

# Prayer resources

WEE BOX, BIG CHANGE 2023



Father Oscar Yamba,  
Zambia

**WEE  
BOX**

*Big change*

**You can  
download all  
WEE BOX school  
resources  
here.**

**“You pray for the hungry. Then you feed them. That's how prayer works.”**

– Pope Francis



## **Responding in prayer**



Prayer is crucial and at the core of our worship. It is our primary way of communicating with God. There are many ways of praying, all of which add to the rich and beautiful traditions of our faith.

This resource provides various ways to pray – from the Stations of the Cross to video reflections to prayer crafts. Of course, we want you to use all the material, and use it throughout the Lenten period – but we would like your school to use the resources to organise your own prayer service and come together on Friday 17th March for our SCIAF WEE BOX Day of Prayer. What a show of solidarity it would be to see hundreds of schools praying together on the same day, even for a short time!

Spending time in prayer is another way to put our faith into action this Lent and show solidarity with our sisters and brothers suffering extreme hunger.

**“When you call me, and come and pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, I will let you find me.”** – Jeremiah 29:12-14



# WEE BOX

## Day of Prayer

**Friday  
17th March  
2023**

Use the following prayer suggestions to form a 15-20 minute prayer service so that your school community can join in solidarity, with other schools, on Friday 17th March. Use them in any order you wish and encourage pupils to take the lead in this prayer service.

### WEE BOX Reflection video

Simply press **play**, watch, and listen. Includes prayers from our partners in Zambia and Scripture read by pupils in Scotland.



### WEE BOX Prayer

**Read out the prayer below.**

Loving Father,

You have given us an abundance through your creation,

yet many go hungry.

Forgive us for excluding our sisters and brothers from their share,

and help us to see each other in the light of the Gospel.

Help us to live in the way you want us to live.

To love our neighbour, to show mercy and to act in solidarity.

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

Amen

### Give us this day our Daily Bread

**Read out the following reflection and finish by saying the Our Father altogether.**

“Give us this day our daily bread”

When Jesus taught his Disciples how to pray in Matthew chapter 6, this line of the ‘Our Father’ teaches us to look to God for our provision.

Was it physical bread and other food that Jesus was asking us to pray for?

Yes, but also more than that.

Remember in Exodus chapter 16 when God provided bread from heaven for the Israelites as they wondered in the desert. God sent ravens to provide food for Elijah, Jesus fed over 5,000 people from very little after thanking God for the food.

God, the provider, is not new to giving food to those in need.

God wants us to rely on Him for our physical nourishment and to thank Him for it too. It is horrifying that there is enough food in our world for everyone, yet 811 million people go hungry every day. We need to pray!

‘Our daily bread’ is more than physical food though, it’s about spiritual food too. If we elaborated this line of the prayer, we might say ‘give us everything we need this day to live a life that you are calling us to live’.

Give us compassion, give us patience, give us humility, give us perseverance to seek after God, the list could go on. But know this, that God is more than able to provide all your needs and the needs of our sisters and brothers.

Pope Francis says **“You pray for the hungry. Then you feed them. That’s how prayer works.”**

Let’s say the Our Father together...

## Pray together

The response is 'Lord, graciously hear us'

Loving God, we take time to thank you for all the good things you give us. For food, for school, for family and friends. Help us not to take for granted your gifts to us. Lord hear us...

For our sisters and brothers who find daily food a struggle. Satisfy their hunger and provide them with a way to earn an income. Lord hear us...

For SCIAF and their partners in Zambia, we ask you Lord, to sustain the work that happens. We thank you for the thousands of people that have received help and we pray that more can be helped. Lord hear us...

For our school community, we ask a blessing on pupils, staff, parents and all those who care for us, as we put our faith into action. Help us to love our neighbour, both locally and globally. Lord hear us...

For those that lead us in the Church, we ask you for wisdom as they guide us spiritually.

Bless Father \_\_\_\_\_  
our Bishop/Archbishop \_\_\_\_\_  
and Pope Francis.

Lord hear us...

## Suggested hymns for your service

Here I am Lord  
(Laudate 865)

Christ be our light  
(Laudate 883)

Make me a channel of your peace  
(Laudate 898)

One Bread, One body

## Stations of the Cross

The Stations of the Cross have long been a feature of the Church's devotional life, especially during the season of Lent. Use our Stations of the Cross during the Day of Prayer, and weekly in Lent. You can download the pdf booklet and pupils can lead other pupils in the Stations. A presentation is also available to download. Thanks to Fr Stephen Reilly, Co-ordinator of Spiritual and Pastoral Formation at The University of Glasgow for providing this year's Stations.



**Stations of the Cross**  
Lent 2023

SCIAF  
Uniting for a just world  
Glasgow Diocese

Catherine, Zambia

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Download the SCIAF Stations of the Cross

Catherine,  
Zambia



Juliet (far left),  
her dad Aggrey,  
and siblings,  
Zambia

# Our Daily Bread Wall Display

Give us  
this day  
our daily  
bread

— Matthew 4:11

We would love to see as many 'Our Daily Bread' wall displays across Scotland as possible. A sign of solidarity in praying for our sisters and brothers who go hungry.

In the reflection earlier, we see that Jesus shares with His disciples (and us), and that we are to look to God for our provision. The word 'our' relates to others as well as ourselves. So, when we pray for 'our daily bread' we are praying for physical and spiritual nourishment, not only for ourselves, but for others too.

Use the loaf of bread template at the back of this resource – cut and colour it, then stick it on a wall in your classroom or hall as a heading. Then use the slice of bread template and give one to each child so that they can write their own prayer of thanks and petition. Add these individual slices of prayer to the display around or under the loaf.



Take a photo of your display and share it on your school Twitter account tagging [@sciaf](#) on your post and using [#WEEBOX](#)

## Daily Lenten prayers and reflections

Download your Daily Lenten Reflection PowerPoint. Each day you will be able to share a prayer, quote or Bible verse with your class. A very simple, prayerful way to start each day. Lord hear us...



## Classroom Lenten altar

A class altar is a lovely tradition that helps to focus classroom prayer during Lent. Adding some simple prayer stations alongside the Crucifix, Bible and Rosary gives pupils another way to pray at the altar. Print the Prayer Stations page and place on the class altar or prayer table. Use a piece of purple cloth.

You can use:



WEE BOX  
(Station 1)



Seeds/lentils/  
grains - any  
kind of dried  
foods work well  
(Station 3)



Candle -  
or battery-  
operated  
tealights  
(Station 4)

# Prayer Stations

## Prayer Station 1. SCIAF WEE BOX

Look at the images on the WEE BOX.  
The people pictured have been helped by SCIAF. Many more people in Zambia, and around the world, still need help. Let us pray.

Loving Father,  
You have given us an abundance through  
your creation,  
yet many go hungry.  
Forgive us for excluding our sisters and  
brothers from their share,  
and help us to see each other in the light of  
the Gospel.  
Help us to live in the way you want us to live.  
To love our neighbour, to show mercy and  
to act in solidarity.  
We ask this in the name of Jesus, our Lord.  
Amen

## Prayer Station 2. Our daily bread

When we pray for  
'our daily bread' we  
are praying for the  
physical and spiritual  
nourishment that God  
gives us, and not only for ourselves,  
but for others too. Let us pray.



Our Father, Who art in Heaven,  
hallowed be Thy name; Thy Kingdom  
come, Thy will be done on earth as it  
is in Heaven. Give us this day our daily  
bread; and forgive us our trespasses as  
we forgive those who trespass against  
us; and lead us not into temptation,  
but deliver us from evil. Amen.

## Prayer Station 3. Global hunger

Millions of people go to bed hungry  
every night. It does not have to be  
this way. In Zambia, many families are  
struggling to grow enough food to eat.  
Let us pray.

Lord our God, thank you for Spring, the  
hope of brighter days, and the coming  
of growth and life in farms and fields  
in Zambia. We offer our hearts in hope  
that all things may flourish.  
Amen.

## Prayer Station 4. Light in the darkest times

In Zambia, hunger is killing all hope.  
When families can't grow enough  
food to eat, they're too tired to work  
in the fields. They have nothing to  
eat, nothing to sell at market, and no  
income. We can reach out in love and  
act against hunger this Lent. Let us  
pray.

Lord, help us to love our neighbours,  
and move our hearts to share what we  
have with those in need.  
We thank you for the signs of your light  
in the middle of darkness;  
may we be signs of your compassion in  
the heart of your world.  
Amen



# The Catholic Faith in Zambia



It is amazing to be part of a global Church. There is so much to learn from each other. This section offers the opportunity to see what Mass and 'Church life' looks like in Zambia. Reflect upon this and discuss the similarities and differences between Scotland and Zambia.



## Mass in Zambia

The structure of a Roman Catholic Mass is the same all over the world. However, around the globe, communities have often added traditions from their own culture to their worship during Mass. Watch the Catholic Faith in Zambia video featuring the Kazito Parsh in Zambia [here](#).

## Reflection Video



Our reflection video includes prayers from our partners in Zambia and Scripture read by pupils in Scotland. Watch the WEE BOX reflection [here](#).





**Give us  
this day  
our daily  
bread**

– Matthew 6:11





**Thank you God for...**

**Please help...**



**“You pray for the hungry.  
Then you feed them.  
That’s how prayer works.”**

– Pope Francis

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At church in Zambia

**Scottish Catholic International Aid Fund**

SCIAF is the official relief and development agency of the Catholic Church in Scotland and a proud member of the Caritas family. 7 West Nile Street, Glasgow G1 2PR. Tel: 0141 354 5555. Scottish Charity No: SC012302. Company No: SC197327. Photos: Colin Hattersley.