



**TOGETHER,  
WE CAN END  
POVERTY**



## PRAYER RESOURCES

- Prayer craft
- Stations of the Cross
- Verse/thought of the day slides
- Reflection video
- The Our Father (in Luganda!)
- Reflection





## WHY PRAY?

Prayer is a vital part of our worship. It is our primary way of communicating with God. While prayer should be reverent, it doesn't need to be complicated or difficult, nor does it have to happen in a certain place or in a certain way. This resource provides a variety of ways to communicate with God in prayer, sometimes in an active way and sometimes in a more contemplative way.

As well as the fantastic fundraising you do, prayer is powerful and very much part of putting our faith into action and standing in solidarity with our sisters and brothers around the world.

Use some or all of the suggested activities and join us as we pray for the people of Uganda and other countries. It's sometimes hard not to be anxious and to worry about our world but St Paul wrote to the Church in Philippi and said,

**"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."**

*— Philippians 4: 6.*



# CREATE A SCIAF PRAYER TREE BEARING FRUIT

Creative prayer can be a really good way for pupils to talk to God in an open way. The intention of this activity is to provide a way for every pupil to take part in creating a visual display of their prayers.

Share with your pupils that John chapter 15: 8 tells us that we show that we are disciples by the 'fruit' that we bear (show). Galatians chapter 5: 22-24 tells us that "the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, trustfulness, gentleness and self-control."

Using one of the templates on the next page and handing one to each pupil ask them to think of a 'fruit' of the Spirit listed above from Galatians and ask them to write a short prayer that relates to that 'fruit'. For example, if you choose peace you might write 'Dear God, I pray for those that have suffered hurt in Uganda that they may feel your peace. Help me to promote peace in my life. Amen'.

Or if you choose kindness you may simply write 'Help me to be kind and share what I have with others. Amen'.

In response to watching the SCIAF WEE BOX video and learning about the people of Uganda, the pupils may also write a prayer for the work of SCIAF and for the people of Uganda. The beauty of this exercise is that the prayers are from the young people and they can use their own words.

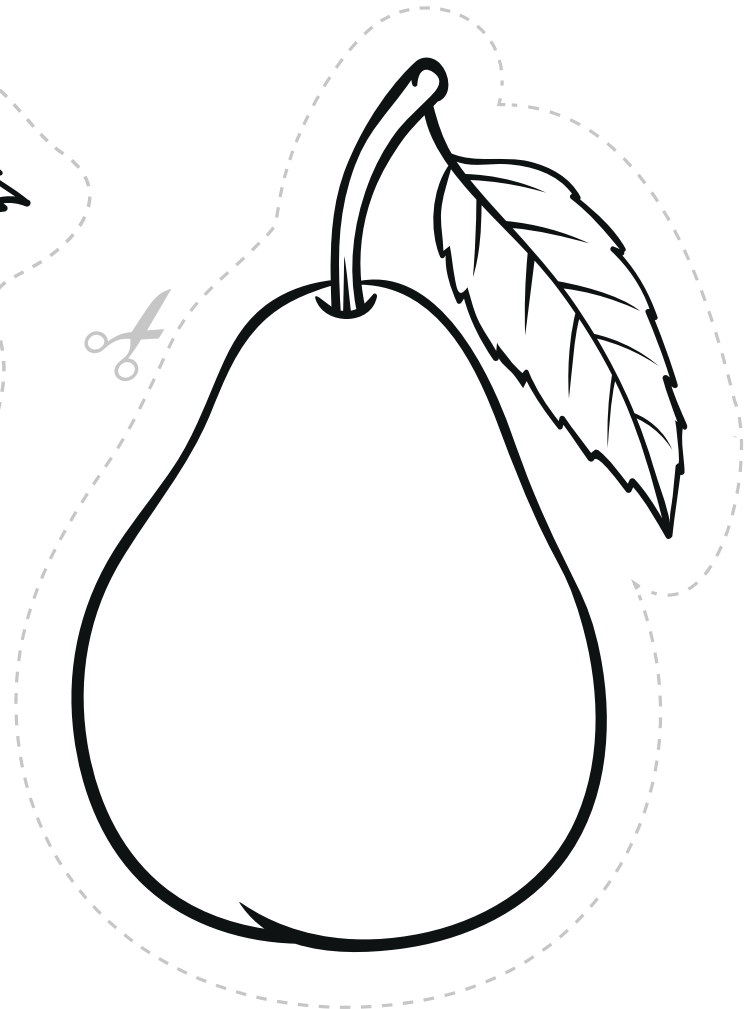
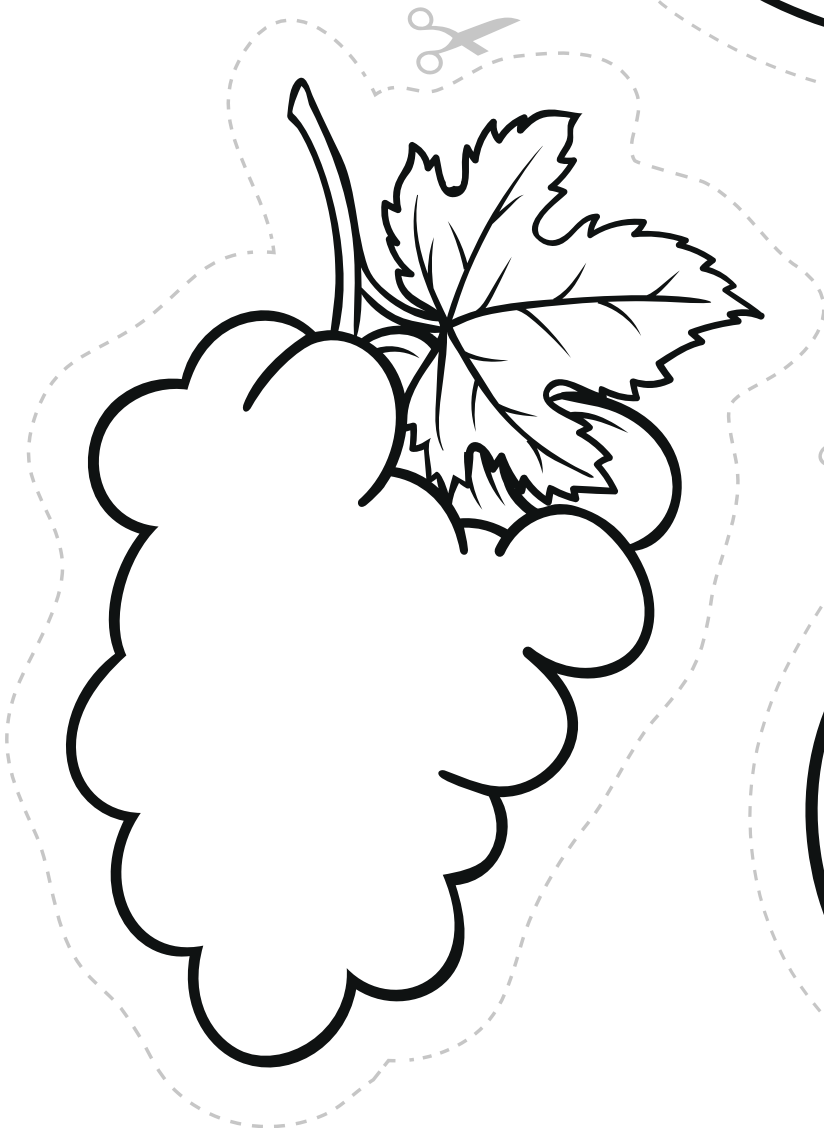
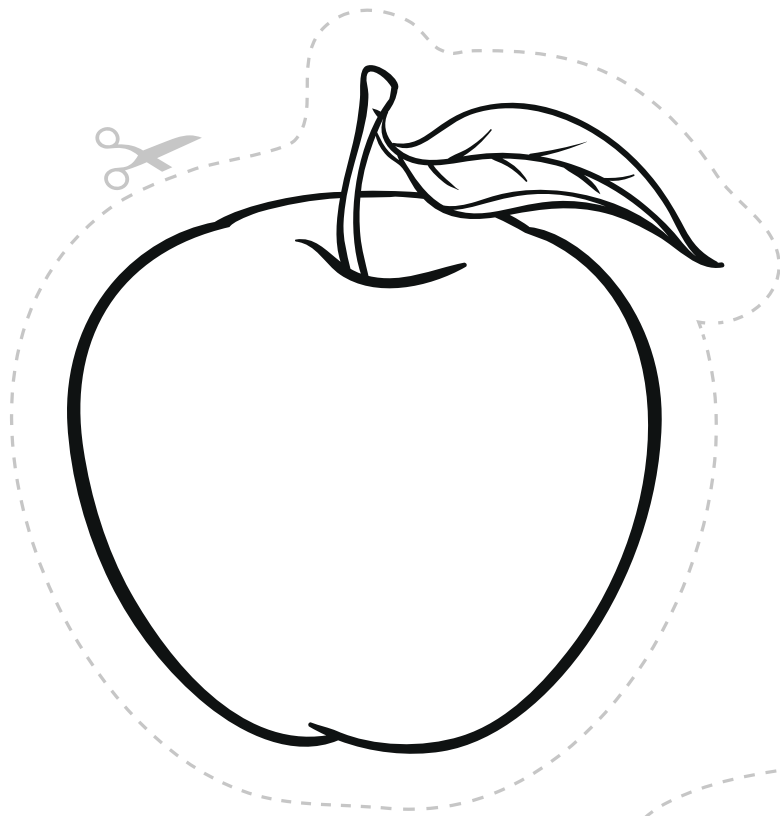
You could have an outline of a tree in the school reception ready to be populated by fruit prayers and it could grow to include a whole year group of prayers or even the whole school! What an act of solidarity to have a large number of prayers together in one place. It makes a real connection to SCIAF's work in Uganda as we help young people and families to physically grow fruit and vegetables.

Conclude the activity by leading a short prayer that asks God to help them grow their fruit (love, joy, peace etc.).

**Take a photo of your SCIAF prayer tree and tweet us @sciaf #WEEBOX**

**Let's see how many SCIAF prayer trees we can get across Scotland!**







## REFLECTION VIDEO

This year's reflection video is based on the fruits of the Spirit and gives a short opportunity for reflection. It can be used as part of a broader SCIAF prayer service or it can be used as a class reflection.

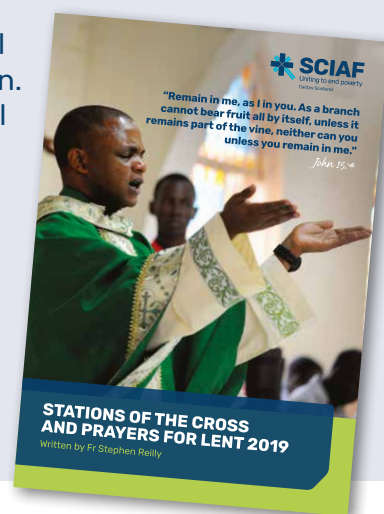


## VERSE/QUOTE FOR THE DAY

We have compiled a number of Bible verses and quotes that may be useful to bring about a discussion, or to bring some focus before you start a lesson or assembly, during Lent. Each verse or quote can be found on a PowerPoint slide supplied in this resource for ease of use.

## STATIONS OF THE CROSS

The Stations of the Cross is a traditional spiritual pilgrimage where we meditate on the 14 scenes of the stages of Jesus' painful journey to his crucifixion. On your DVD-ROM you'll see the PowerPoint presentation and pdf file, which will help lead your pupils through the Stations.



## THE OUR FATHER

The Our Father is a prayer that you learn from a young age. How about trying to learn the Our Father in Luganda, the primary language of central and southern Uganda? The next page has the Our Father written in Luganda and, although it looks daunting, it's interesting to read in the language of the Ugandan people. Give it a try and learn it together. Here is a link to the prayer being said in Luganda <https://tinyurl.com/ycxc8ksb>

(SCIAF are not endorsing this website, nor are we responsible for its content.)



Use it at an assembly or film it and upload to Twitter @sciaf #WEEBOX



# OUR FATHER IN LUGANDA

Kitaffe ali mugulu,

(Our father who art in heaven)

Erinya Iyo ligulumizibwe,

(hallowed be thy name)

Obwa kabakabo bujje,

(thy kingdom come)

Byo yagala bikolebwe kungsi,

(thy will be done on Earth)

nga bwebikolebwa mugulu,

(as it is in Heaven)

Tuwe emele yaffe eyalelo,

(give us this day our daily bread)

Tusonyiwe ebibi byaffe,

(and forgive us our trespasses)

nga naffe bwe tusonyiwa abatukola obubi.

(as we forgive those who trespass against us)

Totutwala mu kukemebwa,

(Lead us not into temptation)

naye tulokole mububi.

(but deliver us from evil)

Amina

(Amen)





# WHAT KIND OF FRUIT ARE YOU PRODUCING?

**Please use this as a reflection/meditation in class, an assembly or as you see fit.**

When Paul writes in Galatians about the 'fruit of the Spirit' he is referring to the good characteristics that the Holy Spirit enables us to show.

"The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control." Galatians 5:22-24.

Let's not pretend that we are perfect and that we show all of these positive characteristics all of the time. But with the help of the Holy Spirit we can bear good fruit.

In order to produce good fruit, the branches (us) have to be united with the vine, who is Jesus. John chapter 15 talks about being connected to the Vine (Jesus) and Jesus said that if you are connected to him, you will "bear much fruit" but Jesus also said "apart from me you can do nothing".

Prayer helps us recognise the fruits, develop them and offer them in the service of God and God's people around the world as well as closer to home.

It's also true that we can live our life connected to the wrong vine and therefore the fruit that we produce will not be love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control. Rather it could be hatred, selfishness, greed or jealousy.

Just as a vine feeds the branches with nutrients to produce good fruit, what we get from living our lives close to Jesus, also produces good fruit.

What vine do you choose to be connected to? Is it feeding you with what you need to produce good fruit?... Or is it bad fruit?

The fruits of our Christian life are the work of God. We are uniquely created so that we can bear fruit for God in a way nobody else can.

We are all capable of bearing good fruit and making a difference in this world.

Jesus said, "I chose you and I appointed you to go and bear fruit, fruit that will last". John 15:16.

**What a challenge!**

## **Scottish Catholic International Aid Fund**

SCIAF is the official overseas aid and development charity of the Catholic Church in Scotland and a proud member of the Caritas family. 19 Park Circus, Glasgow, G3 6BE Tel: 0141 354 5555. Scottish Charity No: SC012302 Company No: SC197327. Uganda photos: Colin Hattersley.