

Year of St Francis Prayer Trail: I am loved.



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Encourage pupils to find a comfortable position to sit in. Explain we will be thinking about how much God loves us and thinks we are wonderful, just as we are. St Francis came from a wealthy family, he was a popular young man who went to war looking for glory. Gradually he came to understand that none of these things are important. St Francis understood that God loved him unconditionally – and that God loves everyone else just as much. In response, Francis gave up all his money and spent the rest of his life putting God and other people before himself.

Explain that we are going to spend a few moments looking at ourselves in the mirror. As we look we are going to ask God to help us see ourselves as God sees us. Explain that when we see ourselves through God's eyes we see who we really are.

Explain we will begin by stilling ourselves to allow ourselves to slow down and reflect. (You may wish to use the stilling exercise here—see introduction page).

We are all made in God's image. Each one of us is unique and deserves respect. Genesis tells us that God made us. It is not science, but tells us the truth of just how special we are. Genesis 1:27 says, **"So God created human beings, making them to be like himself."**

- * Have a mirror either on the floor with something comfortable to sit on, or set it up higher with a chair or table.
- * You may like to surround it with positive self-image words or quotes.
- * Invite pupils to take a look in the mirror.

What do you see? As you look in the mirror, look at yourself with God's eyes. Ask God to help you see yourself through God's eyes of love. Can you believe how much you are loved, just as you are? What might happen if you truly believed how amazing you are?

Listen to the words of St Carlo Acutis, **"We are all born originals, but many of us die as photocopies."** Ask pupils to be still, have a few moments of silence and thank God for making them unique and for loving them so much.

Thank you Lord, for loving me so much.

Help me to be the person you made me to be,
really believing how amazing I am.

Help me to see other people through your loving eyes
and to treat them with respect. **Amen.**

Stay with us Lord on our journey.

St Francis of Assisi. **Pray for us.**

Send: Try to appreciate who you are and don't try to be someone else. Can you look at the people you meet in the same way that God looks at you – and treat them with love and respect?

As part of the prayer you may wish to
sing the hymn

'My God loves me.'



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1. My God loves me.
His love will never end.
He rests with – in my heart
For my God loves me.

2. His gentle hand
He stretches over me.
Though storm-clouds threaten the day
He will set me free.

3. He comes to me
In sharing bread and wine,
He brings me life that will reach
Past the end of time.

4. My God loves me,
His faithful love endures.
And I will live like a child
Held in love secure.

An alternative verse, which is sometimes used by itself is:

My God loves me
And all the wonders I see
The rainbow shines through my window
My God loves me.

An alternative set of lyrics sometimes used:

My God loves me.
And all the wonders I see,
Are all small signs of the love,
My God has for me.

[My God Loves Me](#)



Mirror prayer activity from Prayer Spaces in Schools:

<https://prayerspacesinschools.org/resources/mirrors/>