**Prayer is the Breath of the Soul.**

**Pope Francis.**

Pope Francis often has a special message for children. He thanked the children in his Christmas Mass in 2014 for being there. He told them to make a little time each day to pray because, God really does listen to us all, and praying helps to make us more spiritual and loving people.

He said: ‘Prayer is the breath of the soul.’

At St. Theresa’s School we take time each day to pray, to be quiet in God’s presence and to wonder.

Some of the prayers we teach the children are listed here for you to pray with them, perhaps at bedtime or first thing in the mornings.

