



Values and Virtues Prayers

Kindness Prayer

Heavenly Father, guide us each day

to be loving in all we do and say.

Help us to be gentle,

to forgive and be good friends.

Teach us how to listen with a love that never ends.

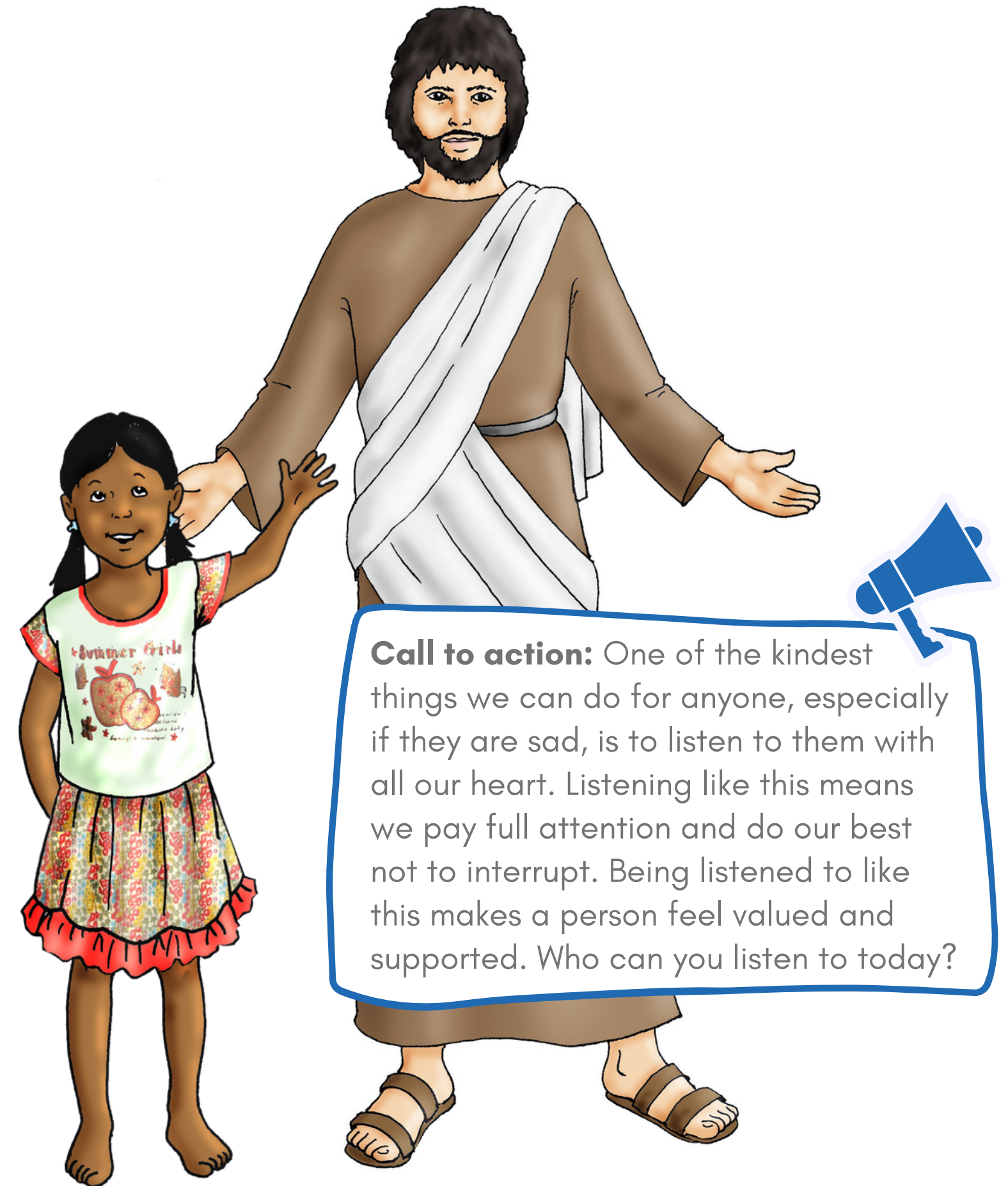
Father, help us to be children

who always have in mind

the importance of being someone

who tries hard to be kind.

Amen.



Call to action: One of the kindest things we can do for anyone, especially if they are sad, is to listen to them with all our heart. Listening like this means we pay full attention and do our best not to interrupt. Being listened to like this makes a person feel valued and supported. Who can you listen to today?

Respect Prayer

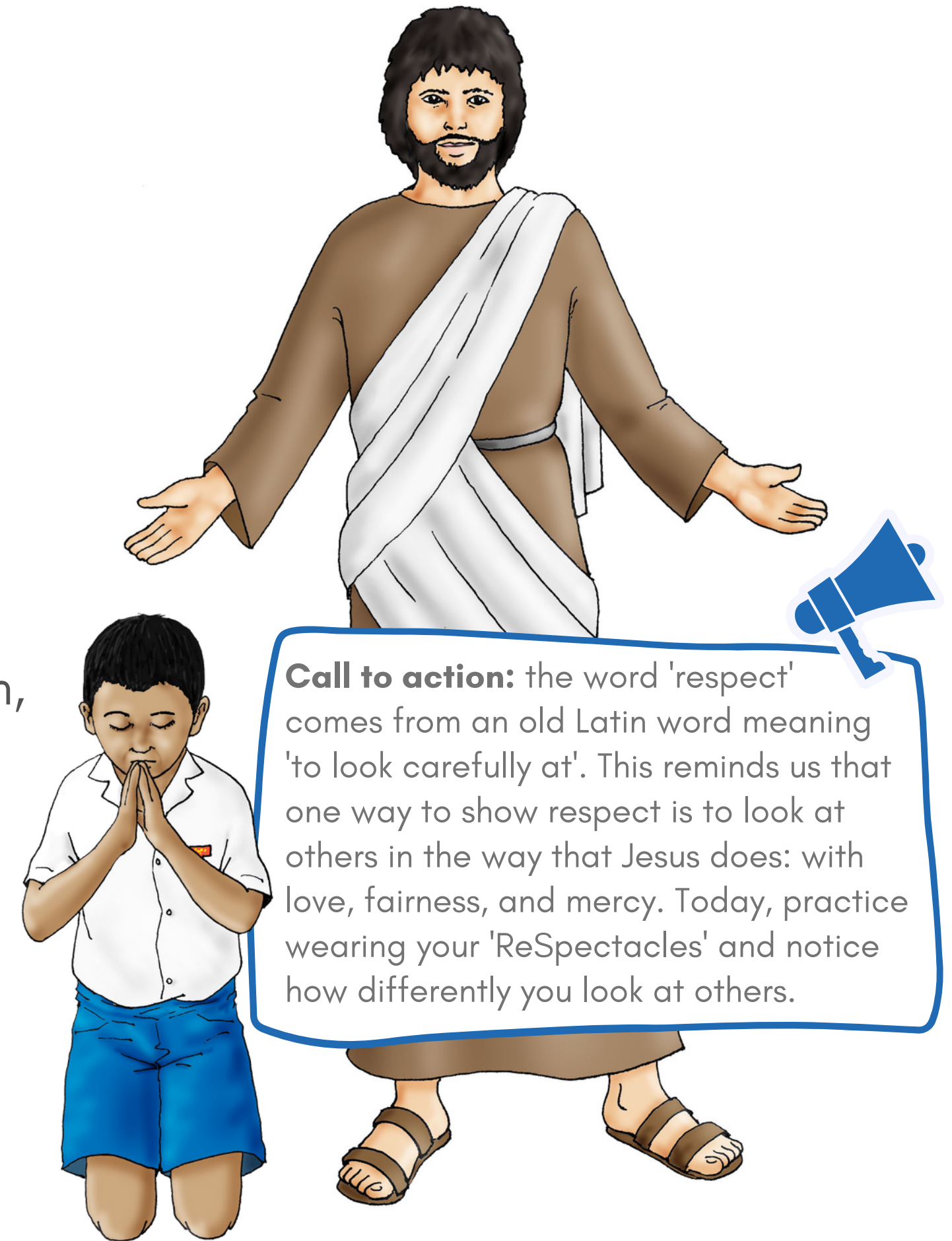
Heavenly Father,
help me to be somebody who shows respect
to everyone I meet.

May I see your image in all who pass my way,
and may they see the same in me
through what I do and say.

Teach me to see all people as your children here on earth,
so that the world can understand everyone's true worth.

The respect I show to others is one way I can try
to build your world of love and peace,
one day at a time.

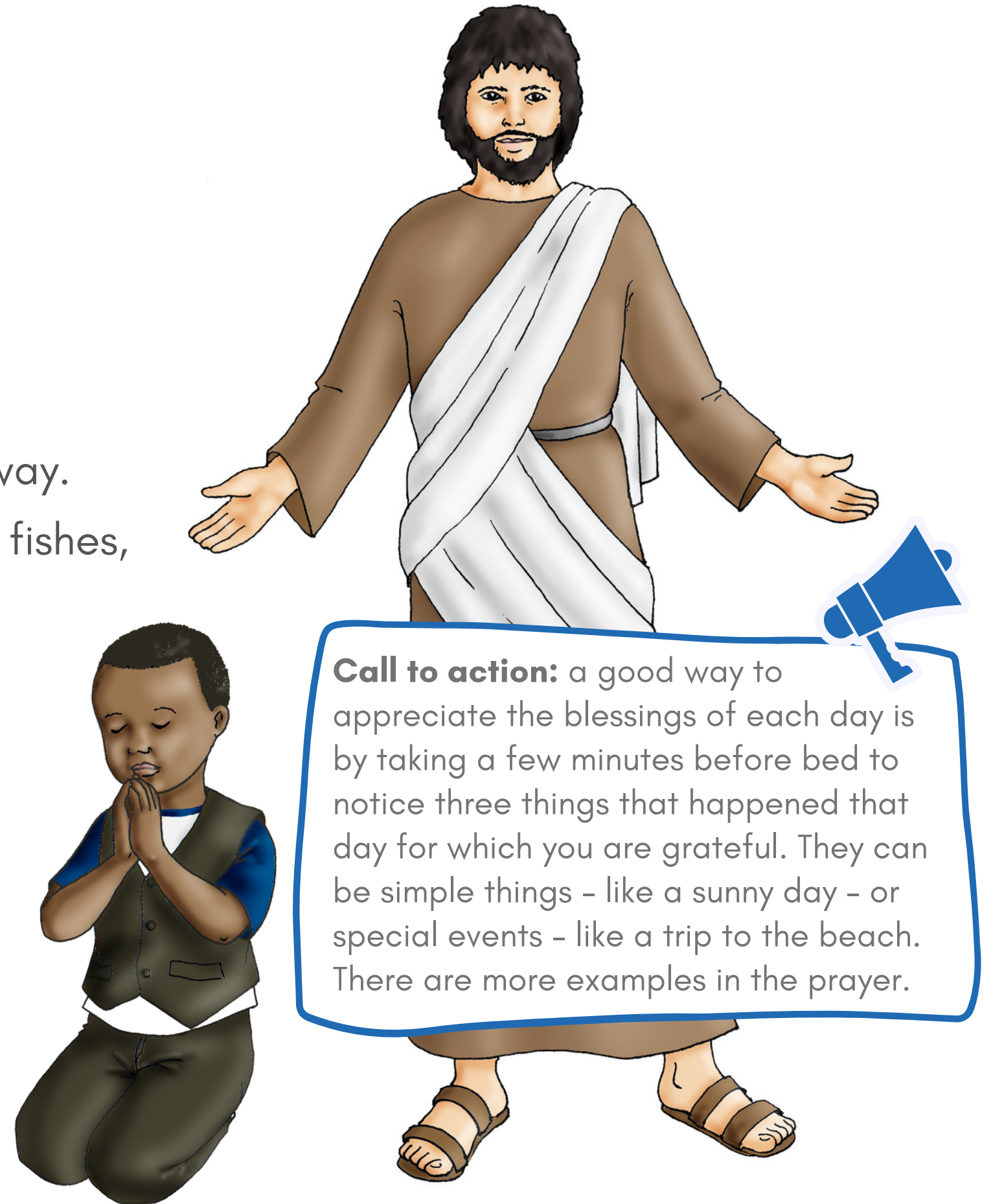
Amen.



Call to action: the word 'respect' comes from an old Latin word meaning 'to look carefully at'. This reminds us that one way to show respect is to look at others in the way that Jesus does: with love, fairness, and mercy. Today, practice wearing your 'ReSpectacles' and notice how differently you look at others.

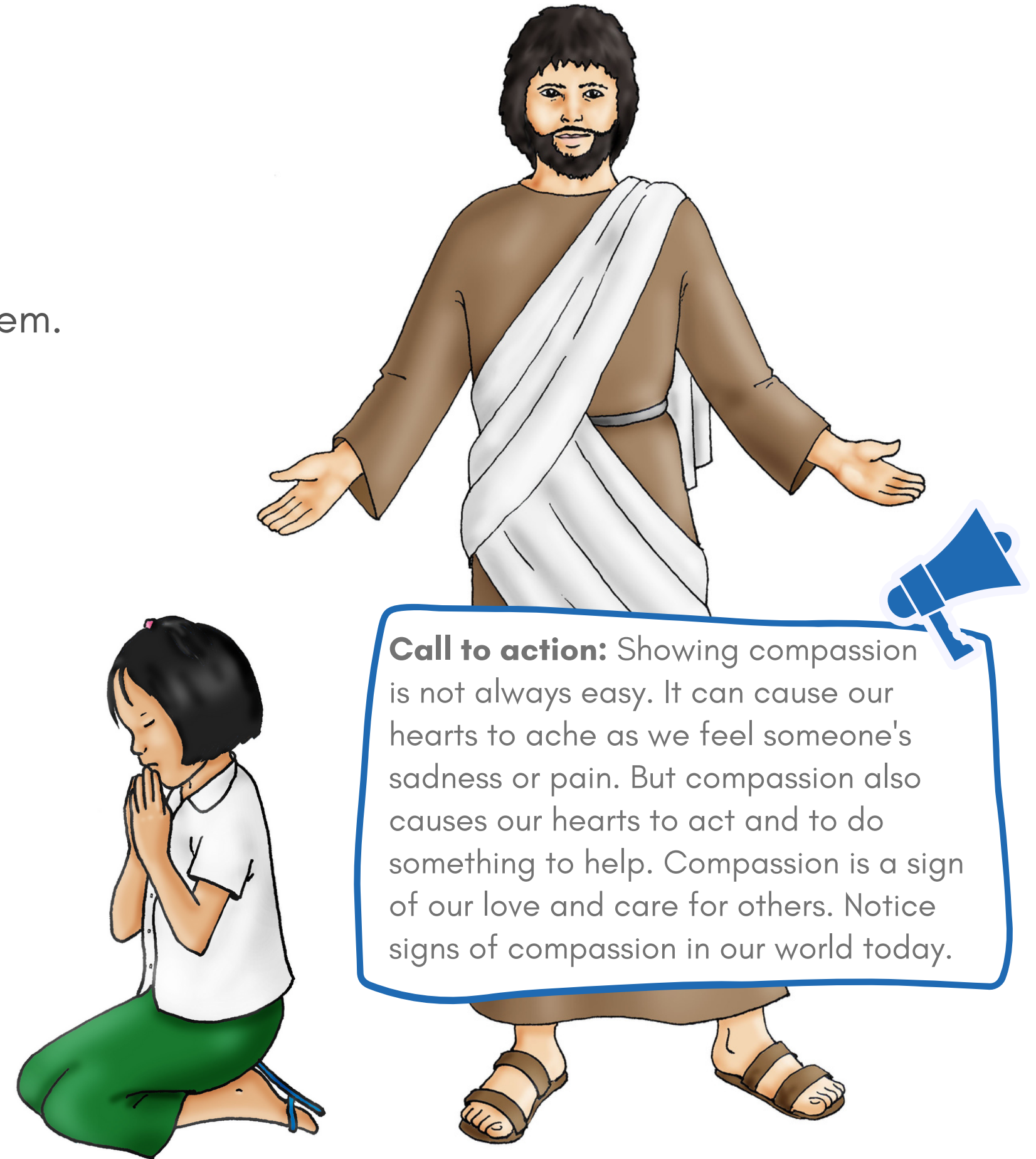
Gratitude Prayer

Dear Jesus,
I am grateful for my friends and family,
for my teachers and my helpers, and the joy they bring to me.
Help me to appreciate the blessings of each day,
like the love I'm shown by others and the care that comes my way.
We know because you showed us, with a few small loaves and fishes,
to give thanks and share the gifts God gives,
and live the way he wishes.
A smile, kind word, shared laughter;
a hug and helping hand:
for these things I am grateful as they help me understand
to appreciate each other is the best way we can say
'thank you, God our Father,
for loving us this way.'
Amen.



Compassion Prayer

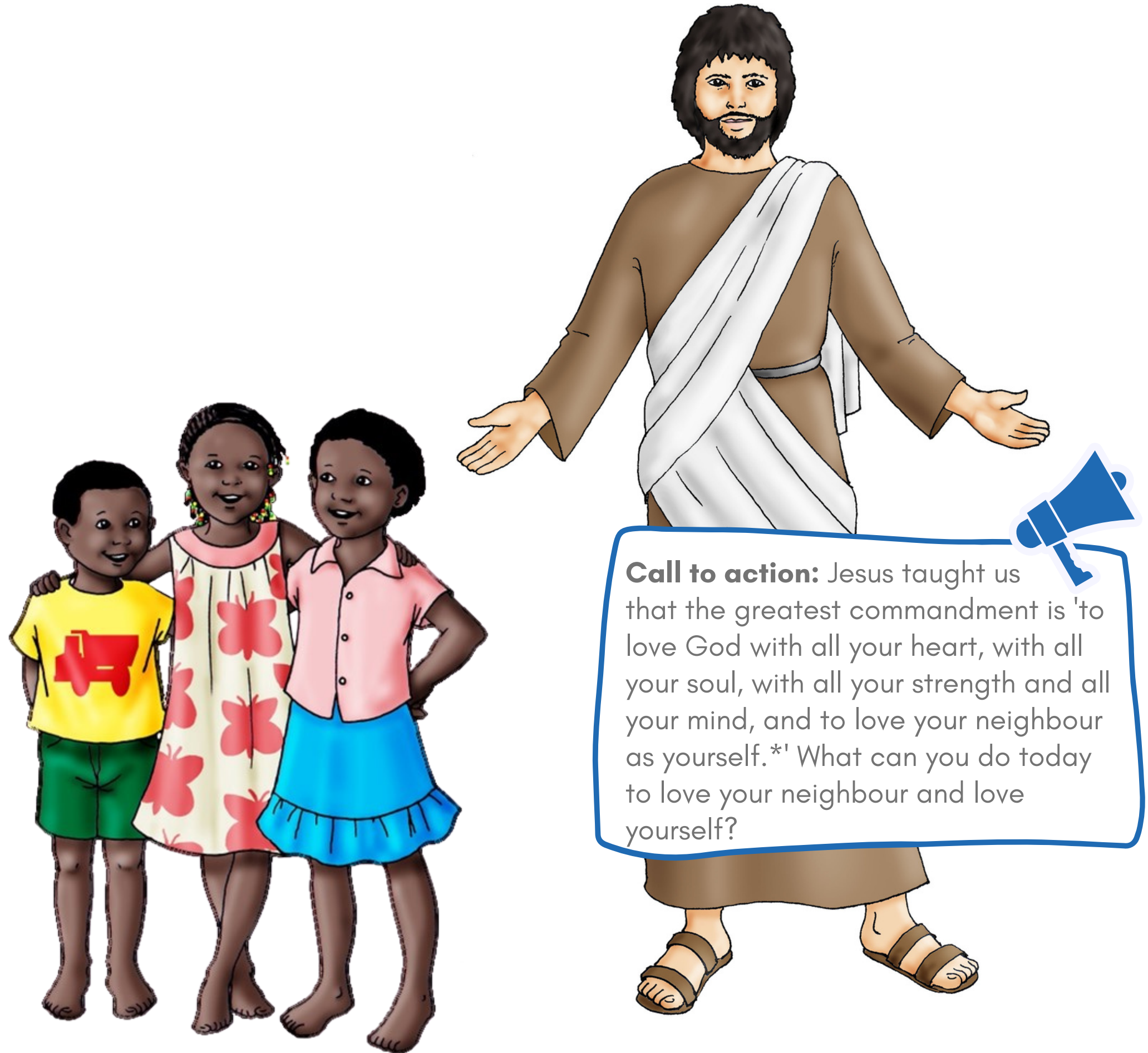
Dear Jesus,
you showed us what compassion is
when you felt the sadness of others and reached out to them.
Help us to follow your example today.
Help us to understand how others might be feeling,
just as you did.
Help us to sit with those who are upset,
just as you did.
Help us to stand by those who are treated unfairly,
just as you did.
Dear Jesus, you showed us what compassion is,
help us to show the world the same.
Amen.



Call to action: Showing compassion is not always easy. It can cause our hearts to ache as we feel someone's sadness or pain. But compassion also causes our hearts to act and to do something to help. Compassion is a sign of our love and care for others. Notice signs of compassion in our world today.

Loving Prayer

Heavenly Father,
you sent your Son, Jesus,
to show us how to love.
Then you sent your Holy Spirit
to guide us from above.
When we love as Jesus taught us,
we're forgiving, kind and fair.
We include and welcome others,
we are grateful, and we share.
Loving isn't always easy,
so, we pray for help each day,
so that with the Holy Spirit
we can follow Jesus' way.
Amen.



Faith Prayer

Loving God,
thank you for the gift of faith
that helps me to know that you are always with me,
will always forgive me,
and that your love for me will never fade.
Lord, help me to understand
that the precious gift of faith you've given me
isn't meant to be kept to myself;
you gave it to me so that I can share it with others.
Help me to share my faith freely,
through my words, actions, and prayers,
so that others might know how much you love them, too.
We make this prayer through Christ, your Son.
Amen.

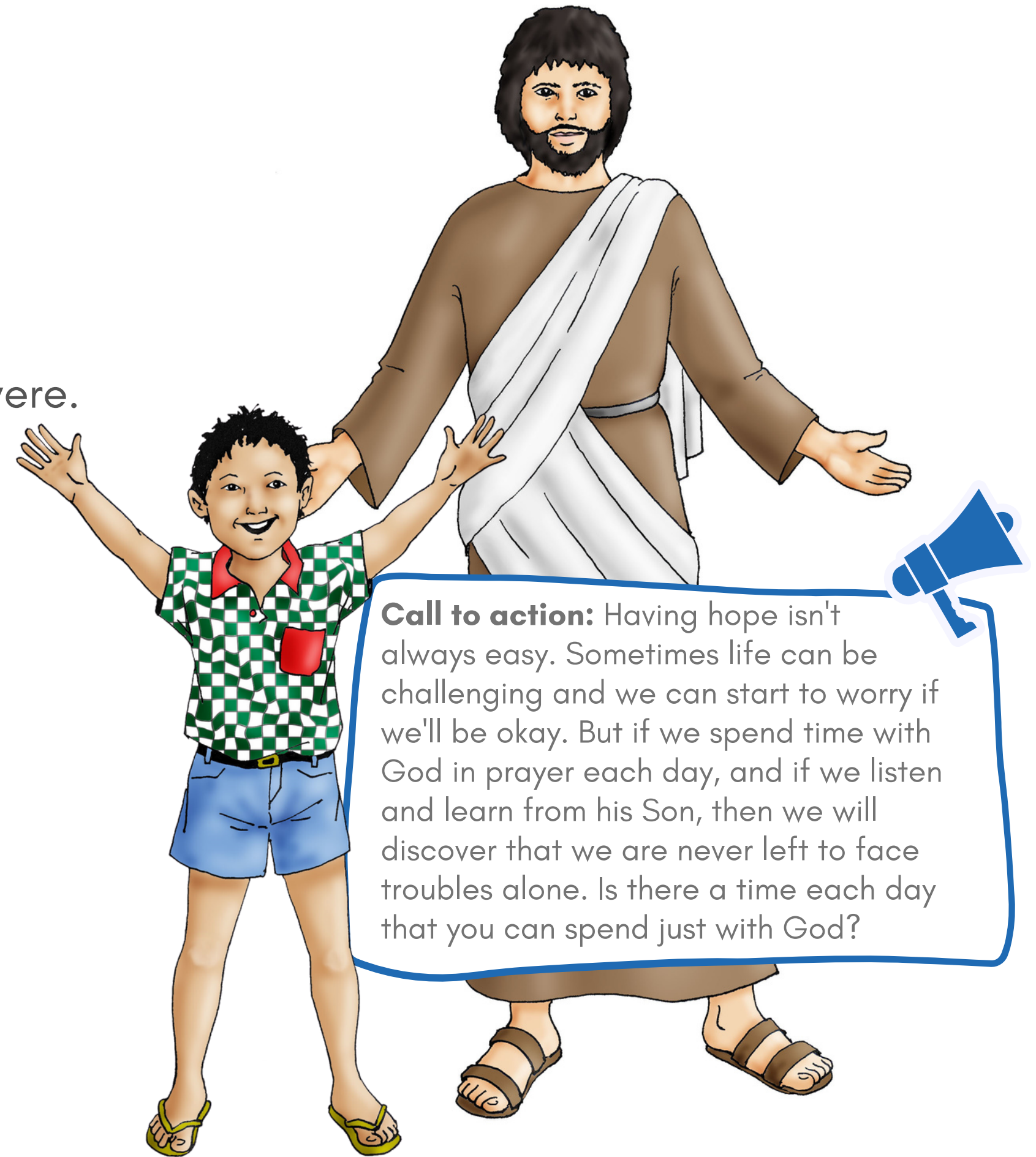


Call to action: Our prayer today encourages us to share the gift of faith. Think of ways you can do this. Maybe you can pray for a family member or friend and let them know you have done so. Or perhaps you could retell a Bible story to your parents and explain what God is saying to us through the story.

Hope Prayer

Loving God,
in the Bible you teach us
how important it is to be people of hope.
When we hope in your love, we find strength to persevere.
When we hope in your love, we find patience to wait.
When we hope in your love, we find courage to try.
When we hope in your love, we find people to help us.
And when we hope in your love,
we find the confidence to help others, too.
Lord, may we always be people who hope in your love
and share this hope with others.
We make this prayer through Christ, your Son.

Amen.



Patience Prayer

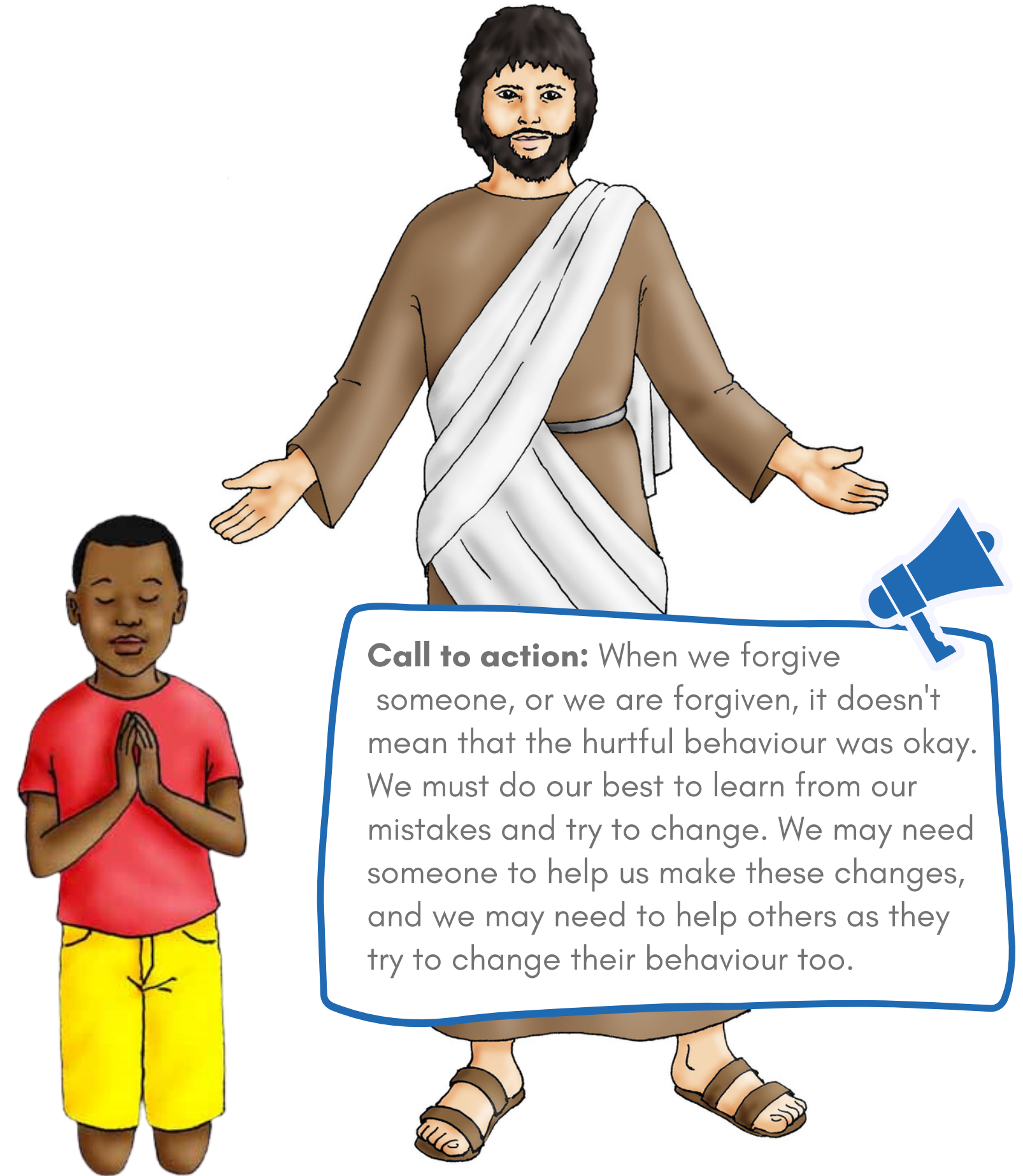
Loving God,
in the Bible you teach us that 'love is patient'.
Help me to understand how I can share your love
by learning how to wait.
Help me to be patient with myself and others,
so that I don't get angry or upset
when things don't happen quickly enough.
Show me how to wait for things to grow,
understanding that some things can't be rushed.
Lord, help me to share your love
by being patient today.
We make this prayer through Christ, your Son.
Amen.



Call to action: Learning to be patient isn't easy. But like all things, with practice we can become better. One way we can learn to be patient is by waiting for someone else to speak when we have something we really want to say. This also helps us to practice important listening skills, too. Try it today.

Forgiveness Prayer

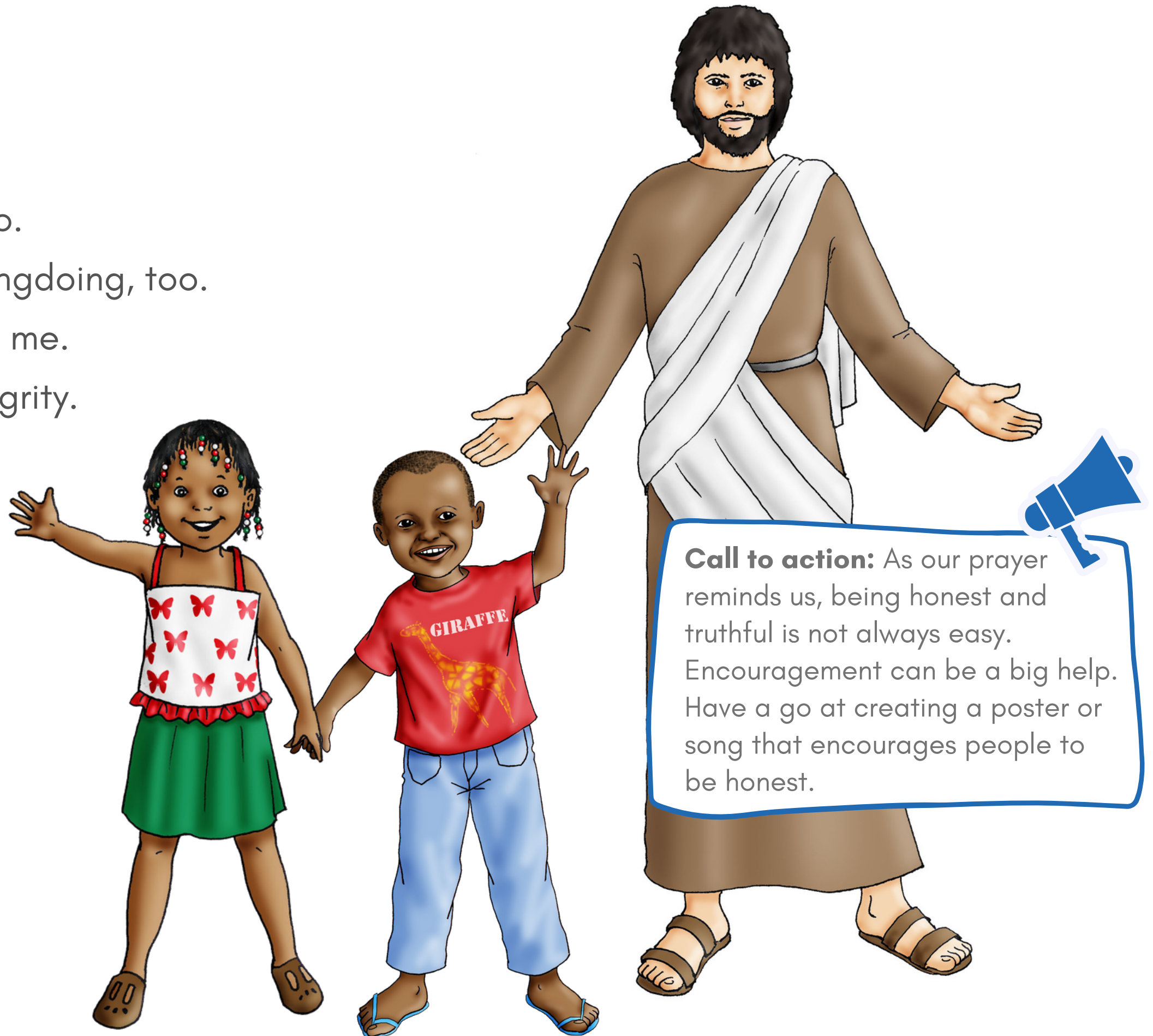
Loving Father,
your Son, Jesus, taught us a lot about forgiveness.
He taught us to trust that when we ask you to forgive us,
you do so freely and gladly.
He taught us that we are forgiven by you,
and so we must forgive others.
And he taught us that being forgiven and forgiving others
helps us to live and love with all our heart.
Help us always to remember how important it is
to forgive and be forgiven,
so we can build relationships and communities
that are joyful, peaceful, and strong.
We make this prayer through Christ, your Son.
Amen.



Honesty Prayer

Loving Father,
help me to be truthful in all that I say and do.
Help me not to tell lies, and not to hide wrongdoing, too.
Help me to be honest, so that others trust in me.
Help me not to cheat or steal, but have integrity.
May I be an honest person,
and when truth is hard to share,
help me always to remember
truth is how I show I care.
Hear this prayer we make together,
and help us, Lord, to be
children who will do their best
to practice honesty.

Amen.



Call to action: As our prayer reminds us, being honest and truthful is not always easy. Encouragement can be a big help. Have a go at creating a poster or song that encourages people to be honest.

Simplicity Prayer

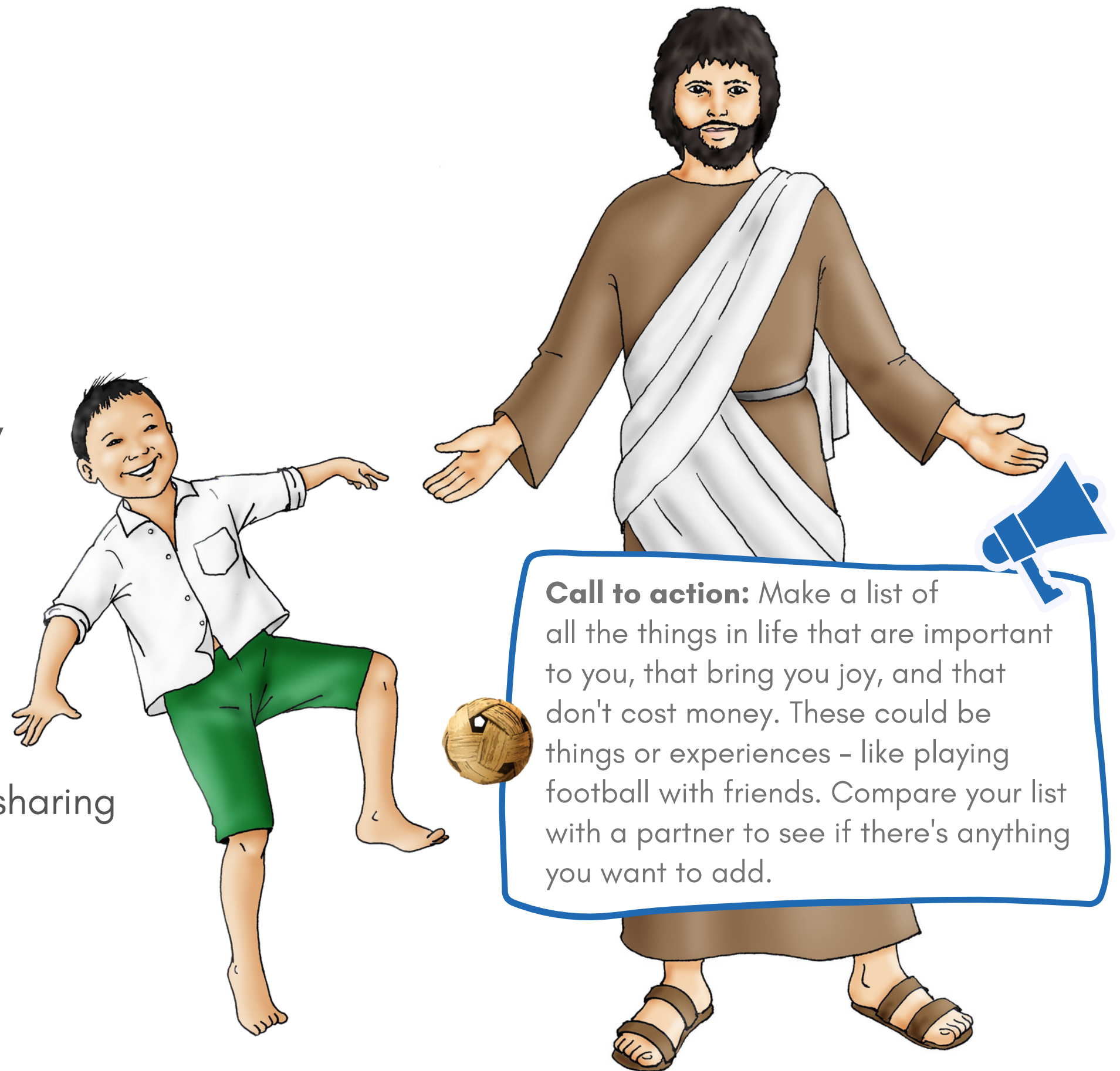
Loving Father,
help us to live simply.

Open our eyes to notice the good things in life
that don't cost money:
family, friendship, nature, music, dancing, laughter,
so many precious things!

Help us not to be fooled by the voices that tell us
that we need lots of stuff to make us happy.

Rather, open our ears
to hear the words of your Son, Jesus,
who taught us that there is more joy in giving and sharing
than in getting and keeping.

We make this prayer through Christ, our Lord,
Amen.



Call to action: Make a list of all the things in life that are important to you, that bring you joy, and that don't cost money. These could be things or experiences - like playing football with friends. Compare your list with a partner to see if there's anything you want to add.

Service Prayer

Loving Father,
you sent your Son, Jesus,
into the world to serve others.
He gave us an example to follow:
that we might be people
who put the needs of others before our own.
Father, your Son showed us that by serving others
we help them to see their dignity and worth.
Father, we pray that all your children
learn to serve one another.
And we ask you to help us serve each other today.
We make this prayer through Christ, our Lord.

Amen.

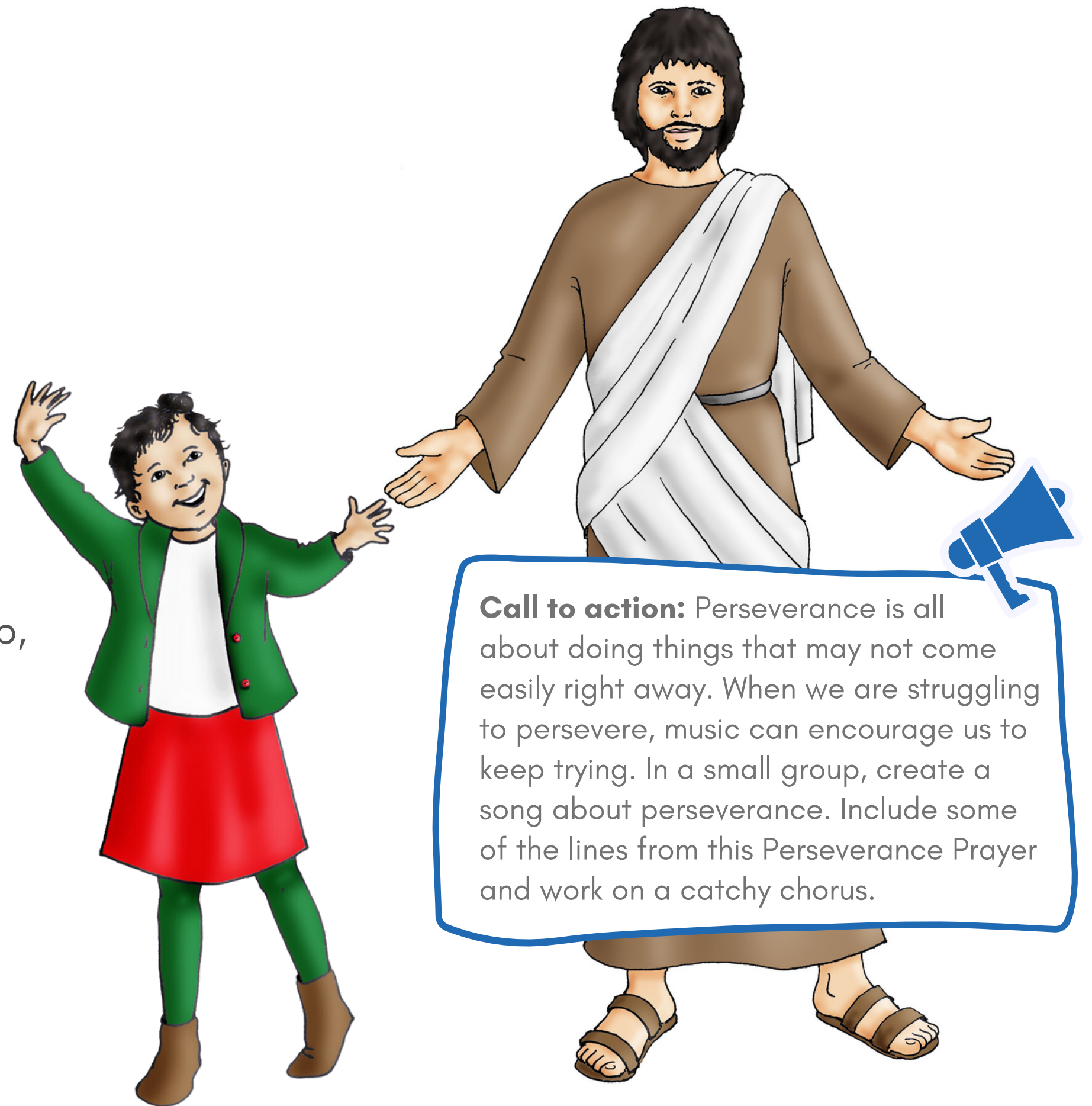


Call to action: When we serve others, we recognise they are a child of God, worthy just as they are. And they can do the same for us! Mission Together encourages children to help children, because wherever we are, and whatever we have, we are all called to serve. How could you help other children today?

Perseverance Prayer

Loving Father,
sometimes life has lots of challenges:
learning new things can be hard,
friendships can be difficult,
we make mistakes, we get things wrong.
When challenges happen,
give me the courage I need to keep trying.
Help me to persevere when I am tempted to give up,
and grant me strength inside
to try again and always do what is right.
Lord, help me to persevere,
trusting that you will strengthen me always.
We make this prayer through Christ, our Lord.

Amen.

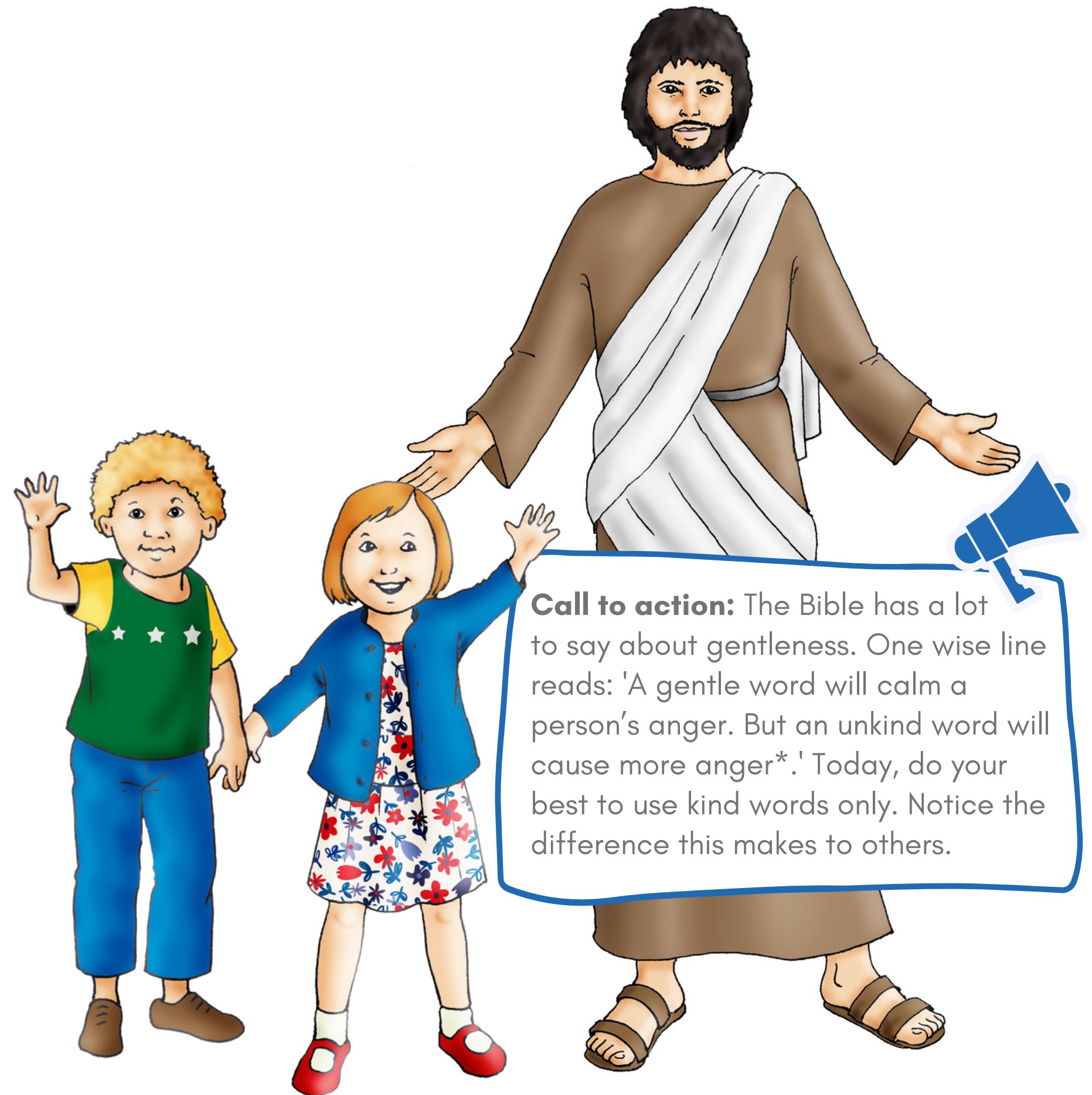


Call to action: Perseverance is all about doing things that may not come easily right away. When we are struggling to persevere, music can encourage us to keep trying. In a small group, create a song about perseverance. Include some of the lines from this Perseverance Prayer and work on a catchy chorus.

Gentleness Prayer

Loving Father,
in the Bible we read how your Son, Jesus,
called himself 'gentle in heart'.
Help me to be gentle, too.
Help me to use gentle actions like your Son,
so that others know that I care.
Help me to use gentle words like your Son,
even when defending what is right and true.
Lord, some think that gentleness is weak.
Help me to remember the courage of your Son,
who was not afraid to be gentle,
and not afraid to speak out.
We make this prayer through Christ, our Lord.

Amen.



Call to action: The Bible has a lot to say about gentleness. One wise line reads: 'A gentle word will calm a person's anger. But an unkind word will cause more anger*.' Today, do your best to use kind words only. Notice the difference this makes to others.

Generosity Prayer

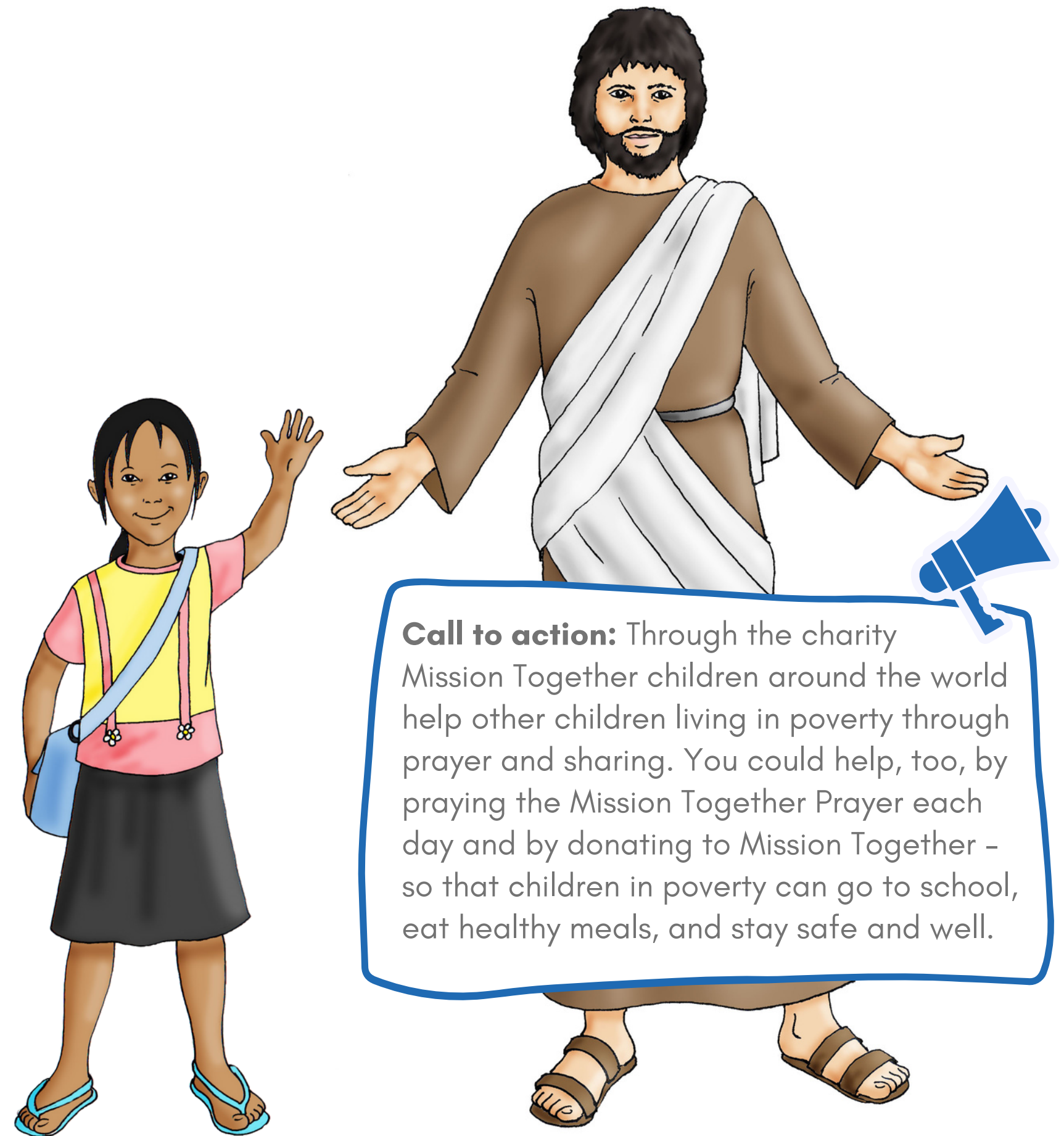
Loving Father,
the Bible tells us that you love those
who give cheerfully.

Your Son, Jesus, showed us how to be generous.
Bless me with a generous and cheerful spirit, too,
so that I happily share what I have to help others.

Happy to share my faith,
to share my time,
to share my things,
to share my talents,
to share mercy and welcome
and kindness with everyone.

We make this prayer through Christ, our Lord.

Amen.

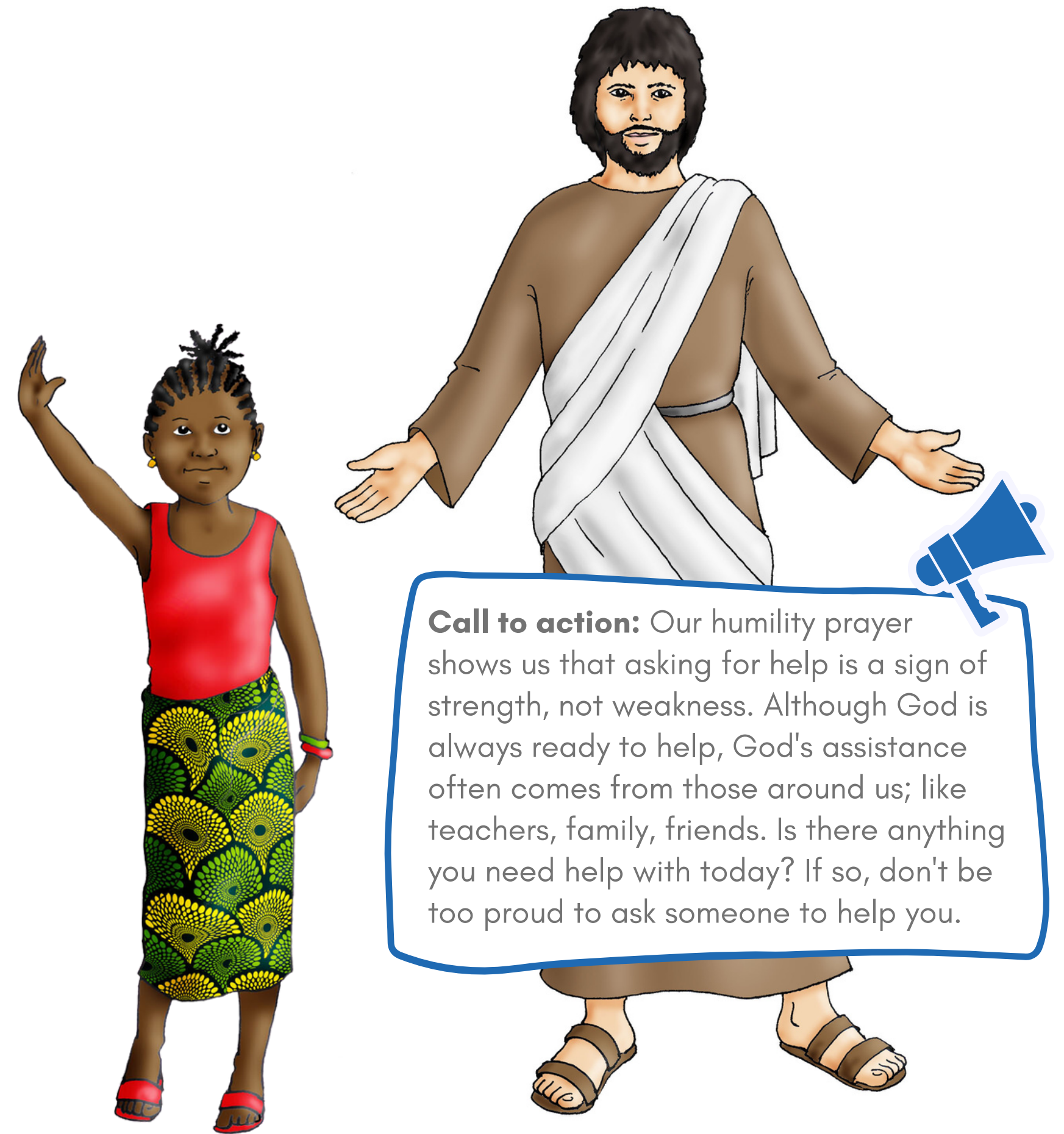


Call to action: Through the charity Mission Together children around the world help other children living in poverty through prayer and sharing. You could help, too, by praying the Mission Together Prayer each day and by donating to Mission Together – so that children in poverty can go to school, eat healthy meals, and stay safe and well.

Humility Prayer

Loving Father,
your Son, Jesus, taught us
that those who are humble will be lifted high.
Lord, help me to be humble,
so that I might think less of my own needs,
and more about the needs of others.
Help me to consider how I can serve others,
rather than how others can serve me.
Help me to be self-confident, but not arrogant,
and to understand that however much I know,
there is always more to learn and discover.
Lord, help me always to know my need for you.
We make this prayer through Christ, our Lord.

Amen.



Call to action: Our humility prayer shows us that asking for help is a sign of strength, not weakness. Although God is always ready to help, God's assistance often comes from those around us; like teachers, family, friends. Is there anything you need help with today? If so, don't be too proud to ask someone to help you.