



Notre Dame Morning Prayer January 13-17, 2020

+ = In the name of the Father, and of the Son, and of the Holy Spirit

Monday, January 13, 2020 - trusting in Jesus

In the Bible, we read that some of the apostles were once in a boat on a lake at night and Jesus appeared to them, walking on the water. Peter joined Him and was fine until he stopped looking at Jesus and began to sink. Jesus reached out His hand and saved him. There are some things that are just too big for us to face, experiences that really shake us and cause us to lose sight of who we are and what we are about. Peter had the courage to do anything but the minute he looked away from Jesus, his situation became overwhelming.

Let us pray. + Lord, help us to know that whatever causes us to doubt or fear, or to lose focus, You are always there, ready to hold us firmly, safely, and lovingly in Your embrace. Teach us to look to You in our times of need or stress. Be also with our high school students who start their second half of culminating: bless their studies and help them to bring to mind all they have learned. We pray this together with the words You taught us: *Our Father*. Mary, Mother of God, pray for us. + Amen.

Tuesday, January 14, 2020 - the unconditional friendship of Jesus

Jesus is a loving and supportive friend whose door is always open. Day or night, we can turn to Him as a source of strength, support, and encouragement. As humans, we can sometimes let each other down and be let down. Jesus is a friend who will never let us down. His unconditional love can be our comfort.

Let us pray. + Lord, You want to be our best friend. Please help us to call on You more and develop a relationship with You. Help us to be open to Your friendship and constantly seek Your love in our lives. We pray this together with the words that You taught us: *Our Father*. Mary, Mother of God, pray for us. + Amen.

Wednesday, January 15, 2020 - Elizabeth Ann Seton

Earlier this month, the Church celebrated the feast day of Elizabeth Ann Seton, the first person in what would become the United States to be canonized. Elizabeth had five children but her husband died when she was in her late twenties. Shortly after, in the early 1800s, she became Catholic and started the first Catholic girls' school in the US. She also established a religious community to care for the children of the poor.

Let us pray. + Lord, You blessed Elizabeth Ann Seton with gifts of grace as wife and mother, as educator and foundress, so that she might spend her life in service of Your people. Through her example and prayers, may we learn to express our love for You in love for one another. We ask this through the prayers of Your Mother: *Hail Mary*. + Amen.

Thursday, January 16, 2020 - snow day

Friday, January 17, 2020 - Good Samaritan Trust Fund

Our Dress Down Day today is in support of the Good Samaritan Trust Fund. The term Good Samaritan refers to a story Jesus told of what it means to be a good neighbour. A Jewish man was in distress but avoided by his fellow Jews, and it was someone different, a Samaritan, who helped the man, showing that it is not who you are but what you do that demonstrates if you are a good neighbour.

Let us pray. + Lord, we live in a blessed society but there are times when unique challenges faced by members of our community require extra support. We thank you that the Good Samaritan Trust Fund can aid our students in need. May we recognize the challenges others face and always be willing to offer support. We pray this together with the words You taught us: *Our Father*. Mary, Mother of God, pray for us. + Amen.