

Daily Prayer

The Most Holy Body and Blood of Christ Year C,
The Year of Luke; Jubilee Year 2025



Readings: Genesis 14: 18–20; Ps 109:1-4. R. v.4; 1 Corinthians 11: 23–26; Luke 9: 11–17.

Jubilee Year: Pilgrims of Hope

Source: [Jubilee Resource Pack for Parishes](#)

Jubilee years are a time of newness. They have been celebrated throughout the history of the Church, but their roots go back to the Old Testament, when the Israelites were commanded to celebrate a jubilee every 50 years...

Saint Mary of the Cross MacKillop used to say: 'We are but travellers here.' For the 2025 Jubilee Year, Pope Francis invited us to reflect on what it means to be pilgrims of hope: a people who are not only travellers here but walking in joyful anticipation of 'the heavenly goal to which we have been called' (SNC §25).

Pope Francis believed that, in today's world, hope suffers; that too many people have been robbed by cynicism and despair. During Jubilee 2025, he wanted everyone to have 'an intense experience of the love of God that awakens in hearts the sure hope of salvation in Christ' (SNC §6). Only this hope—born from knowing that nothing can separate us from God's love (Rom 8:35-39)—can breathe life back into weary souls.

This hope is not optimism. It is not a forced positivity in the face of hardship and evil. It is a grace from God, a trust in the Lord's promises: that he is good, that he is merciful, and that we are journeying towards the one who says, 'Look, I am making everything new' (Rev 21:5).



For this reason, the most striking part of the logo for this jubilee is the cross: bending towards humanity and forming an anchor, it depicts the cross as something to cling to, especially in rough seas. It is a contemporary 'riff' on an old biblical image. The epistle to the Hebrews describes the hope we have in Christ as 'an anchor of the soul, as sure as it is firm' (6:19).

The cross is not a dead symbol from the past. It is a living sign of God's unfathomable love, and one that carries us together in pilgrimage towards heaven.

Preparations for Daily Prayer

The following daily prayers can be used in their entirety or adapted to meet the needs of the audience. The prayers draw on the Sunday readings, so you may use any of the prayers on any day, although special focus will be given to Feast days, Solemnities, and days of special cultural significance. Feel free to adapt the prayers for special occasions or specific intentions of your own class and school.

The prayers will introduce students to traditional prayer and liturgical practices and responses, as well as a variety of Christian spiritual experiences. Take the opportunity to create a Sacred Space for prayer as you might do in creating a protected garden. This may include a prayer cloth or placemat, a bible, a crucifix, a candle, and flowers. Additional resources (apps, websites, music, videos) will be suggested for those wanting to enrich the prayers or to understand the readings at a deeper level.

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The Year of Luke

The Gospel readings for this Year C are taken from the Gospel of Luke and the Church is in The Sunday of The Most Holy Body and Blood of Christ.

Daily Prayer will invite those gathered to participate in prayer rituals and respond respectfully in a prayerful context. This week is about setting up for success in a way that those gathered will become comfortable with the structure, the responses, the gestures, the prayers and the symbols. Daily Prayer will be a time when all feel welcomed and valued.

Overview of the Week

| Day and Liturgical Colour | Daily Prayer | Links to Liturgy, Traditional Prayers, and Forms of Prayer |
|---------------------------|---|--|
| Monday – White | <i>Jesus feeds the five thousand.</i> | Gospel, response |
| Tuesday – White | <i>Every time you eat this bread and drink this cup; you are proclaiming the death of the Lord.</i> | Second Reading, meditation |
| Wednesday – White | <i>They all ate and were filled.</i> | Gospel, reflection |
| Thursday – White | <i>Clothe yourselves with compassion</i> | Prayers of the Faithful |
| Friday – White | <i>Jesus is always with us</i> | Responsorial Psalm |

Note that scripture quotations are from the Lectionary (*Jerusalem Bible*) or NRSV.

Suggested Teacher Background for the Readings

- Liturgy Help: [Commentaries and Homilies & Reflections](#)
- Loyola Press: [Sunday Connection](#)
- The Emmaus Series: [Sunday Reflections](#).



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Readings: Genesis 14: 18–20; Ps 109:1-4. R. v.4; 1 Corinthians 11: 23–26; Luke 9: 11–17.

Monday

Today's Daily Prayer – Jesus feeds the five thousand.

Preparation: Choose a reader and someone to light the candle. Provide copies of the Gospel for all to respond, select a Narrator and someone to read the part of Jesus.

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the Word, in each other and in ourselves. Take a few slow, deep breaths to help us focus on this moment. There may be special occasions or specific intentions that those gathered may wish to include in today's prayer.

The Sign of the Cross

Leader: Let us be silent. Today we will pray with the gospel that was read this past weekend at Masses all around the world to celebrate the Solemnity of the Body and Blood of Christ.

Let us begin our prayer with the Sign of the Cross.

All:

In the name of the Father and of the Son and of the Holy Spirit Amen.

(Light candle and pause.)



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Listen

If possible, the scripture passage is to be read from a lectionary or a bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God and treat the text with reverence.

Leader: Let us listen and take part in the story of the Loaves and Fishes from the Gospel of Luke.

Narrator: A reading from the holy Gospel according to Luke.

Jesus made the crowds welcome and talked to them about the Kingdom of God; and he cured those who were in need of healing.

It was late afternoon when the Twelve came to him and said,

All: **Send the people away, and they can go to the villages and farms round about to find lodging and food; for we are in a lonely place here.**

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Narrator: He replied,

Jesus: Give them something to eat yourselves.

Narrator: But they said,

All: **We have no more than five loaves and two fish, unless we are to go ourselves and buy food for all these people.**

Narrator: For there were about five thousand men.

But he said to his disciples,

Jesus: Get them to sit down in parties of about fifty.

Narrator: They did so and made them all sit down.

Then he took the five loaves and the two fish, raised his eyes to heaven, and said the blessing over them; then he broke them and handed them to his disciples to distribute among the crowd.

They all ate as much as they wanted, and when the scraps remaining were collected they filled twelve baskets.

(Pause.)

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.



Jesus feeds 5000, from TheLumoProject via

www.freebibleimages.org

Respond

Leader:

In this Gospel story, the people were hungry for food after a long day. Jesus told the disciples: 'Give them something to eat yourselves'.

In our world today, there are many people who are hungry for food. There are also many people we know and meet each day who are hungry for justice, for friendship, for words of encouragement, for a smile or an act of kindness.

With this understanding, reflect on how you will respond to Jesus if he tells you to 'Give them something to eat yourself'.

What can you do to respond to someone who is lonely or sad?
(Pause.)

What can you do to respond to someone who is being bullied or excluded? (Pause.)

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Go Forth

Leader: Please stand as we pray a blessing on us as we go into this day.

May the Lord bless us and keep us.

All: **Amen.**

Leader: May the Lord let his face shine upon us and show us his mercy.

All: **Amen.**

Leader: May the blessing of almighty God come down on us and remain with us forever.

All: **Amen.**

Pope Francis told us that “with the Jubilee, we start a new life, a new phase... we begin again.”

[Source](#)

Let us go forth this Easter sharing the light of hope and message of God’s love in all that we say and do.

All: **God, guide us on our journey as ‘Pilgrims of Hope’.**

Extinguish candles and pause.

All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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Readings: Genesis 14: 18–20; Ps 109:1-4. R. v.4; 1 Corinthians 11: 23–26; Luke 9: 11–17.

Tuesday

Today's Daily Prayer - Every time you eat this bread and drink this cup; you are proclaiming the death of the Lord.

Preparation: Choose a reader and someone to light the candle.

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the word, in each other and in ourselves. Take a few slow, deep breaths to help us focus on this moment. There may be special occasions or specific intentions that those gathered may wish to include in today's prayer.

The Sign of the Cross

Leader: Let us begin our prayer with the Sign of the Cross.

All: In the name of the Father and of the Son and of the Holy Spirit. Amen.

Leader: We light a candle knowing that we are in the presence of a merciful and loving God.

(Light candle and pause.)



PENITENTIAL RITE

Reader: For the times we have not listened to others.

Lord, have mercy.

All: **Lord, have mercy.**

Judean hill country, Photo by

Reader: For the times we have chosen not to spend time with family or friends.

Christ, have mercy.

All: **Christ, have mercy.**

Reader: For the times we have not been welcoming to others.

Lord, have mercy.

All: **Lord, have mercy.**



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Listen

If possible, the scripture passage is to be read from a lectionary or a bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God and treat the text with reverence.

Leader: Let us listen to the Second Reading from the Sunday celebration.

Reader: A reading from the first letter of St Paul to the Corinthians

This is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, 'This is my body, which is for you; do this as a memorial of me.' In the same way he took the cup after supper, and said, 'This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.' Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming to his death.

The Word of the Lord.

All: Thanks be to God.



Six30 Holy Hour FB page

Respond

Leader: What did you hear St Paul describing in this reading? What are the bread and Cup? The sacramental real presence of Jesus among us as our spiritual food.

Have you heard the saying "you are what you eat"? What does this mean? How can it be applied to the food Jesus gives us?

Go Forth

Leader: Let us pray a blessing.

May we know always and everywhere the spiritual food that is in our Bread and Cup.

All: Amen.

Leader: And may the blessing of almighty God, the Father, the Son and the Holy Spirit, come down on us and remain with us for ever.

All: Amen.

Pope Francis told us that "with the Jubilee, we start a new life, a new phase... we begin again."

[Source](#)

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Let us go forth in this Easter season afresh sharing the light of hope and message of God's love in all that we say and do.

All: God, guide us on our journey as 'Pilgrims of Hope'.

Extinguish candles and pause.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

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Readings: Genesis 14: 18–20; Ps 109:1-4. R. v.4; 1 Corinthians 11: 23–26; Luke 9: 11–17.

Wednesday

Today's Daily Prayer - They all ate and were filled.

Preparation: Choose a reader and someone to light a candle.

We Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the word, in each other and in ourselves. Take a few slow, deep breaths to help us to focus on this moment. There may be special occasions or specific intentions that those gathered may wish to include in today's prayer.

The Sign of the Cross

Leader: Let us begin our prayer with the Sign of the Cross.

All: **In the name of the Father and of the Son and of the Holy Spirit.**
Amen.

Leader: We light a candle knowing that we are in the presence of a loving God.

(Light candle and pause.)

Listen

If possible, the scripture passage is to be read from a lectionary or a bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the word of God and treat the text with reverence.

Leader: Today we listen to the Gospel. Let us trace the sign of the cross on our forehead, on our lips and on our heart that the words of the Gospel may dwell in our thoughts, on our lips and in our hearts.

Reader: A reading from the holy Gospel according to Luke.

All: **Glory to you, O Lord.**

Reader: It was late afternoon when the Twelve came to him and said, 'Send the people away, and they can go to the villages and farms round about to find lodging and food; for we are in a lonely place here.' He replied, 'Give them something to eat yourselves.' But they said, 'We have no more than five loaves and two fish, unless we are to go ourselves and buy food for all these people.' For there were about five thousand men. But he said to his disciples, 'Get them to sit



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down in parties of about fifty.' They did so and made them all sit down. Then he took the five loaves and the two fish, raised his eyes to heaven, and said the blessing over them; then he broke them and handed them to his disciples to distribute among the crowd. They all ate as much as they wanted, and when the scraps remaining were collected they filled twelve baskets.

The Gospel of the Lord

All: Praise to you Lord Jesus Christ

Respond

Leader: This gospel shows us that the focus of the Eucharist is not just adoring Jesus in the Blessed Sacrament, but carrying on the works of Jesus in the world today. We are fed with the body and blood of Jesus so that we can 'become Jesus' in our world today. We are to become what we eat.

In this gospel, the disciples want to send the people away to find their own food, but Jesus says: 'you feed them'. What are some of the hungers that people have? (Peace, safety, food, shelter, love, acceptance, encouragement...)

How can we help meet those needs? Think of one concrete way you can be Jesus to someone this week.

Go Forth

Leader: As we go into this day, may we know that God goes with us.

Pope Francis told us that "with the Jubilee, we start a new life, a new phase... we begin again."

[Source](#)

All: God, guide us on our journey as 'Pilgrims of Hope'.

Extinguish candles and pause.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



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Readings: Genesis 14: 18–20; Ps 109:1-4. R. v.4; 1 Corinthians 11: 23–26; Luke 9: 11–17.

Thursday

Today's Daily Prayer – Clothe yourselves with compassion.

Preparation: Choose readers and someone to light the candle,

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the word, in each other and in ourselves. Take a few slow, deep breaths to help us to focus on this moment. There may be special occasions or specific intentions that those gathered may wish to include in today's prayer.

The Sign of the Cross

Leader: Let us begin our prayer with the Sign of the Cross.

All: **In the name of the Father and of the Son and of the Holy Spirit. Amen.**

Leader: We light a candle knowing that we are in the presence of a loving God.

Light candle and pause.

Listen

If possible, the scripture passage is to be read from a lectionary or a bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the word of God and treat the text with reverence.

Leader: A reading from Paul's Letter to the Colossians (3: 12–15)

Reader: As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience.

Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive.

Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body.

And be thankful.

The word of the Lord.

All: **Thanks be to God.**



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Respond

Leader: In response to this reading, let us pray.
Reader: You are God of Earth, Sky and Sea.
May all peoples be one in peace and harmony, united together in God's love.
Lord, hear us.
All: **Lord, hear our prayer.**
Reader: You are a God of Love.
May the peace of Christ rule in the hearts of all as they live out the call to bear with one another and love each other. Lord, hear us.
All: **Lord, hear our prayer.**
Reader: You are a God of Hope.
May we be filled with hope to shape the future so that love and unity may be the way forward for our world. May we treat each other with kindness and respect. Lord, hear us.
All: **Lord, hear our prayer.**



Melbourne Corpus Christi Procession

Go Forth

Leader: Let us go into this day with compassionate and thankful hearts.
Pope Francis told us that "with the Jubilee, we start a new life, a new phase... we begin again."
[Source](#)

Let us go forth from here sharing the light of hope a grace filled life can offer.

All: **God, guide us on our journey as 'Pilgrims of Hope'.**

Extinguish candles and pause.

All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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Readings: Genesis 14: 18–20; Ps 109:1-4. R. v.4; 1 Corinthians 11: 23–26; Luke 9: 11–17.

Friday

Today's Daily Prayer – Jesus is always with us.

Preparation: Choose readers and someone to light the candle.

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the word, in each other and in ourselves. Take a few slow, deep breaths to help us focus on this moment. There may be special occasions or specific intentions that those gathered may wish to include in today's prayer.

The Sign of the Cross

Leader: Let us be silent. (Pause)

Let us be still. (Pause)

Let us pray. (Pause)

Leader: Today our focus for prayer will be the Sign of the Cross:
a traditional prayer practice that remembers and honours the Holy Trinity.
We pray the Sign of the Cross together.
Let us do this slowly and reverently.

All: **In the name of the Father and of the Son and of the Holy Spirit. Amen.**
(Light candle and pause.)

Listen

Leader: We will pray the Responsorial Psalm for Sunday.

Reader: Our response is:

You are a priest for ever, in the line of Melchizedek.

The Lord's revelation to my Master:

'Sit on my right:

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I will put your foes beneath your feet.'

All: You are a priest for ever, in the line of Melchizedek.

The Lord will send from Zion
your sceptre of power:
rule in the midst of all your foes.

All: You are a priest for ever, in the line of Melchizedek.

A prince from the day of your birth
on the holy mountains;
from the womb before the daybreak I begot you.

All: You are a priest for ever, in the line of Melchizedek.

The Lord has sworn an oath he will not change.
'You are a priest for ever,
a priest like Melchizedek of old.'

All: You are a priest for ever, in the line of Melchizedek.



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Respond

Leader: This Psalm reminds us that Jesus is a priest forever, chosen by God to lead and care for us. Just like Melchizedek was a special priest long ago, Jesus is with us always, guiding us with love and strength. God's promises never change, He is always faithful.

Reflective Questions:

What does it mean to you that Jesus is always with us?

How can you show God's love to others today?

When have you felt God helping you in a hard time?

Go Forth

Leader: Loving God,

Thank You for sending us Jesus, our forever priest and guide.

Help us to trust in Your promises and remember that You are always with us.

Show us how to share Your love with others through our words and actions.

May we grow to be kind, strong, and faithful, just like Jesus.

Amen.

Pope Francis told us that "with the Jubilee, we start a new life, a new phase... we begin again."

[Source](#)

Let us go forth from here sharing God's peace and hope in all that we say and do.

All: **God, guide us on our journey as 'Pilgrims of Hope'.**

Extinguish candles and pause.

All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**