

EVERYDAY PRAYERS FOR TEACHERS

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Prayers include . . .

- Morning Prayer to the Holy Spirit
- One-Minute Lunch Meditation
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- Litany of Teacher Saints
- and more!



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Morning Prayer to the Holy Spirit

Holy Spirit,

You are the Paraclete, the Advocate. At my Confirmation, You gave me seven gifts. As I start this new school day, help me to fulfill my role as an educator. Send Your gifts upon me so that I may follow the example of Jesus, who is the very best of teachers.

Grant me my gift of knowledge so that I may understand my purpose as a teacher.

Grant me the gift of courage to fight for what is best for my students.

Grant me the gift of wisdom so that I can see my students and their challenges as You see them.

Grant me the gift of understanding so that I can always meet my students where they are just as You always meet me where I am.

Grant me the gift of right judgment so that I can make decisions about my work and life as You would make them.

Grant me the gift of reverence so that I can remember to rely on You completely throughout my day.

Grant me the gift of wonder and awe so that I can see Your infinite glory and power at work in my daily school routine.

Most of all, grant me the gift of patience with my students and myself so that even when we struggle, we will remember that we are God's beloved sons and daughters.

Thank you for the gift of this day. Thank you for the opportunity to serve as Jesus served, by caring for Your people.

I ask this in the name of Jesus Christ, our Lord.

Amen.

One-Minute Lunchtime Meditation with the Holy Trinity

Spend a minute reflecting on the following questions. Your reflections don't need to be long. You might need only a few seconds for some and 30 seconds for others.

Begin with the Sign of the Cross and by calling on the Holy Spirit to help guide your meditation.

Take a moment to thank God the Father for one grace you've received so far today.

Now ask God the Son to help you care for you students as He cared for His disciples. You might reflect on how one or more of your students reminds you of one or more of the apostles.

Finally, ask the Holy Spirit for help in an area that is concerning you today.

End with the Sign of the Cross.

After-School Examen

Based on St. Ignatius's Daily Examen, this prayer usually begins with an "opening ritual." This could simply be making the Sign of the Cross. You can also light a candle, listen to a short piece of instrumental or spiritual music, or simply recall that you are in the presence of God.

Step 1: (Relish)

Ask God to help you remember one of two gifts, graces, or consolations from today. Perhaps a struggling student had a breakthrough moment today. Maybe a lesson went even better than you'd hoped. You might have witnessed a student or teacher's act of kindness toward you or another. Ask God to help you remember one or two beautiful moments in your day and thank Him for them.

Step 2: (Request)

Ask God to lead your prayer time today. Allow him to help you focus on what is truly important instead of stewing over something inconsequential or repeatedly berating yourself for the times your lesson didn't go as smoothly as planned.

Step 3: (Review)

Now that you've asked God to be the leader of this prayer time, spend the next few minutes reviewing the school day. Begin with your arrival and then walk through your day period by period or subject by subject. Linger on any moments that seem important and skim over less relevant ones.

Step 4: (Repent)

As you reviewed your day, were there any moments when you spoke to a student or a colleague in a way you wish you hadn't? Were there times when your mind harbored thoughts it shouldn't have? Were there times when you could've been a better Christian role model for your students? Ask God for forgiveness for those times and allow His healing mercy to wash over you.

Step 5: (Resolve)

Considering what you've learned about yourself as an educator during today's reflection, ask the Holy Spirit to show you clearly how to be the kind of teacher God is calling you to be. Resolve to be that teacher and ask God to help you fulfill that promise.

End with your closing ritual. Again, this may be as simple as making the Sign of the Cross, but can also include extinguishing your prayer candle or playing a brief piece of instrumental or spiritual music.

Insta Prayers!

There are moments in our teaching days when we simply don't have time to sit down with God and have a good chat, but that doesn't mean we can't ask Him to come to our aid! Below are four very short prayers. Memorize them. Write them on sticky notes and leave them where you will find them. Whenever you have a moment when you are feeling like you are at the end of your rope or about to respond to a student, parent, or coworker in a way that isn't coming from a place of peace and rest in the Lord, try offering one of these up silently. Repeat as necessary.

Veni, Sancte Spiritus! (Come, Holy Spirit!)

Angel of God, come to my aid!

Lord, have mercy. Christ, have mercy. Lord, have mercy.

Jesus Christ, Son of the Living God, have mercy on me, a sinner.

Serenity Prayer

As educators, we want to know that we are having a positive impact on our students. In fact, the ability to help children achieve their potential is the driving force that keeps educators going--even on the tough days.

What makes it harder is that we often cannot control all the factors that determine whether or not our students succeed. We cannot control their home environment, what they eat, how much sleep they get, and so much more.

When these kinds of factors stress us out, it's good to remember that God's in control--and all we need to do is focus on the few things that we can do.

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

Litany of Teacher Saints

Heavenly Father, thank you for the gift of the educators who have come before us. They have faced some of the same challenges we face today and persevered in faith and courage. May their examples guide us to be ever better educators so that we, too, may walk in the communion of saints one day.

We ask the following holy men and women to pray with us now as we strive to imitate their faithfulness.

When we are tempted to be sour-faced, may we remember to teach joyfully and sing out with praise for the Lord, Servant of God Sr. Thea Bowman, pray for us.

When our students misbehave and need redirection, St. John Bosco, pray for us.

As we work with immigrant families in our schools, St. Frances Xavier Cabrini, pray for us.

When we try to create a family-like atmosphere in our classrooms and schools, St. Jeanne Baptiste de La Salle, pray for us.

When we fight against racism and injustices in our schools, Servant of God Mary Elizabeth Lange, pray for us.

When we have to rely on our God-given gifts to preach the good news in times of crisis and confusion, Blessed Miguel Pro, pray for us.

When we need to adjust our materials and our lessons so we can meet our students where they are, St. Gertrude the Great, pray for us.

(cont.)

Litany of Teacher Saints

(cont.)

When we need to protect our students from abusers, St. Charles Lwanga and Companions, pray for us.

When we need to make our lessons culturally relevant so all can learn, St. Katharine Drexel and Servant of God Nicholas Black Elk, pray for us.

When our parents need some education as well, St. Dulce Pontes, pray for us.

Lord, these holy men and women were our fellow workers in the vineyard. Grant that we may strive to follow in their footsteps so that all may know of Your love and mercy and grace.

We ask this in the name of Christ, our Lord.

Amen.