



FAMILY PRAYER

At Home

All Saints
Catholic Academy Trust



Thursday 1st October 2026

Gather Together

Find a quiet place to gather as a family. You might like to light a candle and place a Bible beside it.

Take a moment to think about people who may need our help: someone who is lonely, worried, hungry, unwell or simply in need of a friend.

Begin together:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Listen to the Word

Jesus teaches us that whenever we show love and kindness to another person, we are showing that love to Him.

"Whatever you did for one of the least of these brothers and sisters of mine, you did for me."

Matthew 25:40

Reader: The Gospel of the Lord.

Family: Praise to you, Lord Jesus Christ.

Meet St Vincent de Paul

St Vincent de Paul devoted his life to following Jesus by caring for people in need. He reminds us that our faith is not only something we talk about. We are called to put our love into action.

We may not be able to do huge things, but every act of kindness matters. Sharing what we have, including someone in our game, helping without being asked, giving to someone in need or taking time to listen can all show God's love.

When we notice someone who needs us, we can remember the words of Jesus: when we help them, we are helping Him too.

Reflect Together

Talk about these questions as a family:

- What do you think it means to see Jesus in other people?
- Who might need some extra kindness at the moment?
- What could we share with someone who has less than us?
- Can you remember a time when somebody helped you?
- What is one small act of kindness our family could do this week?

Pray Together

Loving God,

Thank You for the example of St Vincent de Paul and for the love he showed to people in need.

Help us to open our eyes and notice the people around us who need our help.

Give us generous hearts, kind words and helping hands.

Help us to remember that when we care for someone who is lonely, share with someone who has less, or help someone who is struggling, we are showing our love for Jesus.

St Vincent de Paul, pray for us.

Help our family to share God's love wherever we go.

Amen.

Family Activity: Our Helping Hands

Draw around each family member's hand on a piece of paper. Inside your hand, write or draw one thing you can do to help someone else this week.

For example:

- Visit or telephone someone who is lonely
- Donate something to a food bank
- Include someone who is left out
- Give something you no longer need to someone else
- Pray for somebody who needs help
- Offer to help without being asked

Mission for the Week

This week, let us follow St Vincent de Paul's example by noticing someone who needs our help and doing one small act of kindness for them.

Each evening, ask one another:

"How did I show God's love to someone today?"

Finish together:

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.



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