

# 26<sup>th</sup> January to 1<sup>st</sup> February: Baptism & New Life in Christ

You do not need to complete everything.

One section used well is enough.

This material is offered to support steady growth in faith.

## MONDAY 26<sup>th</sup> January

### Guarding the Gift of Baptism

*(Saints Timothy & Titus)*

## CHILDREN (5 – 10)

### Opening Prayer

Jesus,  
thank You for loving us.  
Thank You for making us God's children.  
Help us listen and learn today.  
Amen.

### Teaching

When we are baptised, God gives us a very special gift.  
This gift is called **faith**.

Faith is not something we buy or earn.  
It is given to us because God loves us.

Saint Paul tells Timothy to **guard** this gift.  
That means we look after it carefully.

We look after our faith by:

praying

trusting God

trying to love like Jesus

Faith is like a light.  
If we care for it, it helps us see the way.

### Scripture

“Guard the good treasure entrusted to you.”  
(2 Timothy 1:14)

## Questions

What is something special you take care of?

How can we look after our faith?

## Practice

Together say:  
**“Thank You, God, for the gift of faith.”**

## Closing Prayer

God our Father,  
help us look after the gift  
You have given us in Baptism.  
Amen.

# YOUNG PEOPLE (11 – 18)

## Opening Prayer

Lord Jesus,  
Help us take our faith seriously  
and live as people who belong to You.  
Amen.

## Teaching

St Paul reminds Timothy that faith is **entrusted**, not invented.  
That matters.

Baptism gives us a new life in Christ that we did not earn.  
It was given before we understood it.

Guarding the gift of Baptism does not mean being perfect.  
It means being faithful.

Faith grows when we:

stay connected to the Church

pray honestly

keep returning when we drift

Treating faith as disposable weakens it.  
Treating it as entrusted helps it grow.

## Scripture

“I remind you to fan into flame the gift of God.”  
(2 Timothy 1:6)

## Reflection Questions

Where do I treat faith as optional?

What helps faith stay alive?

## Practice

Choose one small way this week to take faith seriously  
(e.g. prayer, Mass, kindness, honesty).

## Closing Prayer

Jesus,  
Help me guard the gift  
You have given me in Baptism.  
Amen.

## ADULT

### Opening Prayer

Lord,  
Open our hearts to the gift  
we have received in Baptism.  
Amen.

### Catechesis

Baptism entrusts us with new life in Christ.  
This life is not self-generated; it is received.

St Paul’s instruction to Timothy reminds the Church that fidelity matters.  
The task of the baptised is not to reshape the faith to suit personal preference,  
but to receive it reverently and live it faithfully.

The Church exists to safeguard what she has received.  
So do we.

Faith is guarded through:

prayer

sacramental life

belonging to the Church

steady conversion

Baptism gives a real, lasting identity — even when neglected.

## Scripture

2 Timothy 1:13–14

## Reflection Questions

Where do I neglect the grace of Baptism?

What helps me remain faithful over time?

## Practice

Return this week to one spiritual habit  
that has been neglected or taken lightly.

## Closing Prayer

Lord,  
Strengthen the faith  
You planted in us through Baptism.  
Amen.

## TUESDAY 27<sup>th</sup> January

### Living Baptism in Ordinary Life

*(Saint Angela Merici)*

## CHILDREN (5 – 10)

### Opening Prayer

Jesus,  
thank You for loving us.  
Help us learn how to live  
as God's children every day.  
Amen.

### Teaching

Saint Angela Merici loved God very much.  
She showed her love by caring for people every day.

She did not do loud or famous things.  
She did small, loving things.

Baptism helps us love God in ordinary ways:

at home

at school

with our friends

Living our Baptism means trying to love like Jesus each day.

## Scripture

“Let your light shine before others.”  
(Matthew 5:16)

## Questions

How can we show love today?

Where can we help someone?

## Practice

Do one quiet kind thing today for someone else.

## Closing Prayer

Thank You, God,  
for helping us love You  
in small, everyday ways.  
Amen.

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## YOUNG PEOPLE (11 - 18)

### Opening Prayer

Lord Jesus,  
Help us understand  
how faith shapes daily life.  
Amen.

### Teaching

St Angela Merici shows us that holiness grows quietly.

Baptism does not remove us from ordinary life.  
It sends us into it with purpose.

Faith grows when we:

listen

obey

remain faithful in small things

We often look for dramatic signs of holiness.  
God usually works through patience and consistency.

## Scripture

“Whoever is faithful in little things  
is faithful in much.”  
(Luke 16:10)

## Reflection Questions

Where am I being invited to be faithful, not impressive?

Why is patience important in faith?

## Practice

Choose one responsibility today  
and do it with care and attention.

## Closing Prayer

Jesus,  
Help me live my Baptism  
in ordinary life.  
Amen.

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## ADULT

### Opening Prayer

Lord,  
Teach us to live our Baptism  
faithfully in daily life.  
Amen.

### Catechesis

St Angela Merici reminds the Church that Baptism is lived primarily in the ordinary.

Holiness is not reserved for extraordinary moments.  
It is formed through obedience, attentiveness, and love in daily responsibilities.

Baptism shapes how we:

work

relate

serve

remain faithful

The Christian life matures not through intensity,  
but through steady perseverance.

**Scripture**

Luke 16:10

**Reflection Questions**

Where do I underestimate ordinary faithfulness?

How does Baptism shape my daily choices?

**Practice**

Offer one ordinary task today consciously to God.

**Closing Prayer**

Lord,  
Help us live the grace of Baptism  
faithfully and patiently.  
Amen.

**WEDNESDAY 28<sup>th</sup> January**

**Receiving Before Teaching**

*(Saint Thomas Aquinas)*

**CHILDREN (5 - 10)**

**Opening Prayer**

Jesus,  
thank You for loving us.  
Help us listen to You  
and learn from You today.  
Amen.

## Teaching

Saint Thomas Aquinas loved learning about God.  
But before he taught others, he listened.

He knew that God speaks to us first.  
We learn by listening before we speak.

When we are baptised, God makes us His children.  
That means we are always learning how to love Him better.

Listening helps our faith grow.

## Scripture

“Speak, Lord, for Your servant is listening.”  
(1 Samuel 3:9)

## Questions

How do we listen to God?

When is it hard to listen?

## Practice

Sit quietly for one minute.  
Then say together:  
“**Speak, Lord. I am listening.**”

## Closing Prayer

Thank You, God,  
for teaching us.  
Help us listen to You every day.  
Amen.

## YOUNG PEOPLE (11 - 18)

### Opening Prayer

Lord Jesus,  
Help us learn how to listen to You

before speaking or acting.  
Amen.

## Teaching

Saint Thomas Aquinas was very intelligent.  
But he knew something important:  
faith is received before it is explained.

Baptism does not make us experts.  
It makes us disciples.

Listening to God means:

prayer

learning from Scripture

being open to correction

When we rush to speak or decide,  
we can miss what God is teaching us.

## Scripture

“Everyone should be quick to listen,  
slow to speak.”  
(James 1:19)

## Reflection Questions

Where do I rush ahead of God?

What helps me listen more carefully?

## Practice

Before making one decision today,  
pause and say:  
**“God, guide me.”**

## Closing Prayer

Jesus,  
Teach me to listen to You  
and trust Your wisdom.  
Amen.

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**ADULT**

## Opening Prayer

Lord,  
 Open our hearts to Your truth  
 and teach us to listen with humility.  
 Amen.

## Catechesis

Saint Thomas Aquinas reminds the Church that understanding follows faith.

Baptism places us in a posture of receptivity.  
 We are taught before we teach,  
 formed before we lead.

Christian wisdom begins with humility:  
 acknowledging that truth is received, not mastered.

This posture protects us from pride  
 and keeps our faith rooted in God, not opinion.

## Scripture

James 1:19  
 “Be quick to listen, slow to speak.”

## Reflection Questions

Where do I resist being taught by God?

How does Baptism call me to humility?

## Practice

Spend five minutes this week  
 reading Scripture slowly and quietly.

## Closing Prayer

Lord,  
 Teach us to listen before speaking  
 and to receive Your truth with trust.  
 Amen.

## THURSDAY 29<sup>th</sup> January

### Receiving the Promise

*(Ordinary Time – “Receiving the Promise”)*

## CHILDREN (5 - 10)

### Opening Prayer

God our Father,  
thank You for loving us  
and keeping Your promises.  
Amen.

### Teaching

God always keeps His promises.

When we are baptised,  
God promises to stay with us.

Even when we feel scared or unsure,  
God does not leave us.

Baptism means God is close to us  
every day of our lives.

### Scripture

“The Lord is faithful to all His promises.”  
(Psalm 145:13)

### Questions

Who keeps promises to you?

How does it feel to know God stays close?

### Practice

Thank God for one promise He keeps.

### Closing Prayer

Thank You, God,  
for staying with us always.  
Amen.

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## YOUNG PEOPLE (11 - 18)

### Opening Prayer

Lord,  
Help us trust You  
even when faith feels hard.  
Amen.

## Teaching

Baptism begins with God's promise,  
not our promise to Him.

God commits Himself to us first.

Faith is not about never doubting.  
It is about trusting God's faithfulness  
when feelings change.

God's promise in Baptism  
is stronger than our weakness.

## Scripture

"If we are faithless,  
He remains faithful."  
(2 Timothy 2:13)

## Reflection Questions

When is it hardest to trust God?

What helps you remember God's faithfulness?

## Practice

When you feel uncertain, say:  
**"God, I trust You."**

## Closing Prayer

Jesus,  
Help me trust Your promise  
and stay close to You.  
Amen.

## ADULT

### Opening Prayer

Faithful God,  
Help us trust Your promises

and rest in Your faithfulness.

Amen.

## Catechesis

Baptism is fundamentally God's promise.

It does not depend on our emotional consistency or moral perfection.

God binds Himself to us in Christ.  
This covenant endures through struggle and doubt.

Christian hope rests not in our strength, but in God's faithfulness.

## Scripture

2 Timothy 2:13

## Reflection Questions

Where do I struggle to trust God's promises?

How does Baptism anchor hope?

## Practice

Recall one moment when God was faithful in your life.  
Thank Him for it.

## Closing Prayer

Faithful Father,  
Thank You for keeping Your promises.  
Help us trust You always.  
Amen.

## FRIDAY 30<sup>th</sup> January

### Small Beginnings

*(Ordinary Time – “Small Beginnings”)*

## CHILDREN (5 – 10)

## Opening Prayer

Jesus,  
thank You for loving us.  
Help us learn how You help us grow.  
Amen.

## Teaching

God does not always start with big things.

God often starts with small things.

When we are baptised,  
God begins something new in us.  
It may feel small at first,  
but it can grow very big.

Faith grows when we:

pray

try again

keep trusting God

Even small steps matter to God.

## Scripture

“The kingdom of heaven is like a mustard seed.”  
(Matthew 13:31)

## Questions

What small thing can grow?

How can our faith grow?

## Practice

Do one small good thing today  
and offer it to God.

## Closing Prayer

Thank You, God,  
for helping our faith grow  
a little each day.  
Amen.

# YOUNG PEOPLE (11 - 18)

## Opening Prayer

Lord Jesus,  
Help us trust that You are working  
even when growth feels slow.  
Amen.

## Teaching

We often want faith to change everything quickly.

But God usually works slowly.

Baptism begins a new life in us,  
but that life grows over time.

Small choices matter:

choosing honesty

choosing prayer

choosing kindness

God works patiently.  
We are invited to do the same.

## Scripture

“Do not despise these small beginnings.”  
(Zechariah 4:10)

## Reflection Questions

Where do I get frustrated with slow growth?

What small step is God inviting me to take?

## Practice

Choose one small habit  
that helps your faith grow.

## Closing Prayer

Jesus,  
Help me trust Your work in me,  
even when I cannot see it yet.  
Amen.

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## ADULT

### Opening Prayer

Lord,  
Help us trust the quiet work of grace  
within our lives.  
Amen.

### Catechesis

The Christian life unfolds gradually.

Baptism plants a real seed of new life,  
but growth is often hidden and slow.

Grace works beneath the surface.  
Impatience can tempt us to measure progress too quickly.

God forms holiness over time,  
through fidelity to small, repeated acts of faith.

### Scripture

Zechariah 4:10

### Reflection Questions

Where do I expect instant change?

How do I cooperate with grace patiently?

### Practice

Commit to one small, steady spiritual practice.

### Closing Prayer

Lord,  
Give us patience with ourselves  
as You patiently work within us.  
Amen.

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## SATURDAY 31<sup>st</sup> January

### Gentle Formation

(Saint John Bosco)

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## CHILDREN (5 – 10)

### Opening Prayer

Jesus,  
thank You for loving children.  
Help us know how gently You care for us.  
Amen.

### Teaching

Saint John Bosco loved children very much.  
He helped them by being kind and patient.

He did not shout or frighten them.  
He showed them God's love gently.

God is gentle with us too.

In Baptism,  
God welcomes us into His family with love.

### Scripture

“Let the little children come to me.”  
(Mark 10:14)

### Questions

Who is gentle with you?

How can we be gentle with others?

### Practice

Speak kindly to someone today.

### Closing Prayer

Thank You, Jesus,  
for being gentle with us.  
Help us be gentle too.  
Amen.

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## YOUNG PEOPLE (11 – 18)

## Opening Prayer

Lord Jesus,  
Help us see how You form us  
with patience and love.  
Amen.

## Teaching

St John Bosco believed that young people grow best when they are treated with kindness and trust.

God works the same way with us.

Baptism places us in God's care.  
God does not form us through fear or pressure,  
but through encouragement and patience.

Growth in faith happens  
when we feel safe enough to change.

## Scripture

“Love is patient and kind.”  
(1 Corinthians 13:4)

## Reflection Questions

How does fear affect faith?

Why does kindness help people grow?

## Practice

Encourage someone today  
instead of criticising.

## Closing Prayer

Jesus,  
Help me trust Your gentle love  
as You shape my life.  
Amen.

## ADULT

### Opening Prayer

Lord,  
Teach us to reflect Your gentleness

in the way we live and lead.  
Amen.

## Catechesis

St John Bosco's pastoral approach reflects a deep truth of Baptism:  
every person possesses inherent dignity.

Christian formation respects freedom and grows through love.

God's grace does not coerce.  
It invites, accompanies, and heals.

A baptismal vision of formation  
is patient, relational, and merciful.

## Scripture

Matthew 11:29  
"Learn from me, for I am gentle and humble of heart."

## Reflection Questions

How do I respond to weakness in myself or others?

Where am I being invited to greater gentleness?

## Practice

Choose one situation this week  
where you will respond with patience rather than control.

## Closing Prayer

Lord,  
Shape our hearts according to Yours.  
Help us form others with love and mercy.  
Amen.

## SUNDAY 1<sup>st</sup> February

### The Shape of Baptised Life

*(The Beatitudes)*

## CHILDREN (5 - 10)

## Opening Prayer

Jesus,  
thank You for loving us  
and showing us how to live.  
Help us listen to You today.  
Amen.

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## Teaching

Jesus goes up a hill and talks to the people.

He tells them something surprising.

He does not say:

“Happy are the strongest”

“Happy are the richest”

“Happy are the most important”

Jesus says:

“Blessed are the poor in spirit.”

That means:

happy are the people who know they need God.

When we are baptised,  
we become God’s children.

God teaches His children how to live:

by being kind

by trusting God

by helping others

The Beatitudes show us  
what God’s children look like.

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## Scripture

“Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.”  
(Matthew 5:3)

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## Questions

Who helps you when you need help?

Why is it good to trust God?

How can we live as God's children this week?

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## Practice

Choose one:

Say together: **“Jesus, I trust You.”**

Draw a picture of yourself as God's child.

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## Closing Prayer

Thank You, Jesus,  
for showing us how to live  
as God's children.  
Help us trust You every day.  
Amen.

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## YOUNG PEOPLE (11 – 18)

### Opening Prayer

Lord Jesus,  
Help us understand  
what it means to live as Your followers.  
Amen.

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## Teaching

The Beatitudes describe a different way of living.

Jesus does not praise confidence, power, or success.  
He blesses:

humility

mercy

gentleness

trust

Why?

Because these qualities show a heart open to God.

Baptism gives us a new identity.

We are no longer defined only by what we achieve  
or how others see us.

The Beatitudes describe the life  
that grows from baptismal grace.

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## Scripture

Matthew 5:1–12 (read slowly or in part)

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## Reflection Questions

Which Beatitude stands out to you?

Why do you think Jesus describes blessing this way?

How does this challenge the values of the world?

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## Practice

Choose one Beatitude to focus on this week  
(e.g. mercy, humility, kindness).

Ask God to help you live it.

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## Closing Prayer

Jesus,  
Help me live the life  
You have given me in Baptism.  
Teach me Your way of living.  
Amen.

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## ADULT

### Opening Prayer

Lord,  
 Open our hearts to Your Word  
 and help us recognise our baptismal calling.  
 Amen.

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## Catechesis

The Beatitudes are not a list of commands to achieve.  
 They are a **portrait of Christian life**.

Jesus describes what life looks like  
 when the grace of Baptism is allowed to shape a person.

“Poor in spirit” does not mean weak or passive.  
 It means knowing that everything is received from God.

The Beatitudes reveal:

dependence rather than self-sufficiency

mercy rather than judgment

trust rather than control

They describe Christ Himself  
 and therefore describe the life into which we are baptised.

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## Scripture

Matthew 5:1–12

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## Reflection Questions

Which Beatitude challenges me most?

Where do I rely on myself rather than God?

How does Baptism invite me to live differently?

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## Practice

This week, choose one Beatitude  
 and consciously shape your actions around it.

Let it become a way of living, not just a reflection.

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## Closing Prayer

Lord Jesus,  
Thank You for the gift of new life in Baptism.  
Shape our hearts according to Yours,  
so that our lives may reflect Your grace.  
Amen.

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## FINAL NOTE FOR THE WEEK

This week has shown us that Baptism:

- gives us a gift to guard
- shapes ordinary life
- teaches us to listen
- rests on God's promise
- grows through small beginnings
- is formed gently
- and finds its shape in the Beatitudes

You do not need to do everything.  
Returning again and again is enough.