

FAMILY PRAYER

At Home

All Saints
Catholic Academy Trust



Thursday 12th February 2026

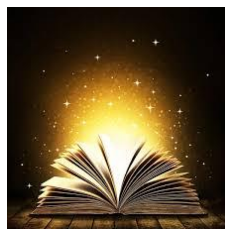
For this time of prayer you will need a torch (a phone light will do) and anything reflective - a vanity mirror or even some aluminium foil. Perhaps light some candles so you can dim the lights or turn them off altogether.

As we begin our time of prayer, we read an antiphon as we gather in God's presence. We light our candle as we listen to some words from John's Gospel:

"The Word is the source of life, and this life brought light to people. The light shines in the darkness, and the darkness can never put it out."

(John 1:4-5)

We make the sign of the Cross:
+ in the name of the Father, and of the Son, and of the Holy Spirit. Amen.



Today we will think about what it means to be "Light."

Light to our families.
Light in our communities.
Light to our world.

Light is a wonderful thing.
Without it, we would not see anything.
We would not be able to do much either.
We need light to see.
It makes us feel safe.
It shows us what is around us,
and lights the path we should go.

Psalm 119 tells us that God's word is **"a lamp to my feet."**

The words of the Bible, show us how to live and love in the same way, light leads us safely along a road.

Think about our antiphon above:
"The Word is the source of life, and this life brought light to people."

Jesus is 'the Word'.

Jesus is everything that the Bible is telling us about God, in a person.

Jesus is God in human form.

Jesus is 'the Word of God'.

Jesus' life brought light to people.

Jesus brings light, and he calls us to do the same.

Listen to Sunday's Gospel reading:

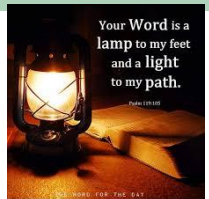
A Reading from the Gospel of Matthew.

Glory to you O Lord.

You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.'

The Gospel of the Lord.

Praise to you Lord Jesus Christ.



Jesus calls us to be 'the light of the world.'
He wants us to shine brightly with love and kindness. But we cannot shine brightly without him in our lives.

Think about the moon.
The moon is just a rock in space!
The reason it shines so brightly,
is because the moon reflects the sun's light.

*Pick up your mirror or shiny object.
One of your group can now shine the torch on
the rest of the group.
See how the reflections shine all around you.
Patterns of light reflecting from you
onto the world and the people around you.*

This is how we should be reflecting Christ's light in the world.
Like the moon, we have no light ourselves.
We need to make ourselves as shiny and reflective as possible,
so that God's light can reflect off of us,
and on to those who are living in darkness.

Think:

Who might be 'living in darkness'?
How can you reflect God's light?

Let us pray;
Thank you God, for sending us Jesus to be our light.
Help us to shine brightly and share your light with others.
We make this prayer,
through Christ, our light.
Amen.

We ask God to bless us:
+ in the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

