



Prayers & Reflections

FOR TEACHERS

compiled and written by
Juliette Hughes & Ann Rennie



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Introduction

First of all, welcome to this year's edition of *Prayers and Reflections for your Sacred Day* and thank you for coming on this journey with Juliette Hughes and myself.

Prayer is the quiet breathing of the soul – a moment to pause, listen, and draw near to the sacred. It doesn't require elaborate words or rituals – just time, presence, and the openness to connect with God. Whether whispered in the car, lifted in the staffroom, or found in silence under a tree, prayer invites us into stillness and strength.

As a new teaching year begins, so too do the many expectations, pressures, and responsibilities of school life. Prayer offers balance. It reorients us. It reminds us that we're not alone in this work – that God walks beside us, guiding and renewing us daily.

Teaching is more than delivering content; it's soul work. We help shape the lives of young people, nurturing not just minds but hearts. Through us, students encounter patience, hope, compassion, and the quiet encouragement to become who they are called to be. That work requires more than energy; it requires grace. Prayer is where we receive it.

There will be days when prayer flows easily and others when it's a simple cry – Help me, God. Either way, it is enough. The sacred doesn't demand perfection, only presence.

As you begin your teaching journey in 2026, this book offers moments of prayer and reflection to support you – whether you need a word for a staff meeting, a pause before the day begins, or a deeper moment of spiritual nourishment. May these pages accompany you as you nourish your own spirit and guide your students to live with wisdom, kindness, and faith.

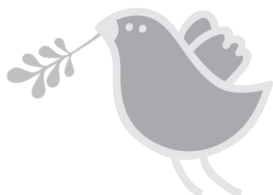
With the quiet power of prayer behind you, you walk not only as an educator but as a witness to the Good News, here in our Great South Land of the Holy Spirit.

Ann Rennie



2026

January



19 January – 23 January

Monday

19.1.2026



Only one cure exists for the 'I am winning' virus:

Don't treat your life as a race to be won ...

Instead of trying to win the race,

why not make it your mission

to contribute to the race ...

Chris Lowney
Make Today Matter

Tuesday

20.1.2026



Little steps to help you upon the year's journey ahead

Do you have an ever-growing list of chores that remain untouched? Maybe you still have some Christmas decorations hanging round the house, looking kind of sad by now, as that festive period becomes a distant memory.

Facing the year ahead can be daunting, while dealing with the next five minutes feels easier. We can start with those little annoying tasks and keep the time short. Five minutes to clear up papers? Done. Five minutes to go round the bedroom and pick up discarded clothes, or make your bed? Done. Don't aim for a perfect, tidy result. Do it a bit at a time. You'll get there. Do you have too many books on your nightstand? Put away the ones you're not reading. They will keep until you've finished the one you've got.

Juliette Hughes

**If you have trouble with getting going with tasks,
start small. We don't have to be perfect!**