***Thursday 16th July 2020 Collective Worship – St Thomas Aquinas***

*If you can, it might help to set aside a space for prayer, light a candle to focus.*

**Collective Worship**

1. Start with the Sign of the Cross

2.Take time to read today’s Gospel: **Matthew 11:28-30**

Jesus said, ‘Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.’

1. **Short Reflection**

Jesus understands each of us better than we understand ourselves, his heart – gentle and humble, goes out to us.

Jesus invites us to come to Him just as we are. He recognises the busyness of our lives, how we labour and are overburdened and draws us into his loving and gentle presence. He wants to listen to all of our troubles, and assures us that his yoke is easy and his burden is light. When we spend time with Jesus we find rest for our souls. He speaks to us in the silence of our hearts and gives us inner peace.

Do I have anything weighing on me now? Jesus promises to help, and I believe him.

As we begin our school holiday let us know that Jesus is with us and will carry us on our journey so we come back less anxious and less afraid. He will always listen. Have a conversation with him!

1. **Prayer:**

**Dear Lord, I thank You for loving me. Please forgive me for my sins and show me the burdens I carry that You want to remove. There may be things I'm not aware of that are distracting me from the best that You have for me. Please show me these things so that I can give them over to You. I pray this in Jesus' name. Amen.**

**Let us bring all our prayers to our Mother Mary as we say:**

1. **Hail Mary**  
   *Hail Mary Full of Grace the Lord is with thee*

*Blessed art though amongst women*

*And Blessed is the fruit of Thy womb Jesus*

*Holy Mary, Mother of God*

*Pray for us sinners now*

*And at the hour of our death. Amen*

1. **School Prayer**

*Christ, you are the centre of our school community*

*Help us to live together in peace*

*Help us to love one another as you have loved us*

*Help us to learn your ways so that the truth will set us free.*

*Amen*

1. St Thomas Aquinas, Pray for us
2. Finish with the Sign of the Cross

# *Suggested song for the day: ‘Not afraid’ Red Rocks Worship*

# <https://www.youtube.com/watch?v=EbdLnULOnGA>