



Monday 22<sup>nd</sup> January 2024



***We gather***

# Children's Mental Health Week

## Freedom





Monday 5th February 2024



***We gather***

In the name of the Father, Son  
and Holy Spirit



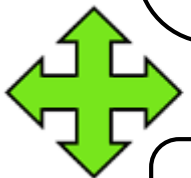
***We listen***

That evening, after the sun was down, they brought sick and evil-afflicted people to him (Mark 1:32)



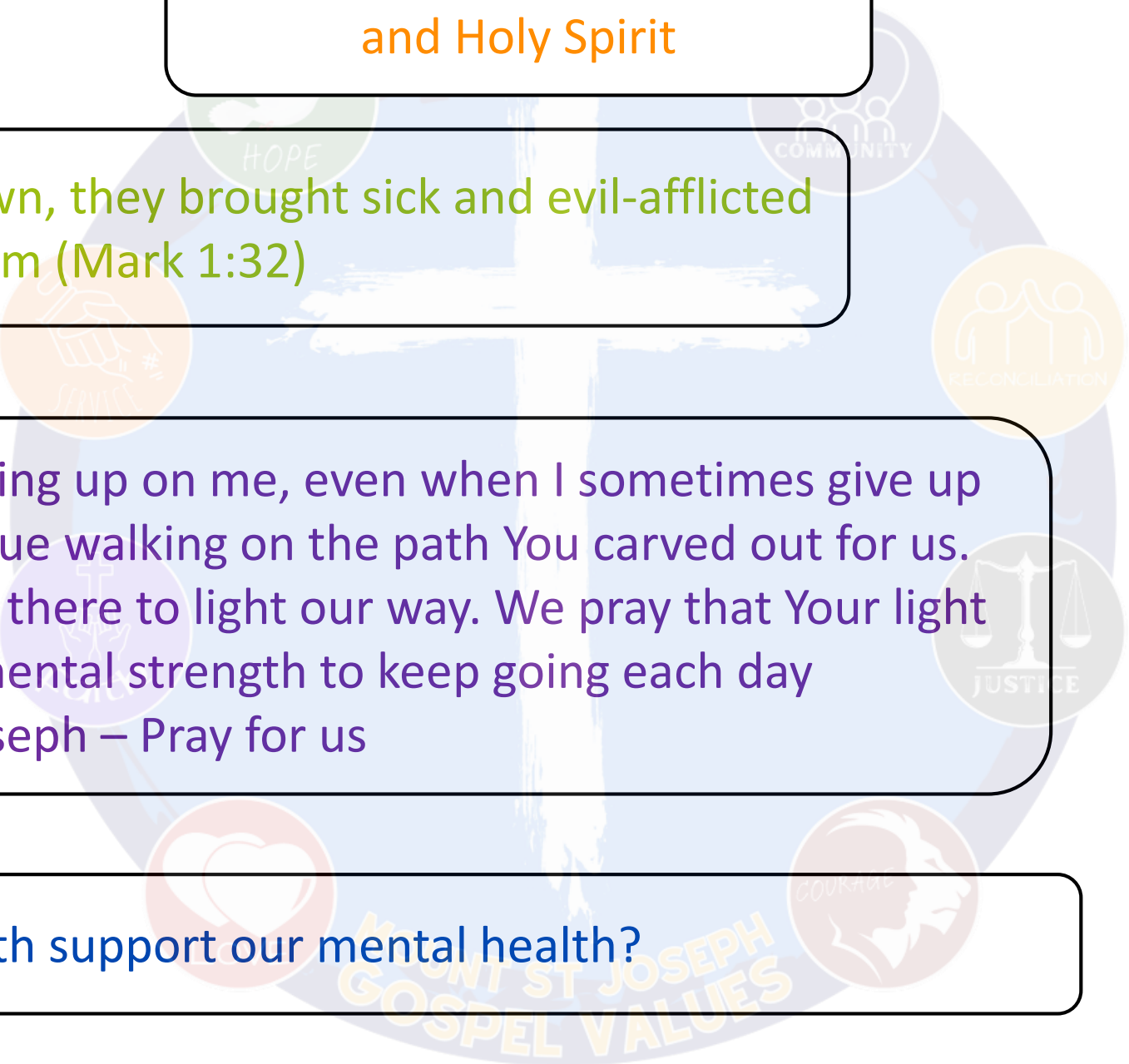
***We respond***

Dear God, thank You for never giving up on me, even when I sometimes give up on myself. Give us hope to continue walking on the path You carved out for us. When all seems hopeless, You are there to light our way. We pray that Your light continues to give us the mental strength to keep going each day  
St Joseph – Pray for us



***We go forth***

How can our faith support our mental health?





Tuesday 6th February 2024



***We gather***

In the name of the Father, Son  
and Holy Spirit



***We listen***



***We respond***



Listen to this short piece of music in silence reflecting on the words



***We go forth***

Who can we pray for today?





Wednesday 7th February 2024



## ***We listen***

Open your mouth, judge righteously, defend the rights of the poor and needy. (Proverbs 31:9)



## ***We respond***

God, help us to use our voice to speak up for others facing poverty or injustice.  
Help us to realise that our voice matters and give us courage to use it.  
St Joseph – Pray for us



## ***We go forth***

How can we defend the rights of the poor and needy?



MOUNT ST JOSEPH  
GOSPEL VALUES



Thursday 8th February 2024



***We gather***

# St Josephine

## Day of Prayer for victims of human trafficking

**In the name of the Father, Son  
and Holy Spirit**







Thursday 8<sup>th</sup> February 2024



***We gather***

In the name of the Father, Son and Holy Spirit



***We listen***

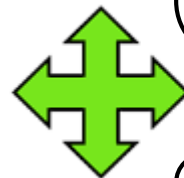
The Lord has loved me so much: we must love everyone... we must be compassionate! (St Josephine)



***We respond***

God, we pray for women, children and men who have been tricked or coerced into slavery; suffering physical and emotional abuse. We know that nothing is hidden from You, and we cry out to You for justice, freedom and mercy.

St Joseph – Pray for us



***We go forth***

Try to research the life of St Josephine

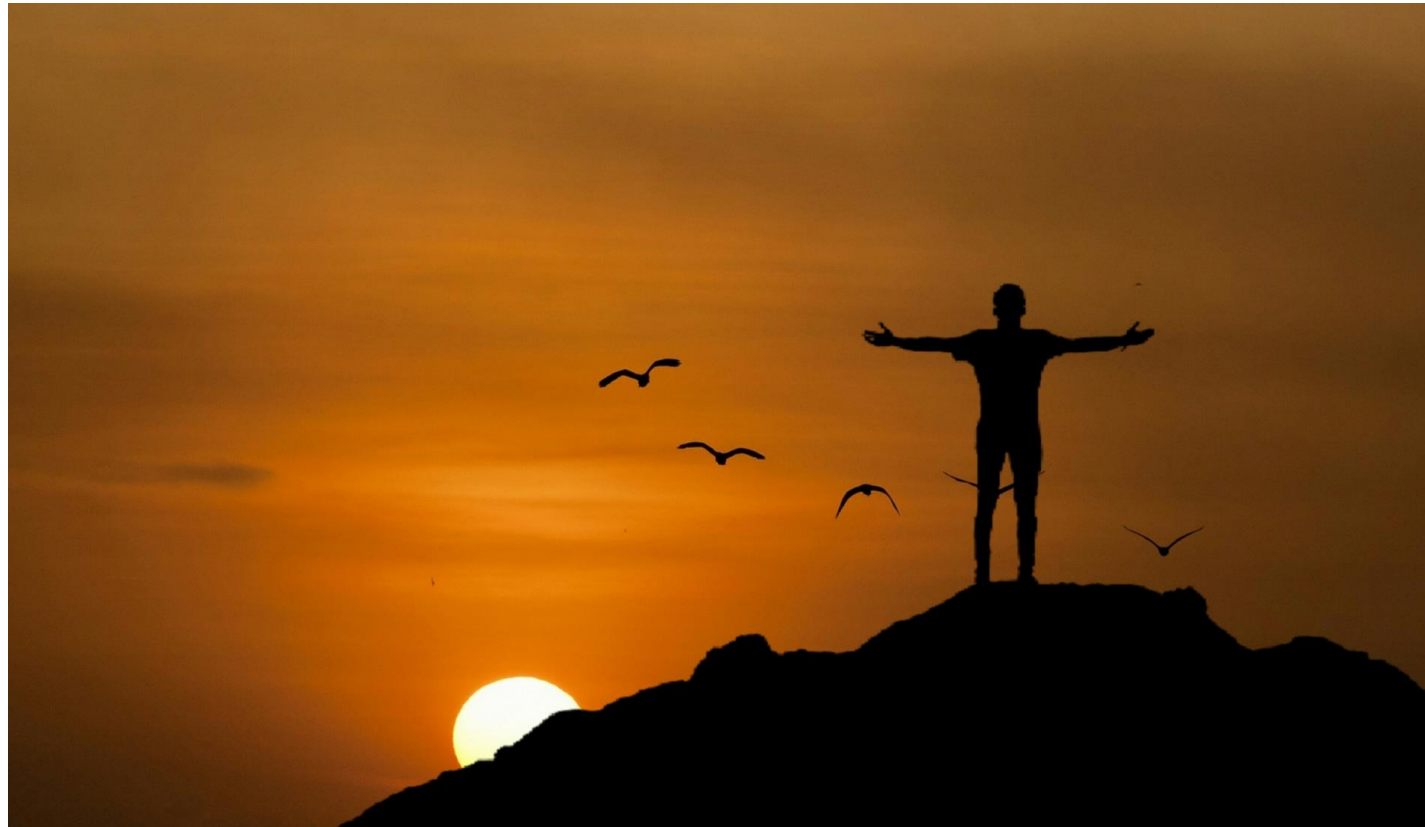


Friday 9<sup>th</sup> February 2024



***We gather***

What does this image represent?



Aimee and Delaney Y10



***We listen***

But once more God will send us his spirit. The wasteland will become fertile, the fields will produce rich crops. Everywhere in the land righteousness and justice will be done. Because everyone will do what is right, there will be peace and security forever.

Isaiah 32:13-17







## ***We respond***

Discuss with a partner what freedom means to you and how your opinion may be different to other people's ideas of freedom.



SPEAK UP, BECAUSE  
THE DAY YOU DON'T  
SPEAK UP FOR THE  
THINGS THAT MATTER  
TO YOU IS THE DAY  
YOUR FREEDOM TRULY  
ENDS.



***We go forth***



"I like working for justice. In lots of countries, people can't speak out because it is too dangerous. So if I have the chance to speak out, I'm happy to. Most young people want to make the world a better place." - Jessica, a CAFOD young leader.

How can we help others to gain freedom?



***We go forth***

God of Freedom,  
Give us the courage and confidence to live giving all to You.  
May we learn to know ourselves  
and be the face of hope for others.  
May we grow in inner freedom  
and share this gift together.  
May we say yes to the wholeness of life  
and choose the good each day.

St Joseph – Pray for us

