INTRODUCTION
Good morning/afternoon, and welcome to our closing prayer service for Wellness Week.

OPTIONAL: OPENING SONG
Please join in our opening song (Sugg: You Are Near; Children of the Light; Prayer of St. Francis; Mighty to Save; Here I Am to Worship; Trading my Sorrows; My Light, My Hope, My Joy; Every Move I Make; You are Holy)

OPENING PRAYER
Let us begin with the sign of our faith: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

And let us pray... God our Father, thank You for the gift of this day. Open our hearts now to welcome Your word and the joy that it brings, so that we might know more fully the wellness of Your peace. We make this prayer to You in the name of Jesus, the Lord. Amen.

READING
A reading from the letter of Paul to the Philippians
Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

The word of the Lord.

Thanks be to God

REFLECTION
In this reading, St. Paul is telling the people how to live as followers of Jesus. He tells them to live with joy. He tells them that God is always with them, and that
they can turn to him like a good father, for everything. St. Paul tells them that if they live with joy, and put their trust in God, they will have peace in their hearts and minds.

Living with joy and trust in God will give us the wellness of God’s peace. How can we live this way every day? We can practice the virtues: faith, hope, love, prudence, justice, temperance, and fortitude; we can set each other free with forgiveness.

Most importantly, when we are having a hard day, we can turn to Jesus. Let us ask him to hold our hand and walk with us, to give us his joy and his peace.

*Jesus, I trust in You.*

*In You, I can adapt;*

*In You, I can bounce back;*

*In You, I am resilient;*

*In You, I have peace;*

*In You, I am well.*

**OPTIONAL: SONG**

(See opening song suggestions)

**PRAYER OF THE FAITHFUL**

1. Let us pray for the Church. That all who follow Jesus might turn to him in all their needs, and know the deep wellness of mind and heart that comes from his peace.

   *We pray to the Lord. Lord, hear our prayer.*

2. Let us pray for the world. That all God’s children will learn to live together with joy, trust in God, and peace.

   *We pray to the Lord. Lord, hear our prayer.*

3. Let us pray for all those who do not have peace in their homes, their countries, their lives. That the peace of God will enter into these places to
make all things well in Christ.
_We pray to the Lord. Lord, hear our prayer._

4. Let us pray for our school staff, our pastors, families and communities. That the wellness of God’s peace will enter more deeply into their lives.
_We pray to the Lord. Lord, hear our prayer._

5. Let us pray for our own needs here at ______________ Catholic school...
That the wellness of God’s peace in Christ will fill our hearts, fill our classrooms, our school yard and our lives.
_We pray to the Lord. Lord, hear our prayer._

6. Let us pause and take a few seconds to think of all the people we want to bring before God in prayer. For all their needs:
_We pray to the Lord. Lord, hear our prayer._

Loving God, we bring before you all of our prayers and needs spoken aloud and in the silence of our hearts. We place them before you now, using the words that Jesus gave us: _Our Father..._

**CLOSING PRAYER**

O God, we praise and glorify You for all the good things that You have done in our hearts this week, and for all the things You will do for us in the days ahead. Help us to turn to You for all our needs, for we know that you desire that we share in the wellness of Your deep and lasting peace. We make this prayer to You in the name of Jesus, Your Son and our Lord. Amen.

And may Almighty God bless us: Father, Son and Holy Spirit. Amen.

**OPTIONAL: CLOSING SONG:**

Please join in our closing song:
(Sugg: _You Are Near; Children of the Light; Prayer of St. Francis; City of God; Mighty to Save; Here I Am to Worship; Trading my Sorrows; My Light, My Hope, My Joy; Every Move I Make; You are Holy_)