



Explore the theme of the week at home

The theme in school this week is **STRENGTH**. Here are some ideas for how you could explore the theme at home.

1. Explore Scripture



St Paul writes,

“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.”

What things do we need?

What things may we want?

What things make us content?

Why may we need strength?

What strength can God give us?

2. Examen

5-Step prayer

1. Become aware of God’s presence.
2. Review your day with gratitude.
3. Pray about one aspect from the day.
Where has God been with you?
Where has God given you strength?
4. Pay attention to your emotions.
5. Look forward to tomorrow.



God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.
Amen.

THE EXAMEN PRAYER

3. Pray for strength