

**ST MARYS RC PRIMARY SCHOOL**

**PRAYER BOOK**



## EYFS AND KEY STAGE 1

The following prayers should be read and learnt by heart by the end of Key Stage 1.



### The Sign of the Cross

*From  
my head to  
my heart*

*From  
my shoulder  
to my shoulder*

*I believe in you  
O God,  
my father*



We make this sign for two main reasons.

1. We want to make the sign of Jesus' Cross over us. This shows us that He loved us so much by dying on the Cross for us.  
When Jesus died on the Cross, He took all our sins on Him.  
Through Jesus' death on the Cross, we have our sins forgiven.
2. We bless ourselves in the name of the Trinity:
  - God the Father who created;
  - God the Son who came as a human being to die on the Cross for us;
  - God the Holy Spirit whose presence and power lives in us.

We shouldn't be careless when we make this special sign on ourselves.

We should think about God's love for us.

We should remember that God is within us – that He is always with us.



## **Prayers we say in school during the day**

### **Grace Before Meals:**

Bless us O Lord as we sit together

Bless the food we eat today

Bless the hands that made the food Amen.

Bless us O Lord. Amen

### **Grace After Meals:**

We give you thanks, Almighty God, for all your benefits, who live  
and reign, world without end.

Amen

### **Night Prayer:**

God Our Father, I 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

### **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



The Glory Prayer is a prayer of praise.  
We praise God just because He is God.  
He has always been there and He always will be.  
This Prayer helps us to say: “God – thank you for being you!”  
And God is a God of love.

### **The Lord’s Prayer**

Our Father  
Who art in Heaven  
Hallowed by 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.



## Hail Mary



Hail Mary, full of grace,

the Lord is with thee.

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

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





## **KEY STAGE 2**

The following prayers should be read and learnt by heart in addition to those learnt at Key Stage 1.

### **Act of Contrition**

O my God,  
because you are so good  
I am very sorry that I have sinned against you  
and by the help of your grace,  
I will not sin again.  
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,  
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.



**Angel of God**

Angel of God,  
my guardian dear,  
to whom God's love commits me here,  
ever this day be at my side,  
to light and guard, to rule and guide.  
Amen.

**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.

### **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 Rosary**

For each mystery or decade, one Our Father, ten Hail Marys  
and the Glory be is recited.

### **The 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,

### **The Magnificat (Continued)**

even as he promised to our fathers,  
to Abraham and his descendants for ever.

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.

### **Morning Offering**

O Jesus,

through the most pure heart of Mary,

I offer you all my prayers,

thoughts, works and sufferings of this day  
for all the intentions of your most Sacred heart

### **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.

### **Act of Hope**

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

### **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.