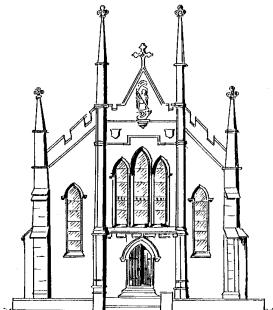


DAILY PRAYERS

WEEK 10

ORDINARY TIME



**HOLY TRINITY & ST GEORGE
CATHOLIC CHURCH**
Serving Kendal and Sedbergh

www.kendalcatholicchurch.uk

Pentecost Sunday

Birthday of the Church

Collect:

O God, who by the mystery of today's great feast sanctify Your whole Church in every people and nation, pour out, we pray, the gifts of the Holy Spirit across the face of the earth and, with the divine grace that was at work when the Gospel was first proclaimed, fill now once more the hearts of believers. Through our Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, God, for ever and ever. Amen.

Today's Gospel reading: John 20: 19-23

Today's prayer:

During this week we'll consider the fruits of the Holy Spirit:

Fruits of the Holy Spirit: Love, Joy, and Peace

These three fruits form the heart of a Spirit-filled life. Love opens us to God and others, joy springs from knowing we are His, and peace steadies us even in storms. When the Spirit leads, these are not fleeting feelings—they are abiding gifts that shape our relationships and our rest.

Prayer:

Holy Spirit, fill us with love that never fades, joy that cannot be shaken, and peace that holds us fast in every season.

Spirit of Love, Joy and Peace, have mercy on us

Monday – Our Lady, Mother of the Church

Collect:

O God, Father of mercies,
whose Only Begotten Son, as He hung upon the Cross,
chose the Blessed Virgin Mary, His Mother,
to be our Mother also,
grant, we pray, that with her loving help
Your Church may be more fruitful day by day
and, exulting in the holiness of her children,
may draw to her embrace all the families of the peoples.
Through our Lord Jesus Christ, Your Son,
who lives and reigns with You in the unity
of the Holy Spirit,
God, for ever and ever. Amen.

Today's Gospel reading: John 19:25-34

Today's prayer: Fruits of the Spirit: Patience and Kindness

Patience helps us bear trials without bitterness. Kindness teaches us to see others with compassion, not competition. The Spirit makes us slow to anger, quick to forgive, gentle in word, and steady in heart. These fruits build bridges where the world builds walls.

Prayer:

Spirit of God, give us patience when the road is long,
and kindness for all we meet along the way.

Spirit of Patience and Kindness, have mercy on us

From a Prayer to Mary, Mother of the Church and Mother of our Faith
Mother, help our faith!

Open our ears to hear God's word
and to recognize His voice and call...

...Teach us to see all things with the eyes of Jesus,
that He may be light for our path.

And may this light of faith always increase in us,
until the dawn of that undying day
which is Christ Himself, your Son, our Lord!

From Pope Francis' Encyclical 'Lumen Fidei' (29 June 2013)

Tuesday – Week 10

Collect:

O God, from whom all good things come,
grant that we, who call on You in our need,
may at Your prompting discern what is right,
and by Your guidance do it.

Through our Lord Jesus Christ, Your Son,
who lives and reigns with You in the unity of the Holy Spirit,
God, for ever and ever. Amen.

Today's Gospel reading: Matthew 5:13-16

Today's prayer:

Fruits of the Spirit: Goodness and Generosity

Goodness is moral strength rooted in God's truth; generosity is the readiness to give freely. The Spirit moves us not just to avoid harm but to do good, to bless others, to open our hands and hearts without calculation. These fruits shine when we serve.

Prayer:

Lord, help us to act with goodness and give with joy,
that we may reflect Your generous heart.

Spirit of love, Goodness and Generosity, have mercy on us

Wednesday – St Barnabas

*Apostle (Date unknown - c. 60 Salamis, Roman Cyprus)
patron Saint of Cyprus*

Collect:

O God, who decreed that Saint Barnabas,
a man filled with faith and the Holy Spirit,
should be set apart to convert the nations,
grant that the Gospel of Christ,
which he strenuously preached,
may be faithfully proclaimed by word and by deed.

Through our Lord Jesus Christ, Your Son,
who lives and reigns with You in the unity of the Holy Spirit,
God, for ever and ever. Amen.

Today's Gospel reading: Matthew 10:7-13

Today's prayer: Fruits of the Spirit: Gentleness and Faithfulness

Gentleness is strength under control—it speaks softly in a shouting world. Faithfulness is constancy, staying true to God and to others even when it costs. The Spirit makes us steady souls, not swept away by fashion or fear, but rooted in trust.

Prayer:

Gracious Spirit, teach us the beauty of gentleness
and make us faithful in all things.

Spirit of Gentleness and Faithfulness, have mercy on us

Grant, O God,
that we may follow the example of your faithful Servant Barnabas,
who, seeking not his own renown
but the well-being of Your Church,
gave generously of his life and substance
for the relief of the poor and the spread of the Gospel.
Through Christ our Lord. Amen.

Saint Barnabas, Pray for us

Thursday - Jesus Christ, Eternal High Priest

Collect:

O God, who for the glory of your majesty and the salvation of the human race, made Your Only Begotten Son the Eternal High Priest, grant that, through the outpouring of the Holy Spirit, those whom He has chosen as ministers and stewards of His mysteries may be found faithful in carrying out the ministry they have received.

Through our Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, God, for ever and ever. Amen.

Today's Gospel reading: Matthew 26:36-42

Today's prayer: Fruits of the Spirit: Modesty and Chastity

Modesty respects dignity—our own and others'. Chastity is love rightly ordered, guarding the sacredness of body and soul. These are not burdens but signs of inner freedom, lived with grace by those who know they are loved by God.

Prayer:

Lord, give us pure hearts and a quiet strength, that we may live with dignity, clarity, and love.

Spirit of Modesty and Chastity, have mercy on us

For Vocations to the Priesthood

God our Father, from eternity You appointed Your only begotten Son to be the High Priest of the human race. Pour forth, we beseech You, Your Holy Spirit upon our families, that vocations to the priesthood may be multiplied. Lord Jesus, give us holy priests: to offer up the sacrifice of the Mass; To lead the little ones to You; to strengthen the faith of believers; To preach the Gospel to all peoples; to bring forgiveness to sinners; To feed souls the Bread of Life; To comfort the suffering & dying, and to spread Your Kingdom in our midst. Mary, Mother of our High Priest, pray for us and obtain for us an increase of holy priests. Amen.

Friday – St Anthony of Padua

Collect:

Almighty ever-living God,
who gave Saint Anthony of Padua to Your people
as an outstanding preacher
and an intercessor in their need,
grant that, with his assistance,
as we follow the teachings of the Christian life,
Through our Lord Jesus Christ, Your Son,
who lives and reigns with You in the unity of the Holy Spirit,
God, for ever and ever. Amen.

Today's Gospel reading: Luke 10:1-9

Today's prayer:

Fruit of the Spirit: Self-Control

In a world of excess, self-control is a quiet miracle. It's the Spirit teaching us not to be ruled by impulse, but to live with intention and discipline. It frees us from slavery to sin and empowers us to choose what's good and life-giving.

Prayer: Holy Spirit, be our strength in weakness;
teach us to master ourselves so we may live in freedom.

Spirit of Self-Control. Have mercy on

Saturday – Week 10

Collect:

O God, from whom all good things come,
grant that we, who call on You in our need,
may at Your prompting discern what is right,
and by Your guidance do it.

Through our Lord Jesus Christ, Your Son,
who lives and reigns with You in the unity of the Holy Spirit,
God, for ever and ever. Amen.

Today's Gospel reading: Matthew 5:33-37

Today's prayer:

Living the Fruits

The fruits of the Spirit are not self-made—they are grown in us when we stay close to Christ. They are signs that the Spirit is alive and working. So today, let's ask not only for gifts but for growth: that the Spirit would bear fruit in us that blesses the world.

Prayer:

Spirit of the Living God, root us in Christ and grow in us the fruits that bring life, joy, and holiness to the world.

Fruits of the Holy Spirit, Have mercy on us