

Little Book of Hope-filled Prayers



Sacré Cœur



*D*ear loving God,

*T*hese times are tough and we all need a little support.

*H*elp us to get through these difficult times, together as one.

I pray for all those who are having trouble, that they may be filled with hope and confidence.

I am grateful for all of those people who have shown courage, by making a difference in this world.

*M*ay we all find the light behind the darkness that may surround us in these times.

Teri Raouzeos, Year 7



*H*ang on to the promises
*O*vercomes adversity
*P*ursues truth and beliefs
*E*ndures trials patiently

Grace Hrelja, Year 12

*J*esus our lord,
*H*elp us through our journey,
*T*each us as we grow,
*W*atch us as we make our way through
the ups and downs of life.
*F*ill us up with courage and kindness,
*S*upport us through this pandemic,
*J*esus Christ our lord.
*A*men.

Annie Nie, Year 7



*D*ear God,

I pray that everyone feels safe
and happy.

I pray that everyone in these hard times
can be treated equally

*A*nd always remember that God
is looking over and after you.

*G*od, please help everyone all over
the world to have hope and have fun.

*M*ay we be inspired by the life of
Saint Madeleine Sophie Barat to be
hopeful and optimistic.

*A*men.

Summer O'Keefe, Year 4





*H*eavenly father,

*I*lluminate my mind with truth,

*I*nflame my heart with love,

*I*nspire my will with courage,

*E*nrich my life with service.

*W*hen I stand at the beginning of
a new day, bless me

*W*ith the vision to see beautiful things
to come.

*B*less me with the wisdom
to make good decisions.

*A*nd most of all, bless me with the faith
that you are walking

*W*ith me every step of the way.

*A*men.

Sarah Lumley, Year 8



I hope that we can go back to school
and other places.

I hope that everyone is okay during this
hard time.

Ziaan Goncalves, Year 3





Hope is something special, something that can improve the way you live.

Hope comes from the heart.

When you bring hope into your day, it's like a little light inside of you flickers to life, fuelling your soul, your mind, your body, encouraging you to keep going, to make the best of the situation, to believe.

Hope helps you to love, to learn, to live

It nourishes your soul and enriches our lives.

Hope provides you the will to go on, be positive,

Continue to strive for what you want, and become what you aspire to be.



Hope alters lives.

Hope saves lives.

Isabella Crestani, Year 9

During this time of uncertainty and unrest

My prayer is that people will have hope for their future.

May they walk through these times in peace and calmness, knowing that God is with them,

Giving them hope and prosperity for or their future

Amen

Lily Farlow, Year 7



*I*n troubling times guide us on a path to find hope.

*H*elp us to have an optimistic mindset.

*H*elp us to have a positive outlook on life.

*G*ive us light in a time of darkness.

*M*akes us feel safe when we feel vulnerable

*H*elp us to focus on the positive side

*H*elp us to appreciate everything in life

*A*men.

Lucie Takacs, Year 8

*H*ope filled prayer

*T*ender and loving God, in the time of this pandemic, give us hope.

*M*ay we benefit and become closer to the ones we love.

*L*et us not keep taking our privileges for granted.

*M*ay this be a time of growth, lead us to be optimistic and aspire to be our best selves.

*L*et this time bring us closer to the people for whom we care about.

*L*et us help others through these times of anxiety, sadness, grief and yearning.

*H*elp us to recognise the things we are grateful for, and to come out on the other side more faithful, kind, nurturing, dedicated and loving.

*S*how us the light in this current darkness and help us to lead others towards that light.

*A*men.

Alyssa Whateley, Year 7

*M*ay the spirit of Madeleine Sophie
be with us in these hard times,

*M*ay her courage give us strength.

*M*ay her wisdom give us hope.

*M*ay her kindness give us company.

*M*ay her presence be with us always.

*A*men

Alicia Coburn, Year 7

*D*ear Lord,

*I*n this time when we feel most weak, give
us strength to conquer the challenges.

*I*n this time when we feel most sad,
give us a reason to smile and be happy.

*I*n this time when we feel most scared,
give us comfort so that we know things
will be alright.

*I*n this time when we feel most anxious,
give us a calm mindset to overcome
challenges better

*I*n this time when we feel most alone,
give us the knowledge that you and
others are there for us

*I*n this time when we feel most
unmotivated, give us a reason to keep
going and keep holding on.

*B*ring us peace, love and hope in these
challenging times,

*L*et us know that you are always there
and we do have someone by our side,

*T*his we ask through Jesus Christ,
Our Lord

*A*men

Isabella Chavarria, 7C



Dear Lord,

I hope that we can all be more like
St Madeline Sophie Barat
and show love and compassion
to everyone,
especially when we go back to school.

Lord hear us

Lucy Castillo, Year 3



Dear Lord,

I hope that we all will soon be able
to go back to our normal lives

And do things we are not allowed
to do during isolation.

I hope that anyone who is sick
makes a quick recovery.

I thank the nurses and doctors
for looking after those who are sick

And I hope they get their well earned
rest.

I hope that all the bad things
around the world are resolved.

And we all respect each other no
matter who we are or what we look like.

Amen

Grace Ryan, Year 4





Dear God,

In these times of doubt where society is struggling, help us to find hope.

Help us to spread love to each other.

Help us to clear our mind and give us assurance that we have the strength to strive through this.

Society must join together and remember our blessings and our gratitude for all you have done for us.

Help us to shine the light of hope and joy through the darkness.

Amen

Laura Cassou-Dessus, Year 8



I pray that people who are sick feel better.

I am grateful for the food we get every day.

I am grateful for my family and my friends.

Thank-you

Saint Madeleine Sophie Barat

Sofia DiCarlo, Year 4





*A*s this year progresses,

*H*elp us to keep our heads up high
as Madeleine Sophie held her.

*T*hrough this challenging time

*M*ay we match her level of hope,
love and positive thoughts

*H*elp us and our loved ones be shielded
from a negative mindset

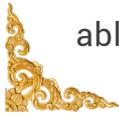
*A*nd welcome one fuelled by faith
and confidence.

Charlotte Daly, Year 7

*D*ear Lord,

*I*n these times of uncertainty help us
to see the light at the end of the tunnel.

*R*eassure us that during this time,
we will develop so that we are more
able to face challenges in our future.



*A*s the concerns of today are alleviated,
give us hope that together our world
can remain unified,

*A*nd continue to work in collaboration
to benefit humankind.

*W*e are grateful for all the efforts,
big or small,
that have helped us
through this pandemic
and taught us to appreciate
the goodness of everyday life.

*Stephanie Mahon, Isabelle Collins and Sophie
Armstrong, Year 12*



*D*ear Loving Jesus,

*T*hank you for guiding us
through these strange times.

*P*lease continue to help us
to show strength and bravery
to get through this together.

*H*elp us to be there for one another
even when times are tough.

*H*elp us to love and care for each other
every single day just

*A*s you care for everyone with love
and compassion.

Bridget Slattery, Year 7





Dear God,

I hope that everyday
from now on will be filled
with positive experiences
and new opportunities
that help us to become
the best versions of ourselves.

I hope that everyone
can approach others
from a place of complete understanding
and respect.

I hope that we can all stay connected
with the ones we love
and take care of them and ourselves.

I hope that we continue
to take care of nature and the world
around us so that
it can be preserved for everyone to enjoy.

I hope that we will all make the best
decisions for our benefit and the benefit
of our world.



I hope that we can all cherish
the time we have and be grateful for
everyone around us.

I hope everyone
can do the things they love
everyday and be happy
during these strange times.

Jade Foley, Year 9





I pray that everything will be back to normal soon.

I pray with a hopeful heart that we all stay strong and have courage.

I hope that we all stay healthy, happy and safe.

I am looking forward to when we all continue in life as if it was a normal day.

I pray that no one is lonely through this hard time and that they full of hope like St Madeleine Sophie Barat.

*A*men

Tessa Stamatelos, Year 4



*P*lease help us during these uncertain times to be able to have resilience and courage.

*A*nd help us to adapt to this new way of living.

*C*omfort those who have been heavily impacted by this virus

*A*nd bless those who have lost their jobs and all healthcare workers.

*H*elp us to make the right choices to keep us and others safe.

*G*uide us to stay positive and happy.

*A*men.

Roderina Chua, Year 7





Dear God,

I am glad I have a home and parents to look after me.

I hope the lonely people get to visit their family.

I hope that other people that have lost their job, soon get it back.

I hope the people in hospital are safe and recover.

Isabella O'Donnell, Year 4

Thank you,
for giving us hope and love
through these tough times,
and help us to still have compassion
and care towards others we love,
strangers, and others who are less
fortunate than us or need more support.



Help everyone in the community to appreciate what they have, and inspire them to spread a positive messages to the people who need it most and are in need of care and generosity in this crisis.

Tehya Murray, Year 7

Dear God,

Thank you for keeping us safe during this time of darkness.

I pray for those that are not so fortunate to be safe, and that we are all able to come together as a world.

Let us understand that others may need help, and continue to help them.

Amen.

Indigo Howard, Year 8



*L*oving God,
*P*lease help guide us,
*L*ook over us in times of happiness
or sadness,
*W*hen we are lost and need guidance,
*G*od you are our light,
*Y*ou support and mentor us to do
our best.
*G*od we put our faith in you,
*K*nowing that it will lead to hope.
*Y*ou created this world we live in,
*W*hich gives us a sense of hope
and guidance.

Charlotte Dyer, Year 8





Dear God,

During this global pandemic we pray and hope for all those who have contracted the virus.

We hope that they can manage to eventually get back on their feet.

We hope that people stay safe and healthy.

We hope that people are following the restrictions and are social distancing.

We hope we can get back to school and normal life because we are missing friends and family.

We pray for all the doctors and nurses that they can look after all of our patients.



We hope that parents and guardians can afford to look after their children because they might have lost their income due to this virus.

We ask all of this through Christ Our Lord,

Amen.

Madeleine Martin, Year 7

Madeleine Sophie was born in tough times,

God give us the strength and passion to be more like her and pray our way through these difficult times.

Madeleine Sophie is our symbol of hope, her courage and confidence is an inspiration to us all.

Lord, grace us with your presence and help us to be more like Madeleine Sophie.

Leila Mileo, Year 8



*D*ear God

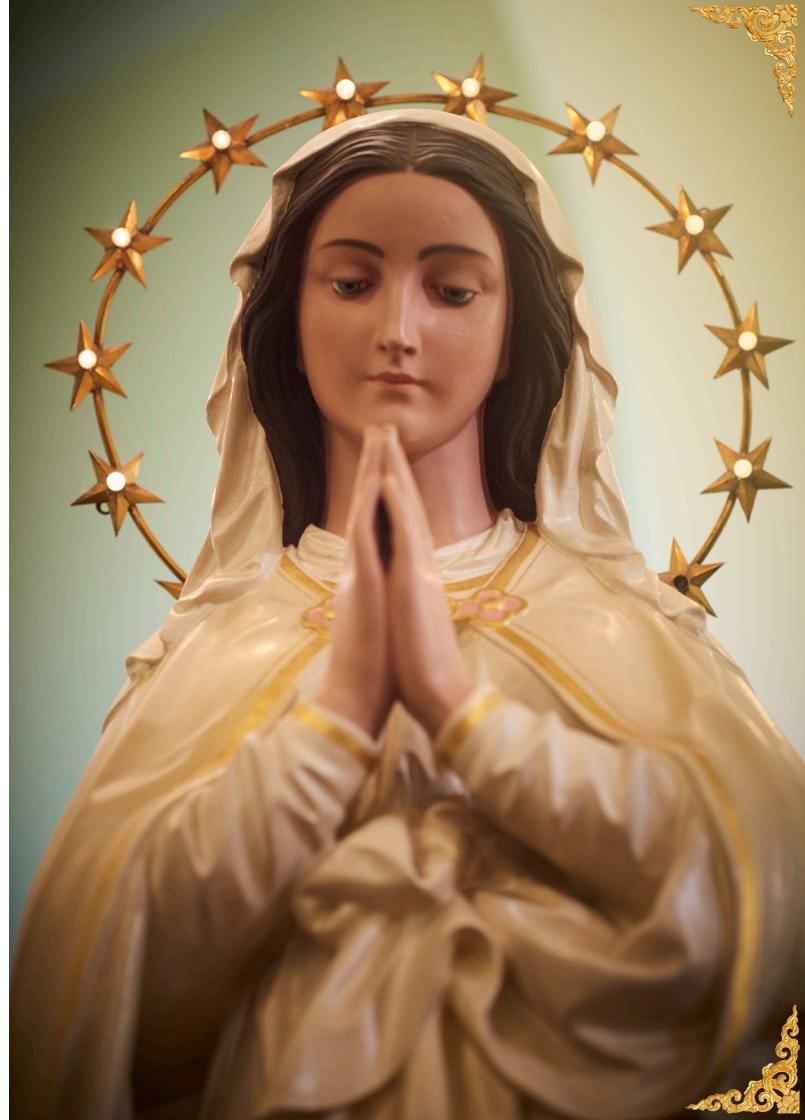
*P*lease help us to be safe
in this difficult time,

I know it's hard but we have to try.

*H*elp us to be kind and nice
to everyone around.

I pray that we are all safe
and healthy.

Alex Claydon, Year 5



*L*et us remember that through the increasing sense of disconnection,

*I*t is the presence of hope that strengthens

*O*ur connection with God, who looks after each of us.

*L*et us remember that throughout these uncertain times,

*S*ome may feel a growing sense of insecurity.

*H*owever, it is the presence of hope

A hope that is borne out of God's guidance and support - that can nurture each of us.

*L*et us remember that through these ever-changing times,

*I*t is the presence of hope that motivates each Sacré Cœur student

*T*o achieve her goals each day.

*L*et us remember that through these unprecedented times,

*I*t is the presence of hope that helps us move forward with purpose and strength.

*L*et us remember that through these times of isolation, it is the presence of hope that ensures that when we are reunited at School, our community will thrive and continue to be as strong as ever before.

*A*nd, as we persevere through continued restrictions, let us be reminded of the promise of a hope-filled future even in the midst of this pandemic.

*A*men.



Sacré Cœur

