

The Ascension

Word of the Week John 14: 15-21

“If you love me you will keep my commandments. I shall ask the Father, and he will give you another Paraclete to be with you for ever, the Spirit of truth whom the world can never accept since it neither sees nor knows him; but you know him, because he is with you, he is in you. I shall not leave you orphans; I shall come to you. In a short time the world will no longer see me; but you will see that I live and you also will live. On that day you will know that I am in my Father and you in me and I in you. Whoever holds to my commandments and keeps them is the one who loves me; and whoever loves me will be loved by my Father, and I shall love him and reveal myself to him.”

Matthew 28: 16-20

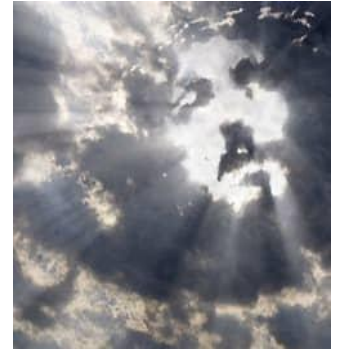
Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them,

“All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”

Feast Day

Thursday

14th May



Reflection

On Thursday we celebrate the Feast of the Ascension. This is when Jesus left his disciples and ascended into heaven. He left them with a special job to do - to go and share the good news. This is an instruction for us too, as we are the disciples of 2026.

A short time before he left the disciples he was already giving them instructions to prepare them for when he went away. We see this in John's Gospel. He told them not to leave Jerusalem right away, but to wait for a special gift from God. Even though the disciples didn't fully understand what was going to happen, they would have known that they needed to follow Jesus' words.

Christians believe Jesus was lifted into the clouds to return to his Father in Heaven. This happened forty days after he rose from the dead. But his ascension to heaven was not the end of the story – just like his resurrection from the dead wasn't. In a relay race, one person hands the baton to another person so that they can continue the race for their team – this is what Jesus has done. The Day of Ascension sees Jesus passing on the baton to his followers. It was now up to them to tell others about everything they'd seen and learnt from Jesus. This was always the plan. Jesus had chosen his disciples to be messengers for him after he left. The disciples were to spread his teachings “to the ends of the Earth”. And as Christians that is our role too. Let people know Jesus by looking at our actions and listening to our words.

Prayers for the Week

Lord Jesus,

As we celebrate your Ascension into heaven, we remember that you did not leave us alone. You call us to continue your work on earth with courage, kindness, and faith. Help us to be your witnesses in our school today—in the way we speak, in the way we treat others, and in the choices we make. May your Spirit guide us always.

Amen.

Risen Lord,

When you returned to the Father you promised to be with us always. Sometimes we worry, sometimes we feel unsure, but Your Ascension reminds us that heaven is our true home and that you prepare a place for each of us. Strengthen our trust in your promise and fill our hearts with peace.

Amen

Lord Jesus,

As you rose in glory, you blessed your friends and sent them out to share your love. Bless our school community today. Bless our teachers, our families, and every pupil who learns and grows here. Help us to lift our hearts to you and to bring your light to everyone we meet.

Amen.

Loving God,

Be with our Year 11 pupils as they begin their GCSEs. Give them calm hearts, clear minds, and confidence in the gifts you have given them. When they feel worried, bring them peace. When they feel tired, give them strength. Help them to do their best and to know that you are always with them.

Amen.

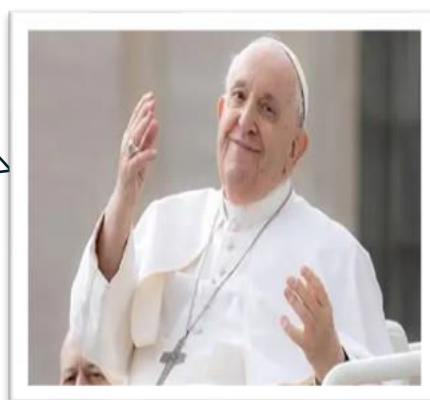
Actions for the Week ahead

- *Give someone a genuine compliment
- *Encourage a friend who might be struggling
- *Choose one moment each day to show kindness
- *Include someone who is left out
- *Let your behaviour reflect your faith
- *Hold the door open for others
- *Pray for someone who needs it
- *Choose hope rather than negativity
- *Offer to help a teacher with something
- *Do something kind at home without being asked



- [Jesus' Ascension](#)
- [The Most Powerful Ascension Day Worship Songs | He Ascended in Glory](#)
- [Jesus Ascends in Glory | Powerful Christian Worship Song Inspired by Scripture | Thrive on Faith](#)
- [Phil Wickham - The Jesus Way \(Official Lyric Video\)](#)

"Mission begins on the mountain: there, we discover what really counts."



At His Ascension our Lord entered Heaven, and
He keeps the door open for humanity to enter.

Oswald Chambers

