

Christ the King School

‘Build Your Own’ Handbook



A guide to help you
create your very own
liturgical prayer





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'Be strong and courageous. Do not be afraid, for the Lord your God goes with you; he will never leave you nor forsake you' (Deuteronomy 31:6).

Introduction

Welcome to the 'Build Your Own' handbook.

The idea behind this handbook is to help you to plan liturgical prayer during form time which allow all to develop their relationship with God. Each form will deliver one a week and TWO students will be given the task to plan and deliver it. All students will have the opportunity to experience this throughout the academic year.

These liturgical prayers will be planned and led by you, the students. You will have ownership over which **theme** you want to focus on, which **scripture (the Word)** you want to explore, which questions you want all to reflect on as a **response** to the Word, which **prayer** you want to offer up and the **mission** you want your peers to live out the following week (*ideas can be found at the back of this booklet*).

This handbook comes with accompanying planning sheets. These are for you to use and provide the order of events. They are colour coordinated and their meaning is below:

White – these sections are set and scripted for you to use.

Yellow – these sections are to be completed using the themes found in this handbook.

Lilac – these sections are for you to explore and complete yourself. You can seek help and support from your form leader and/or our school chaplains.

'Be strong and courageous. Do not be afraid, for the Lord your God goes with you; he will never leave you nor forsake you' (Deuteronomy 31:6).





The Word

1. 1 Corinthians 13 'Love is patient, love is kind'
2. Mark 12:31 'Love your neighbour as yourself'
3. 1 John 4 'Dear Friends, as God so loved us, we ought to love one another'
4. 1 Peter 'Above all show sincere love to each other because love brings about the forgiveness of many sins'
5. John 3:16 'For God so loved the world that he gave his only son'
6. Jeremiah 31 'I have loved you with an everlasting love and I have drawn you with unfailing kindness'



Response Questions

1. How can you show love to others this week?
2. Where have you experienced God's love?
3. Reflect on a time where you haven't been as loving as you could have been. How can you do better next time?
4. How does the scripture make you feel?
5. Can you write down a way to experience God's love this week? (e.g. take some time praying, ask the Chaplain a question about God's love, or pop into the Chapel)
6. How can you show love to yourself this week?

Prayers

1. Dear God,

Please help us to be kind to one another and show love to others just like the love you have for us.

Amen

2. Dear God,

Please help us to show love to everyone we meet this week. Please help us to remember we are also loved by you.

Amen

3. Dear Lord,

Please help us to encounter your love in a new way every day. Help us to know that we are precious to you and created by you.

Amen

4. Dear Lord,

We pray that your love will shine through our community this week. Please guide all at Christ the King to make positive decisions that will spread your love to those around them.

Amen

5. Dear Lord,

We pray for those less fortunate than ourselves. We pray that they feel your love in their times of trial.

Amen

6. Dear God,

We pray for all of those who feel isolated at this current time. Help us to share the love you have given us where it is needed most.

Amen





The Word

1. Mark 6: 30-44 Feeding of the 5000
(find and read from the Bible on your prayer table)
2. Genesis 7:1 Noah's Ark
(find and read from the Bible on your prayer table)
3. 1 Luke 1: 39-56 Mary visits Elizabeth
(find and read from the Bible on your prayer table)
4. Philippians 4:13 'I can do all things through Christ who strengthens me'
5. Jeremiah 29:11 'Know the plans I have for you says the Lord, plans to prosper you and not to harm you, plans to give you hope and a future'
6. Luke 10: 25-37 The Good Samaritan
(find and read from the Bible on your prayer table)



Response Questions

1. How can you bring hope to your community?
2. What are signs of hope in your life?
3. How do you have hope when things aren't going right?
4. What brings you hope?
5. How can hope help you achieve your aspirations?
6. Mary had hope in God, even when she was afraid. How can we grow in our hope in God?

Prayers

1. Dear God,

Please give hope to those who need it and bless those that need your guidance.

Amen

2. Dear Lord,

Hope is something we all need in our lives like Noah in the Ark. We need hope to carry on pushing for our aspirations. Please give us that hope.

Amen

3. Dear Lord,

Help us to seek hope in our hearts to overcome our fears and worries. We pray that you are always by our side.

Amen

4. Lord give us the strength and hope to overcome our challenges and the hope that we need to get through our journey in life.

Amen

5. Dear God,

Please give us the hope Mary had in God and help us to be strong in our everyday lives.

Amen

6. Dear God,

Forgive us our sins and fill our hearts with hope. Let us overcome sadness and stress and let us be confident in ourselves.

Amen



RESILIENCE



The Word

1. Joshua 1:9 'Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.'
2. 2 Timothy 1:7 'For God gave us a spirit not of fear but of power and love and self-control.'
3. Philippians 4:13 'I can do all things through him who strengthens me.'
4. Psalm 31:24 'Be strong, and let your heart take courage, all you who wait for the Lord!'
5. Romans 12:12 'Rejoice in hope, be patient in tribulation, be constant in prayer.'
6. Proverbs 3:5-6 'Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.'



Response Questions

1. Where have you seen an example of resilience?
2. What are times when you have had to be resilient?
3. What has helped you to be resilient?
4. How can you help others to be resilient?
5. When did Jesus show resilience?
6. How can our faith help us to be resilient in difficult times?

Prayers

1. Dear God,

Help us in hard times to be resilient and lead us in your strength.

Amen

2. Dear God,

Help me to be resilient like you have shown me in times of suffering.

When you carried the cross you were resilient, when you were nailed to the cross you were resilient, when you died and rose for us you were resilient.

Amen

3. Dear Lord,

Please help us to be resilient in our faith so that one day we can be with you in heaven.

Amen

4. Dear Lord,

Please help us to have hope in difficult times. To know that you are always with us.

Amen

5. Mary,

You had to suffer to be there for your son. Please help us to be there for others suffering around us.

Amen

6. Dear God,

Please be with people who are struggling in their faith. Please remind them of your love.

Amen





The Word

1. Ecclesiastes 4:9-12 'Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.'
2. Acts 2:42-47 'And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. And awe came upon every soul, and many wonders and signs were being done through the apostles. And all who believed were together and had all things in common. And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts...'
3. Matthew 18:20 'For where two or three are gathered in my name, there am I among them.'
4. Matthew 22:37-40 'And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbour as yourself. On these two commandments depend all the Law and the Prophets.'
5. Romans 12:4-5 'For as in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another.'
6. Romans 12:16 'Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight.'



Response Questions

1. What communities are we a part of?
2. What is your role in our school community?
3. What makes a community work?
4. How can a community support us?
5. What does Jesus teach us about community?
6. How can you be more like Jesus in our community?

Prayers

1. Dear God,

Please help us to be responsible members of our community. Help us to be kind and respectful to everyone we meet.

Amen

2. Dear God,

Please help us to support each other when we know someone is going through a difficult time. Help us to be compassionate and caring as a school.

Amen

3. Dear Lord,

Please help us to live out community like you showed your disciples how to. Help us to always be there for each other.

Amen

4. Dear Lord,

Thank you for the people who make our school community a safe and happy place. Thank you for our teachers and friends.

Amen

5. Jesus,

You show us that we need other people to get to heaven. Help us to be lights in our community and guide each other along the right path.

Amen

6. Dear God,

Thank you for all the communities we are a part of. Such as our families, church, school and extra clubs.

Amen





1. Daniel 3:16-18 'Shadrach, Meshach, and Abednego answered, "Your Majesty, we will not try to defend ourselves. If the God whom we serve is able to save us from the blazing furnace and from your power, then He will. But even if He doesn't, Your Majesty may be sure that we will not worship your god, and we will not bow down to the gold statue that you have set up.'
2. Hebrews 11:1 'To have faith is to be sure of the things we hope for, to be certain of the things we cannot see.'
3. Galatians 2:20 'I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.'
4. Proverbs 3:5-6 'Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.'
5. Matthew 17:20 'He said to them, "Because of your little faith. For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, 'Move from here to there,' and it will move, and nothing will be impossible for you.'
6. Luke 1:38-39 'And Mary said, "Behold, I am the handmaid of the Lord; let it be to me according to your word." And the angel departed from her'



Response Questions

1. Do you always have complete faith in God? When was a time that you didn't have faith that God was with you?
2. What does faith mean to you?
3. How can we grow in our faith and trust in God?
4. Why should we have faith in God?
5. Which people in your life do you have faith in?
6. When is a time that someone has had faith in you? How did that make you feel?

Prayers

1. Dear God,

We are sorry for the times we have not had faith in you and have lost our way. Help us to realise that you are with us and seek the right path towards you.

Amen

2. Dear God,

Thank you for your constant faith in us. Help us to try every day to live out our faith in you.

Amen

3. Dear Lord,

Help us to be like Mary and have complete faith in you, even when we might feel overwhelmed.

Amen

4. Dear Lord,

Please help us to be there for other people when they have lost their faith and are in a time of need. May we be a light to them.

Amen

5. Dear Lord,

Help us to have a good day and to show faith in you.

Amen

6. Dear God,

Thank you for bringing Jesus to us so that we can live out our faith.

Amen





1. Ephesians 6:14-17 'Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.'
2. Joshua 1:9 'Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.'
3. 2 Timothy 1:7 'For God gave us a spirit not of fear but of power and love and self-control.'
4. John 14:27 'Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.'
5. John 16:33 'I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.'
6. Isaiah 41:10 'Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.'



Response Questions

1. When was a time that you haven't had courage?
2. What helps you to have courage in yourself?
3. Is there anyone in your life who inspires you to be courageous?
4. How can God help us to be brave?
5. What helps you to get through difficult times?
6. How can you help someone to be courageous?

Prayers

1. Dear God,

Please give us the courage to do what is right in our everyday life.

Amen

2. Dear God,

Please be with us when we're going through difficult times, and we don't feel courageous.

Amen

3. Jesus,

You were full of courage when you were on the cross. Although you felt afraid you still did what was right. Please help us to do the right thing even when we feel afraid.

Amen

4. Dear Lord,

Please help us to be peaceful knowing that you are always with us and to be a light to others.

Amen

5. Holy Spirit,

Please fill us with courage to be at peace and to know that God is always with us.

Amen

6. Dear God,

Please forgive us when we have not stood up for something we know is right. Please forgive us for the times we haven't had courage.

Amen





The Word

1. Luke 10:30-37 'Jesus answered, "There was once a man who was going down from Jerusalem to Jericho when robbers attacked him, stripped him, and beat him up, leaving him half dead. It so happened that a priest was going down that road; but when he saw the man, he walked on by on the other side. In the same way a Levite also came there, went over and looked at the man, and then walked on by on the other side. But a Samaritan who was traveling that way came upon the man, and when he saw him, his heart was filled with pity. He went over to him, poured oil and wine on his wounds, and bandaged them; then he put the man on his own animal and took him to an inn, where he took care of him. The next day he took out two silver coins and gave them to the innkeeper. 'Take care of him,' he told the innkeeper, 'And when I come back this way, I will pay you whatever else you spend on him.'"
2. 1 Timothy 5:8 'Anyone who does not provide for their relatives, and especially for their own household, has denied the faith and is worse than an unbeliever.'
3. Luke 16:10 'Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much.'
4. Genesis 2:8-15 'Then the Lord God planted a garden in Eden, in the East, and there he put the man he had formed. He made all kinds of beautiful trees grow there and produce good fruit. In the middle of the garden stood the tree that gives life and the tree that gives knowledge of what is good and what is bad. Then the Lord God placed the man in the Garden of Eden to cultivate it and guard it.'
5. Romans 12:6-8 'Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; the one who teaches, in his teaching; the one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness.'
6. 1 John 3:16-18 'By this we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers. But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? Little children, let us not love in word or talk but indeed and in truth.'



Response Questions

1. Do you take responsibility for your actions?
2. Is it easy to take responsibility?
3. How can you be more responsible?
4. How does it feel to take responsibility?
5. What are your responsibilities?
6. How do you take responsibility for your faith?

Prayers

1. Dear God,

Help me face the consequences for my actions and help me to be honest.

Amen

2. Dear God,

Please help us to make the right choices and be responsible for our actions.

Amen

3. Dear Lord,

Please help us to take responsibility of our actions when we sin against you.

Amen

4. Dear Lord,

Help us to be more responsible and respect those who are responsible.

Amen

5. Dear Lord,

Help us be responsible and make the right choices in our day to day lives.

Amen

6. Dear God,

Help us to make the right decisions and follow in Jesus' footsteps.

Amen





1. Corinthians 5:17 'Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.'
2. Jeremiah 29:11 'For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.'
3. Isaiah 43:18-19 'Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.'
4. Lamentations 3:22-24 'The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. "The Lord is my portion," says my soul, "therefore I will hope in him.'
5. Ezekiel 36:26 'And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh.'
6. Revelation 21:4 'He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.'



Response Questions

1. What does a new beginning mean to you?
2. How can you be responsible in your day-to-day life?
3. In what way do you want to start your new journey?
4. What piece of scripture makes you think of a new beginning?
5. When have you experienced a new beginning?
6. How do you start again?

Prayers

1. Dear God,

Help us to push through our new beginning and help us to make the most of it.

Amen

2. Dear God,

Please help us to start a new beginning and renew us to be better followers of Jesus.

Amen

3. Dear Lord,

Please let every day be a new beginning so we can start fresh and thrive.

Amen

4. Dear Lord,

Help us to start a new path in your love.

Amen

5. Dear Lord,

We pray for those who have died, that their new beginning is alight with your love.

Amen

6. Dear God,

Help us to make a new start and treat each other with respect and kindness, like Jesus does.

Amen



PEACE

- [illegible]



Response Questions

1. What brings you peace?
2. Who brings you peace?
3. Where aren't you peaceful?
4. How can you bring peace to others?
5. Jesus is the 'prince of peace'; when does he bring you peace?
6. How can you be held accountable to bring peace?

Prayers

1. Dear God,

We are sorry for the times when we haven't brought peace to the people in our lives.

Amen

2. Dear God,

We are sorry for the times when we haven't been at peace with ourselves.

Amen

3. Dear Lord,

We ask that we can bring peace to our community.

Amen

4. Dear Lord,

We ask for more peace in our own lives.

Amen

5. Dear Lord,

We thank you for the peace you bring to us Lord.

Amen

6. Dear God,

We thank you for the gift of peace; we will continue to use it for your glory.

Amen



KINDNESS



The Word

1. Ephesians 4:32 'Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.'
2. Luke 6:35 'But love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil.'
3. Colossians 3:12 'Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience.'
4. 1 Corinthians 13:4 'Love is patient and kind; love does not envy or boast; it is not arrogant or rude.'
5. Proverbs 31:26 'She opens her mouth with wisdom, and the teaching of kindness is on her tongue.'
6. Proverbs 19:17 'Whoever is generous to the poor lends to the Lord, and he will repay him for his deed.'



Response Questions

1. When have you shown kindness?
2. When have you been shown kindness?
3. How do you show kindness?
4. How could you be more kind?
5. Who in your life is kind to you?
6. When someone is kind to you, how do you respond?

Prayers

1. Dear God,

We are sorry for the times when we have not been kind.

Amen

2. Dear God,

We are sorry for the times when we have ignored others' kindness.

Amen

3. Dear Lord,

We ask for the strength to be kind to all, not just who we want to be kind to.

Amen

4. Dear Lord,

We ask that we can be better at recognising kindness in our life.

Amen

5. Dear Lord,

We thank you for giving us opportunities to be kind.

Amen

6. Dear God,

We thank you for the people in our lives who are kind.

Amen





Mission Ideas

1. This week spend a few moments of quiet time in prayer asking God to show you that he loves you.
2. Can you bring hope to someone this week by looking out for them if they're going through a hard time?
3. This week spend some time in prayer asking God to help you through something difficult you might be going through.
4. This week positively give back to your school community in one way. You could try your hardest in lessons to be a good example to others to do the same.
5. Get involved with something happening in the Chapel this month. Maybe it's lunchtime prayer, a Chaplaincy team meeting or Confession and Mass.
6. Thank God for something good in your life this week. What is something that feels like a blessing to you? Maybe it's your friends or family.
7. Tell someone something good about themselves.
8. Spend some time without your phone today and think about what you can do peacefully. Being peaceful allows others to feel calm as well.
9. The kindness that Jesus shows in the Gospels is one where he is kind, even to those who don't like him. Kindness isn't easy as it requires showing respect and care for everyone-even those we disagree with. Your mission this week is to try and only say kind, upbuilding things about other people. If you notice yourself gossiping or saying something unkind to or about someone, stop and remember the example Jesus gave.



Planning Sheet

Theme:	
Order of events	Your plan
1. Sign of the Cross	We begin this liturgical prayer by recognising we are in the presence of God by making the sign of the cross together. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
2. Introduce the theme	This week we are focusing on the theme _____
3. The Word	
4. Response What does this scripture make you think/feel? What about the theme? Where have you seen/experienced this?	
5. Response questions Provide all with the opportunity to respond to the theme and the word. Choose your response questions (no more than two) carefully. Ask your form leader to play some reflective music or sit in silence.	Now, through a period of silent reflection, think about the following questions and how they link to our theme and scripture... 1. Pause for 1 minute... 2. Pause for 1 minute...
6. Prayer	
7. Mission Give everyone present a mission to complete today/for the rest of the week. Make this something real and practical. Something that can actually be done.	
8. Sign of the Cross	We finish this liturgical prayer by making the sign of the cross together. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



A Liturgical Prayer Examples

Planning Sheet

Theme: Hope	
Order of events	Your plan
1. Sign of the Cross	We begin this liturgical prayer by recognising we are in the presence of God by making the sign of the cross together. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
2. Introduce the theme	This week we are focusing on the theme HOPE.
3. The Word	Philippians 4:13 'I can do all things through Christ who strengthens me'
4. Response What does this scripture make you think/feel? What about the theme? Where have you seen/experienced this?	This makes me feel supported, guided and empowered. It is a reminder that God is always with us to help us in every walk of our lives. Every happy moment and every sad moment. We don't go through a single day without feeling a sense of hope. Whether it be that we hope the weather is nice. Whether we hope we have a good day at school. Whether we hope we do well on a test.
5. Response questions Provide all with the opportunity to respond to the theme and the word. Choose your response questions (no more than two) carefully. Ask your form leader to play some reflective music or sit in silence.	Now, through a period of silent reflection, think about the following questions and how they link to our theme and scripture... 1. How can hope help you achieve your aspirations? Pause for 1 minute... 2. How can you bring hope to your community? Pause for 1 minute...
6. Prayer	Dear Lord, Help us to seek hope in our hearts to overcome our fears and worries. We pray that you are always by our side. Amen
7. Mission Give everyone present a mission to complete today/for the rest of the week. Make this something real and practical. Something that can actually be done.	Remember that we do not go a day without feeling a sense of hope. Try to think what your friends, peers, teachers or staff members might be hopeful about in the week ahead. Give somebody the belief that they can achieve, or belong, by paying them a compliment. Whether this be a "good luck" to a classmate before heading in to sit a test, or a "hello, how are you?" to somebody you don't usually speak to.
8. Sign of the Cross	We finish this liturgical prayer by making the sign of the cross together. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Planning Sheet

Theme: Courage	
Order of events	Your plan
1. Sign of the Cross	We begin this liturgical prayer by recognising we are in the presence of God by making the sign of the cross together. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
2. Introduce the theme	This week we are focusing on the theme COURAGE .
3. The Word	John 14:27 'Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.
4. Response What does this scripture make you think/feel? What about the theme? Where have you seen/experienced this?	I feel a lot more courageous when I know I'm not going through something on my own, God is always with us. 'Not as the world gives, do I give to you'. We can often feel as if we need to rely on our own strength-this scripture reminds us we can rely on God.
5. Response questions Provide all with the opportunity to respond to the theme and the word. Choose your response questions (no more than two) carefully. Ask your form leader to play some reflective music or sit in silence.	Now, through a period of silent reflection, think about the following questions and how they link to our theme and scripture... 1. What helps you to get through difficult times? Pause for 1 minute... 2. Is there anyone in your life who inspires you to be courageous? Pause for 1 minute...
6. Prayer	Holy Spirit, Please fill us with courage to be at peace and to know that God is always with us. Amen
7. Mission Give everyone present a mission to complete today/for the rest of the week. Make this something real and practical. Something that can actually be done.	Over the course of the next week try to spend a few moments of quiet time in prayer, asking God to show you that he loves you.
8. Sign of the Cross	We finish this liturgical prayer by making the sign of the cross together. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.