

# Prayers & Reflections

for your sacred day

2025

compiled by  
**Juliette Hughes & Ann Rennie**

  
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## Introduction

This small book aims to provoke and inspire you with prayers and reflections for every day of 2025. Perhaps you'll be moved to think or pray. Once or twice I hope you'll laugh. Because in the bustle of things we all need a pause for breath.

Each new year brings with it a sense of possibility for change. We make (or consciously avoid making) resolutions for a *new us*. At the start of the new year, gyms make serious money signing up far more clients than they will ever be able to fit into their facilities, secure in the knowledge that most won't persevere.

This is a tendency that is society-wide: it has become a secular form of sacrament. That bright-eyed and bushy-tailed us – our slimmed-down, sober, toned and diligent selves. The aspirational outer signs of society's accepted version of the inner grace of bodily self-discipline. These resolutions don't last because they're all external. They're like looking into a mirror, taking an endless selfie.

The true possibility for healthy change takes place within us: it asks us instead to turn our eyes outwards and look through a window. As the Spirit whispers to us, we go on our new journey, hoping to change, to become more open to God and our neighbour. To that end, this little book offers a range of ideas. Some you may be familiar with. Others will be new to you, and still others you may rediscover like an old friend. Some are based on the scripture readings for the day, some are reflective of our wider society, and some are original musings.

This collection of ideas, poems, extracts and prompts is deliberately eclectic – a diverse collection of voices talking to a diverse collection of readers.

If this book can give you some relief from humdrum, some small challenge to being stuck, then it will have done its job. Have a wonderful year: be open to God's occasional disturbance and then you'll truly be able to accept God's comfort.

Juliette Hughes

Sample



An End to 2024

sample

# Sunday

29.12.2024



## *Prayer of the New Year*

*Faithful companion, in this new year I pray:*  
to live deeply, with purpose,  
to live freely, with detachment,  
to live wisely, with humility,  
to live justly, with compassion,  
to live lovingly, with fidelity,  
to live mindfully, with awareness,  
to live gratefully, with generosity,  
to live fully, with enthusiasm.

**Joyce Rupp**  
**Anchors for the Soul**



# Monday

30.12.2024



About 40% of us make a New Year's resolution each year. When we make a resolution like this it says something about how we want to engage with the gift of time that is being offered. As Christians, how will we use the gift that is 2025? Our Christian faith, based on the example of Jesus Christ, offers a life-giving vision of how to live generously in the time we are given. May generosity underlie our approach to all that 2025 will bring, making our communities and society work, not just for a few, but for everyone. Statistics tell us that only about 20% of New Year's resolutions are acted upon, so let's be intentional about following through with our resolve.

Eternal Father, you have placed us in a world of space and time, and through the events of our lives you bless us with your love. Grant that in 2025 we may know your presence, see your love at work, and live generously in the light of the event that gives us joy forever – the coming of your Son, Jesus Christ our Lord.

Amen.

**Dr Murray Harvey**  
*Bishop of the Anglican Diocese of Grafton*

# Tuesday

31.12.2024



Whether the calendar year, the school year, the liturgical year, or one's birthday, there is something refreshing that happens when a new year begins. It presents the opportunity to participate more deeply in God's mercy as we set the counters back to zero and begin again. We can rule the line under the previous year and deepen our hope that the new year will be better, or at least different.

A new year might also bring a certain dread. With global uncertainty heightened and groups preferring conflict to peace, some people may feel more anxious. Life is at times difficult. We might want to escape the swirling ocean for the calm of the lifeboat. Yet somehow, we know we're not made for the lifeboat. We may need to have a little rest but then we get back on the ocean – we are pilgrims after all.

The gift of our faith reminds us that God is the God of the second chance. Every new year meets the desire in each of us to have a second chance, to begin afresh, to begin again. The grace of every new year is to allow us to see and embrace that second chance.

God is good, good indeed.

**Archbishop Pat O'Regan**  
*Catholic Archdiocese of Adelaide,*  
*South Australia*



2025

January

sample

# Wednesday

1.1.2025

Mary Mother of God



*God sent his Son, born of a woman ... so that we might receive adoption as children. So you are no longer a slave but a child, and if a child then also an heir, through God.*

**Galatians 4:4-7**

As we begin a new year, we revere the very source of all life as we celebrate Mary the mother of God. Through her consent to be the bearer of Jesus, a whole world of creative, redeeming possibility dawned. We honour Mary as our own mother too: her grace to accept God's will can inspire us all to bring to birth our own forms of new hope and love into the world.

**Juliette Hughes**

Let's make a doable resolution for this new year: leave behind old failures and disappointments. Open up to the possibility of hope. It's time to start again.

# Thursday

2.1.2025



MY GOD,

I adore you in your infinite greatness.

I thank you for your constant, loving care.

I need your help at every moment of my day.

Forgive the failings of my weakness.

Do not let me drift away from you.

Help me always to love you more.

**Geoffrey Robinson**  
*Towards the End of My Days*

## Meet the Authors



### *Juliette Hughes*

Juliette Hughes is a Melbourne writer who was born in the north of England. After graduating from Melbourne University in Pure English, Juliette became a writer and teacher of English, RE, History, and Singing. She now sings mainly at church, but still loves a wide range of music. She has written columns, features, and reviews for *The Age*, and is a regular columnist, reviewer, and feature writer for *Eureka Street* magazine, the online Jesuit publication.



### *Ann Rennie*

Ann Rennie is a Melbourne-based writer and teacher, former REC and has qualifications in educational leadership and religious education. She currently teaches at Genazzano FCJ College. Ann has written a regular column in the *Australian Catholics* magazine for the past 16 years. She contributes regularly to mainstream media, her parish newsletter and has written a number of books. Ann believes in the power of prayer and the importance of words that celebrate community.