

# FAMILY PRAYER

At Home

All Saints  
Catholic Academy Trust



**Thursday 7<sup>th</sup> March 2024**

## *Fourth Sunday in Lent (Laetare or Rejoice Sunday) and Mothering Sunday*

*Rejoice with Jerusalem and be glad for her.  
All who love her, rejoice in her joy, all you who mourn  
over her (Entrance Antiphon, Isaiah 66:10-11)*



We enter the fourth week of Lent on Sunday which is also called Rejoice Sunday. The Church provides a natural yearly cycle of fasting and feasting. This Sunday provides a little hope in the middle of Lent often the Church will use rose coloured vestments rather than the normal purple during Lent. This Sunday is also Mothering Sunday / Mother's Day. Traditionally, you will go to mass at the Church that you were baptised (your Mother Church) though we also remember our own mothers and thank them for all that they have done for us through their love, strength, sacrifice, and guidance. We should therefore show our own love for our mothers if we can by praying for them and looking out for them as Jesus did for Our Lady, Mary Mother of God on the Cross.

Today's readings talk about God's love for us. "God loved us with so much love that he was generous with his mercy" (Eph2:4) and "God sent his Son into the world not to condemn but so that through him the world might be saved" (John 3:17). We also learn that God gives us the grace to be saved through Jesus and that anyone that believes in him may not be lost. The church allows us to always receive God's mercy through the Sacrament of Reconciliation / Confession which we should receive during Lent.

Saint Pope John Paul II also set the first Sunday after Easter to be Divine Mercy Sunday when we can in particularly appreciate the mercy that we receive.

### **Prayer**

Saying the Chaplet of the Divine Mercy is a great devotion during Lent where we can ask for God's mercy on us and the whole world. This is especially important with current events. To find out more about this devotion, please see [How to Recite the Chaplet of The Divine Mercy | The Divine Mercy](#). We should also pray for our own Mothers and those that look after us.

For all mothers: That they be supported and encouraged in their special vocation of love for others; We pray to the Lord.

For the gift of motherhood: that all might treasure and support God's plan for life and love; We pray to the Lord.

For all mothers: that their children will honour their many sacrifices by lives of service and virtue; We pray to the Lord.

For all mothers who await the birth of a child: that the Lord protect all unborn sons and daughters and bring them to a safe delivery; We pray to the Lord.

For all married couples who are struggling with infertility: that the Lord grant them peace as they hope for the gift of a child; We pray to the Lord.

For mothers who grieve and mourn, especially those who have lost a child before birth: that they find consolation in God's promise of life; We pray to the Lord.

Hail, Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

## Reflection and Discussion

As we remember the hope of God's plan for our salvation, let us also remember where we entered the faith from our Baptism.

Where were we baptised?

Can we remember where and when it is?

Can we write it down in a diary so that we can celebrate the baptism for all of those in our families?

Often, our mothers are rock of our families. If we have lost our mothers or grandmothers, discuss what they were like so that we can remember them.

Mothers are so important in the Church that Jesus's perfect mother, the Blessed Virgin Mary, is elevated above all saints.

Can we do something nice for our mothers today?

We can make them breakfast and give them flowers but how can we make this Sunday special for them in little ways?

Lastly, pray for our Earthly Mothers wherever they may be, by asking our Blessed Mother for her intercessions.



Prepared by Dr Chris Baker  
Chair of Governors at  
St John Fisher Catholic Primary School

