to them debating and had observed how well Jesus had answered them, now came up and put a question to him, “Which is the first of all the commandments?”

Jesus replied, “This is the first: Listen, Israel, the Lord your God is the one Lord, and you must love the Lord your God with all your heart, with all your soul, with your mind and with all your strength. The second is this: You must love your neighbour as yourself. There is no commandment greater than these.”

The scribe said to him, “Well spoken, Master; what you have said is true: that he is one and there is no other. To love him with all your heart, and with all your understanding and strength, and to love your neighbour as yourself, this is far more important than any holocaust or sacrifice.”

Jesus, seeing how wisely he had spoken, said, “You are not far from the kingdom of God.” And after that no one dared to question him anymore.

**Self- Reflection**

***Some ideas to help direct self-reflection. The idea is that staff have an opportunity for quiet, personal reflection and prayer. You may wish to play instrumental music for the self-reflection period.***

We all make mistakes. We don’t always get it right. As followers of Christ we strive towards perfection and holiness; strive towards doing God’s will; showing God’s love. Remember in the gospel account of the crucifixion Jesus stumbled as he carried his cross. He met people along the way who offered to help him. During his ministry Jesus helped many people in unexpected ways.

As we journey each day it is good to look back and reflect on how we are carried along by others, by God, during difficult moments and challenging times. Being able to get up and start again is important. Being able to help others start again is also important. Being able to accompany others on their journey can help. Just being present, being there for others is important.

***Some thoughts to aid quiet reflection:***

* Reflect on a time when someone helped you at some point in your life.

Offer a prayer for them now.

* Reflect on a time when you helped someone who was finding life challenging or difficult. Think about the qualities you showed.

Thank God for those qualities.

* Loving God and expressing that love can be challenging.

How do you express God’s love for you and for others?

**Concluding Prayer**

Lord Jesus,

I give you my hands to do your work.

I give you my feet to walk your way.

I give you my eyes to see as you see.

I give you my tongue to speak your words.

I give you my mind that you might think in me.

I give you my spirit that you might pray in me.

Above all, I give you my heart, that you may love in me.

I ask this through Jesus Christ, our Lord.

Amen

**Suggested Music**

Christ Has No Body But Yours, David Ogden

Faith, Hope and Love, Ronan McDonagh

May the Lord Bless You and Keep You, Bernard Sexton

A Gaelic Blessing, Bernard Sexton