



Daily Reflection

LET ALL THAT YOU DO BE DONE *in love*

1 CORINTHIANS 16:14



**OUR LADY
OF LOURDES**

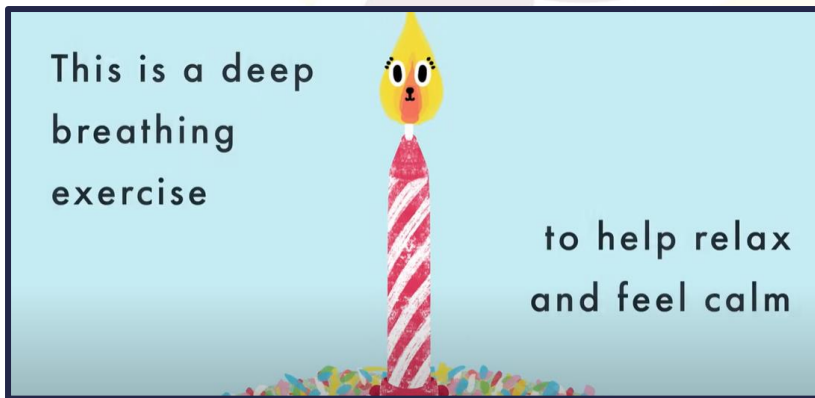
CATHOLIC MULTI-ACADEMY TRUST



MINDFUL MINUTE

How has your day been? Let's calm our bodies and focus our minds.

Click
Here
→



What would you like to say to God today? Will you say thank you, say sorry or ask for God's help with something? You can share your thoughts with the class or have a quiet moment with your prayers. *In Jesus' name, Amen.*





MISSION MONDAY

Practising our virtues every day allows us to FLOURISH and be the very best person we can be, living out our mission statement.

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1 CORINTHIANS 16:14

Have a look at our old school crest...

- Which of our virtues have you followed today?
- What did you do?
- How did it make you and others feel?
- Was it easy or did you have to try hard?



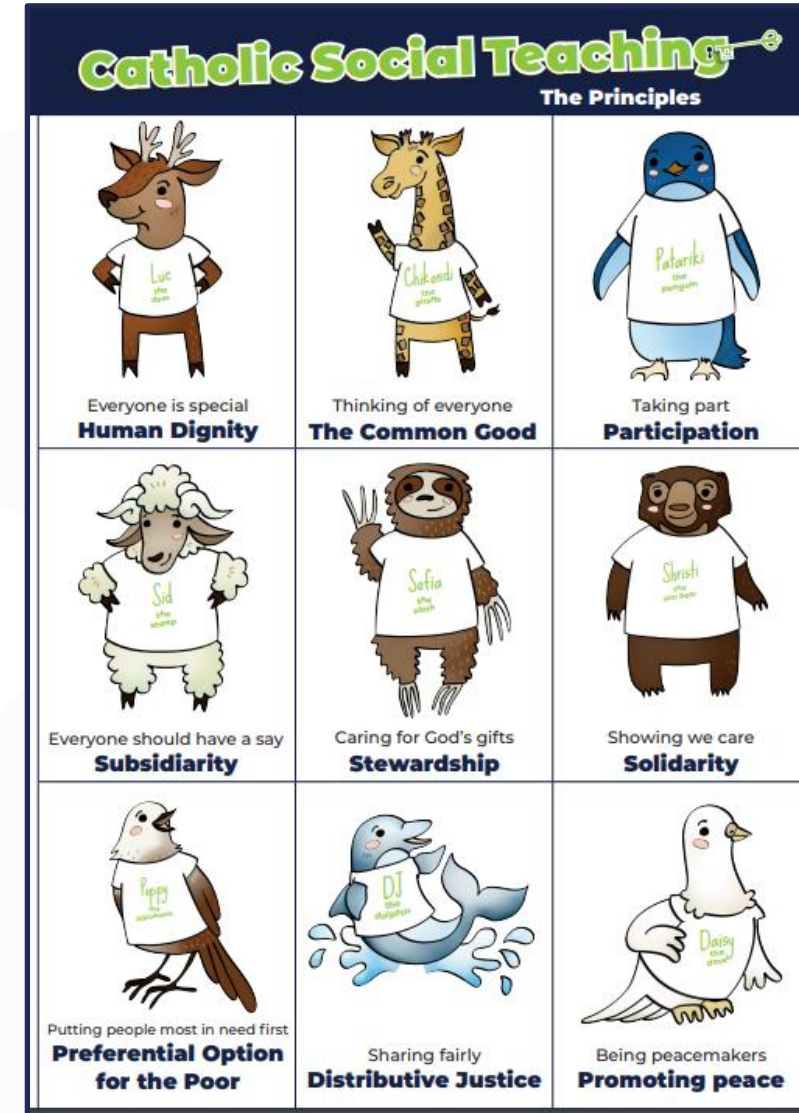
Lord, may we learn to live a life of love, through the Spirit who dwells in us, Amen. Inspired by Mary's love for God

CST TUESDAY (Catholic Social Teaching Principles)

In what other ways have you acted in love today?

- Human Dignity – Everyone is special
- Subsidiarity – Everyone should have a say
- The Common Good – Thinking of everyone
- Participation – Taking Part
- Stewardship – Caring for God's gifts
- Distributive Justice – Sharing fairly
- Solidarity – Showing we care
- Promoting Peace – Being peacemakers
- Preferential Option for the Poor – Putting people in need first

*Let's offer up our loving actions today, to our loving Father
In Heaven, Amen.*



WELLBEING WEDNESDAY

How have you been feeling today?

In what ways have you taken care of your mental health?

Talk to a friend about which of the NHS 5 Ways to Wellbeing you have followed today.

As we follow our mission statement, remember that it's important to love ourselves as well as others, just as God loves us, unique and wonderfully made in His image. ***We ask our mother Mary to pray for our health and happiness, Amen.***



THOUGHTFUL THURSDAY

Have you shown love, respect and tolerance today?

Have you had to think carefully about your actions?

Have you had to stop yourself, or anyone else from
discriminating against someone based on their
PROTECTED CHARACTERISTICS?



As we follow our mission statement, remember that it's important to love one another as Jesus loves us, practising our virtues of RESPECT and LOVE OF NEIGHBOUR.

*We ask Jesus to strengthen us in our mission to always to what is right,
fair and just, Amen.*



FREE-DAY FRIDAY (BRITISH VALUES)

Following the British Values ensures you become valuable and fully rounded members of society who treat others with respect and tolerance, regardless of their background. The prepare you for life in modern Britain.

Q. How have you shown good citizenship today?

Q. Which of the British Values have you followed?

Q. Have any of them helped you out today?

Not all people in the world are free to make their own choices or treated fairly. Let's offer up our thanks to God for all the things in our lives that keep us safe from harm and pray for those less fortunate than ourselves today.

Lord, help us to care for others as you care for us. Amen

