Matt Talbot Prayer Promise

DERRY DIOCESAN CATECHETICAL CENTRE

Year 6/7
5th Class/6th Class

Matt Talbot Prayer Promise

For many years the Confirmation Pledge has been a part of the Confirmation Ceremony or taken at a Parish Mass in the weeks after the celebration of the sacrament of Confirmation. At one time every child was just expected to take the pledge to abstain from alcohol until the age of eighteen and to never take illegal drugs. In recent years, in many parishes, the promise became optional where children and families made a decision whether or not the child would make this commitment.

However there is a growing awareness of the great damage addiction to alcohol and drugs are causing across society as well as other addictions to mobile devices, pornography, gambling, smoking, vaping, social media etc, the many things which prevent us from living life to the full, living the perfect plan God has for each one of us.

In the diocese of Derry, and in a number of other dioceses in Ireland, the Matt Talbot Prayer Society prays daily and specifically for those enrolled to be freed from addictions including alcohol, drugs, pornography, gambling, eating and smoking through Matt Talbots intercession. Matt Talbot was a man who was freed from an addiction to alcohol through prayer.

Mass is celebrated on the first Monday of every month at 7:30pm in Saint Eugene's Cathedral and offered for those struggling with addiction, their families and all those affected by addiction. In this Mass the intercession of Venerable Matt Talbot is asked and the names of those enrolled in the Matt Talbot Prayer Society are placed on the altar.

Whilst mindful of the sensitivities needed when talking to children about addictions, it is important to help them realise the strength of prayer as they navigate the temptations that they will encounter throughout life and also to see connection between the gifts of the Holy Spirit given to them by God to help them to live life well and make positive life choices.

To that end the Diocesan Catechetical Centre, with the blessing of Bishop McKeown, is introducing the Matt Talbot Prayer Promise for children in 6th Class and Year 7. This can be used in isolation or to help pupils as they prepare to take the new Confirmation Pledge.

Matt Talbot Prayer Promise

6th Class/Year7 pupils will

Learn about the life story of Matt Talbot

Promise to pray the Matt Talbot Prayer everyday

Become more aware that God in his great love for each person has a perfect plan for their lives, to live in a deep friendship with him and as the Prophet Jeremiah says this plan is, “for peace, not disaster, to give you a future and a hope.’

Using the story of Jesus’ Temptation in the Desert, discuss how they can make the right decisions - if they accept and embrace the way of Jesus, it transforms how they live their lives, because then they live in Jesus.

Make a small sacrifice each week, offering it up for people struggling with addictions and also for themselves that they will have the strength and courage to resist doing anything that would damage their soul, their mind or their body.

Become more aware of the the different ways addictions, damage relationships, draw us away from God, and the perfect plan he has for each person.

Learn about groups which provide professional support for people with addictions -e.g. White Oaks, Northlands Centre (very often a part of the preventative curriculum.

Prayer to Matt Talbot

Loving God, in your servant Matt Talbot you have given us a wonderful example of someone who through prayer and penance was able to overcome his addiction and live life according to your perfect plan for him.

Through his example, may we too have the courage to resist all the things that would harm our body, mind and soul and prevent us from following the path you have chosen for us in life.

Through the gifts of the Holy Spirit, which we will receive in the sacrament of Confirmation may we stay close to your son Jesus and make good choices in life. Amen