



St. Mary's

Book of

Prayers

St. Mary's Prayers

| Age Phase | EYFS | KS1 | LKS2 | UKS2 |
|-----------|---|--|--|--|
| Prayers | The Sign of the Cross Morning Prayer Grace before meals End of Day Prayer Hail Mary | The Lord's Prayer Glory Be Prayer to the Holy Spirit Act of Faith, Hope and Love Act of Sorrow Prayer to my Guardian Angel Prayers at Mass Holy, Holy, Holy | Act of Faith Act of Hope Act of Love Act of Contrition O Sacrament Most Holy Prayer of St Francis of Assisi Eternal Rest The Memorare Prayer of St Richard of Chichester Prayers at Mass The Apostles' Creed The Gloria | The Angelus The Magnificat Hail Holy Queen Prayers at Mass The Confiteor |

Children will also be familiar with Eucharist prayers, prayers from sacramental rites and prayers from the liturgy of special feast days.

In addition children throughout school will be introduced to The Rosary and The Stations of the Cross.

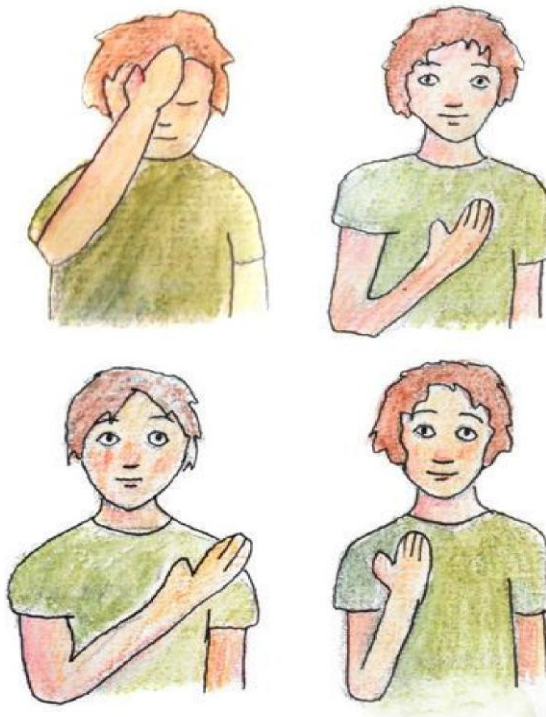
Sign of the Cross

In the name of the Father

And of the Son

And of the Holy Spirit

Amen



Daily School Prayers

EYFS

Morning Prayer

O my God, you love me.
You are with me night and day.
I want to love you always,
in all I do and say.
I'll try to please you.
Father bless me through the day.
Amen.

Grace Before Meals

Bless us O Lord as we sit together.

Bless the food we eat today.

Bless the hands that made the food. Bless us O Lord.

Amen.

EYFS

Evening Prayer

God Our Father, we come to say

thank you for your love today.

Thank you for my family and all the friends you give to me.

Guard me in the dark of night.

And in the morning send your light.

Amen.

Progression in Prayers

Hail Mary

Hail, Mary, full of grace,
the Lord is with thee.

Blessed art thou amongst women,
and blessed is the fruit of thy
womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners,
now, and at the hour of our death.

Amen.



The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name.

Thy kingdom come,

Thy will be done

on earth, as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses,

as we forgive those who trespass

against us,

and lead us not into temptation,

but deliver us from evil.

Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now, and ever shall be, world without end.

Amen

Prayer to the Holy Spirit

O Come, Holy Spirit,
Fill the hearts of your faithful,
and kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And you shall renew the face of the earth.
O God who has taught the hearts of the faithful
By the light of the Holy Spirit,
Grant that by the gift of that same Spirit
We may be always truly wise
And ever rejoice in his consolation. Amen.

Act of Faith, Hope and Love

Jesus, I believe in you.
Jesus, I hope in you.
Jesus, I love you. Amen

Act of Sorrow

O my God, I thank you for loving me.

I am sorry for all my sins:

for not loving others and not loving you.

Help me to live like Jesus and not sin again. Amen

Prayer to My Guardian Angel

O Angel of God, My Guardian dear,

To whom God's love commits me here,

ever this day/night be at my side,

to light, to guard, to rule and guide. Amen

Holy, Holy, Holy (The Sanctus)

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

From LKS2 onwards

Act of Faith

My God, I believe in you
and all that your Church teaches,
because you have said it,
and your word is true. Amen

Act of Hope

My God, I hope in you,
for grace and for glory,
because of your promises,
your mercy and your power. Amen

Act of Love

My God, because you are so good,
I love you with all my heart,
and for your sake,
I love your neighbour as myself. Amen

Act of Contrition

O my God because you are so good
I am very sorry that I have sinned
against you
And with your help
I will try not to sin again. Amen

O Sacrament most holy!

O Sacrament most holy!
O Sacrament divine!
All praise and all thanksgiving
be every moment Thine.

Prayer of St Francis of Assisi

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

where there is injury, pardon;

where there is despair, hope;

where there is doubt, faith;

where there is darkness, light;

and where there is sadness, joy.

O Divine Master,

grant that I may not so much seek

to be consoled as to console;

to be understood as to understand;

to be loved as to love.

For it is in giving that we receive;

it is in pardoning that we are pardoned;

and it is in dying that we are born to eternal life. Amen

Prayer of Eternal Rest

Eternal rest grant unto them, O Lord,

and let perpetual light shine upon them.

May they rest in peace.

Amen

The Memorare

Remember, O most loving Virgin Mary,
that it is a thing unheard of,
that anyone ever had recourse to your protection,
implored your help, or sought your intercession,
and was left forsaken.

Filled therefore, with confidence in your goodness, I fly to you,
O Mother, Virgin of virgins.

To you I come, before you I stand, a sorrowful sinner.
Despise not my poor words, O Mother of the Word of God,
but graciously hear and grant my prayer. Amen

Prayer of St Richard of Chichester

Thanks be to you, my Lord Jesus Christ, for all the benefits which you
have given me,

for all the pains and insults which you have borne for me.

O most merciful Redeemer, friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly,

day by day. Amen

The Apostles Creed

I believe in God,

the Father almighty,

Creator of heaven and earth,

and in Jesus Christ, his only Son, our Lord,

At the words that follow, up to and including the Virgin Mary, all bow.

who was conceived by the Holy Spirit,

born of the Virgin Mary,

suffered under Pontius Pilate,

was crucified, died and was buried;

he descended into hell;

on the third day he rose again from the dead;

he ascended into heaven,

and is seated at the right hand of God the Father almighty;

from there he will come to judge the living and the dead.

I believe in the Holy Spirit,

the holy catholic Church,

the communion of saints,

the forgiveness of sins,

the resurrection of the body,

and life everlasting.

Amen.

The Gloria

Glory to God in the highest,
and on earth peace to people of good will.

We praise you, we bless you,
we adore you, we glorify you,
we give you thanks for your great glory,

Lord God, heavenly King,

O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,

Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on us;
you take away the sins of the world, receive our prayer;
you are seated at the right hand of the Father,

have mercy on us.

For you alone are the Holy One,

you alone are the Lord,

you alone are the Most High,

Jesus Christ,

with the Holy Spirit,

in the glory of God the Father.

Amen.

From UKS2 onwards

The Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail, Mary, full of grace...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

Hail Mary...

V. And the Word was made flesh.

R. And dwelt among us.

Hail Mary...

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray;

Pour forth we beseech thee, O Lord,

thy grace into our hearts,

that we to whom the incarnation of Christ, thy Son,

was made known by the message of an angel,

may, by his Passion and Cross, be brought to the glory of his Resurrection,

through the same Christ our Lord.

Amen.

Magnificat

My soul proclaims the greatness of the Lord,
and my spirit rejoices in God my Saviour,
for he has looked upon his handmaid in her lowliness;
for behold, from this day forward,
all generations will call me blessed.

For the Almighty has done great things for me,
and holy is his Name.

His mercy is from age to age. For those who fear him.

He has made known the strength of his arm,
and has scattered the proud in their conceit of heart.

He has cast down the mighty from their thrones
and has exalted those who are lowly.

He has filled the hungry with good things,
and has sent the rich away empty.

He has helped his servant Israel, mindful of his mercy,
even as he promised to our fathers,
to Abraham and his descendants forever.

Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning, is now,

and ever shall be, world without end. Amen.

Hail, Holy Queen (Salve Regina)

Hail, Holy Queen, Mother of Mercy,
hail our life, our sweetness, and our hope.
To you we cry, poor banished children of Eve.

To you we send up our sighs,
mourning and weeping in this vale of tears.

Turn then, most gracious advocate,
your eyes of mercy towards us,
and after this our exile,
show to us the blessed fruit of your womb, Jesus.

O clement, O loving,

O sweet Virgin Mary.

Pray for us, O Holy Mother of God.

That we may be made worthy of the promises of Christ. Amen

The Confiteor

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned
in my thoughts and in my words,
in what I have done
and in what I have failed to do,
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God. Amen

The Rosary

After the sign of the cross the Rosary starts with The Apostles' Creed.

Each section, or decade, of the Rosary consists of: one Our Father, ten Hail Marys and one Glory Be.

While we say the decade, we try to think about one of the Mysteries of Jesus' life. The Rosary finishes with the Hail Holy Queen.

The Joyful Mysteries

(Recited Monday and Saturday)

The Annunciation (Luke 1:26–38)

The Visitation (Luke 1:39–45)

The Nativity (Luke 2:1–7)

The Presentation in the Temple (Luke 2:22–35)

The Finding in the Temple (Luke 2:41–52)

The Mysteries of Light

(Recited Thursday)

The Baptism of Jesus (Matthew 3:13–17)

The Wedding Feast of Cana (John 2:1–12)

The Proclamation of the Kingdom, with the call to Conversion (Mark 1:14–15; 2:3–12)

The Transfiguration (Luke 9:28–36)

The Institution of the Eucharist (Matthew 26:26–29)

The Sorrowful Mysteries

(Recited Tuesday and Friday)

The Agony in the Garden (Mark 14:32–42)

The Scourging at the Pillar (Matthew 27:15–26)

The Crowning with Thorns (Matthew 27:27–31)

The Carrying of the Cross (John 19:15–17; Luke 23:27–32)

The Crucifixion (Luke 23:33–38, 44–46)

The Glorious Mysteries

(Recited Wednesday and Sunday)

The Resurrection (Matthew 28:1–8)

The Ascension (Acts 1:6–11)

The Descent of the Holy Spirit (Acts 2:1–12)

The Assumption (1 Thessalonians 4:13–19)

The Coronation of Mary Queen of Heaven and Earth (Revelation 12:1;
14:1–5; Isaiah 6:1–3)

Hail, Holy Queen (Salve Regina)

Hail, Holy Queen, Mother of Mercy,
hail our life, our sweetness, and our hope.
To you we cry, poor banished children of Eve.

To you we send up our sighs,
mourning and weeping in this vale of tears.

Turn then, most gracious advocate,
your eyes of mercy towards us,
and after this our exile,
show to us the blessed fruit of your womb, Jesus.

O clement, O loving,

O sweet Virgin Mary.

Pray for us, O Holy Mother of God.

That we may be made worthy of the promises of Christ. Amen

Prayer concluding the Rosary

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

O God, whose only-begotten Son,
by his life, death and resurrection,
has purchased for us the rewards of eternal life, grant, we beseech you,
that meditating on these Mysteries
of the most holy Rosary of the Blessed Virgin Mary,
we may imitate what they contain
and obtain what they promise,
through the same Christ our Lord. Amen.

Stations of the Cross

The Stations of the Cross remind us of the suffering and death of Jesus. As we stop before each station and pray, we remember what Jesus did to show us how much he loves us.

Prayer to be said before each Station

We adore you, O Christ, and we bless you.

Because by your Holy Cross you have redeemed the world.

1st Station - Jesus is condemned to death

2nd Station - Jesus carries his cross

3rd Station - Jesus falls the first time

4th Station - Jesus meets his mother

5th Station - Simon of Cyrene helps Jesus carry the cross

6th Station - Veronica wipes the face of Jesus

7th Station - Jesus falls the second time

8th Station - Jesus meets the women of Jerusalem

9th Station - Jesus falls the third time

10th Station - Jesus is stripped of his garments

11th Station - Jesus is nailed to the cross

12th Station - Jesus dies on the cross

13th Station - Jesus is taken down from the cross

14th Station - Jesus is laid in the tomb.

Come, Holy Spirit

V. Come, Holy Spirit, fill the hearts of your faithful.

R. And kindle in them the fire of your love.

V. Send forth your Spirit and they shall be created.

R. And you will renew the face of the earth. Let us pray

O God, who by the light of the Holy Spirit,

did instruct the hearts of your faithful,

grant that by that same Holy Spirit,

we may be truly wise, and ever rejoice in your consolation,

Through Christ our Lord.

Amen.

Jesus, Mary and Joseph

Jesus, Mary and Joseph, I give you my heart and my soul.

Jesus, Mary and Joseph, assist me in my last agony.

Jesus, Mary and Joseph, may I breathe forth my soul in peace with you.

Amen