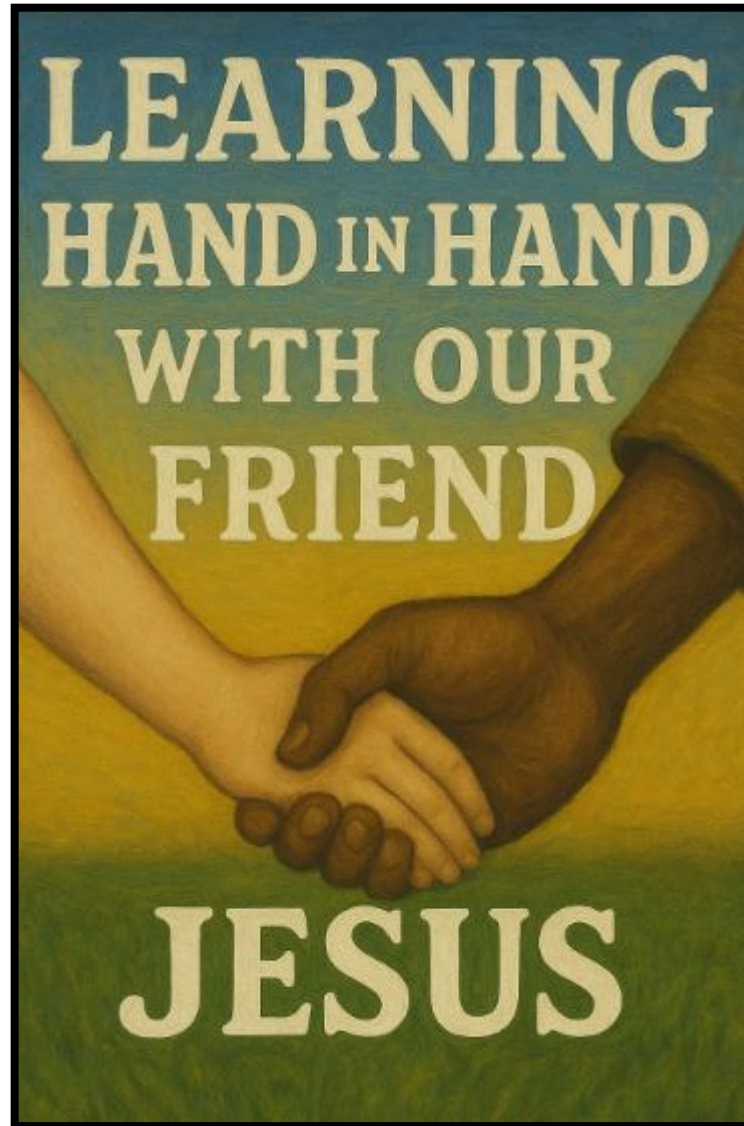


St Mary and St Michael Catholic
Primary School



School Prayer Book

Whole School Progression
Document

Prayer Progression

Early Years

The Sign of the Cross
The School Prayer Morning
Prayer Grace before meal
Grace after meal
End of the day prayer

Key Stage One

The Lord's Prayer
Hail Mary
Glory Be

Lower Key Stage Two

The Apostle's Creed
Act of Contrition
Angel of God
Come, Holy Spirit
The Prayer of St Richard of Chichester

Upper Key Stage Two

Morning Offering
The Rosary
The Magnificat
Act of Faith
Act of Hope
Act of Love

What is prayer?

We pray when we talk and listen to God.

There are many different prayers we can use.

We can pray privately on our own or we can pray with others in a group.

We can pray within our family or with our friends.

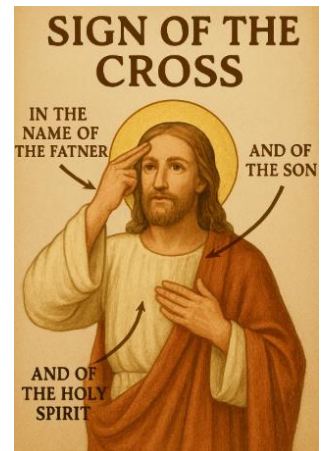
Where can we pray?

We can pray anywhere: in church, at home, at school or any other place such as while travelling or waiting somewhere.

God is always ready to listen and talk to us.

The sign of the Cross

In the name of the Father
and of the Son
and of the Holy Spirit.
Amen



The sign of the cross is our most special Christian sign. We make the sign of the cross at the beginning and end of many things we do.

Morning Prayer

Father in heaven 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

Prayer before meals

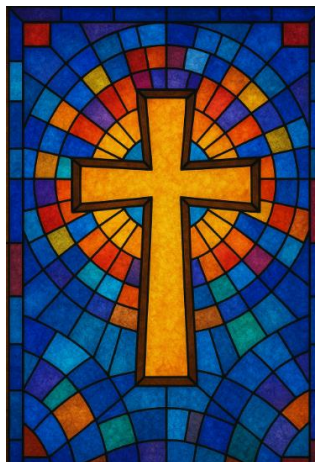
Bless us, O God as we sit together,
Bless the food we eat today.
Bless the hands that made the food.
Bless us O God.
Amen

Grace after Meals

Thank you, God, for the food we have eaten.
Thank you, God, for all our friends.
Thank you, God, for everything. Thank you, God.
Amen

Home time prayer

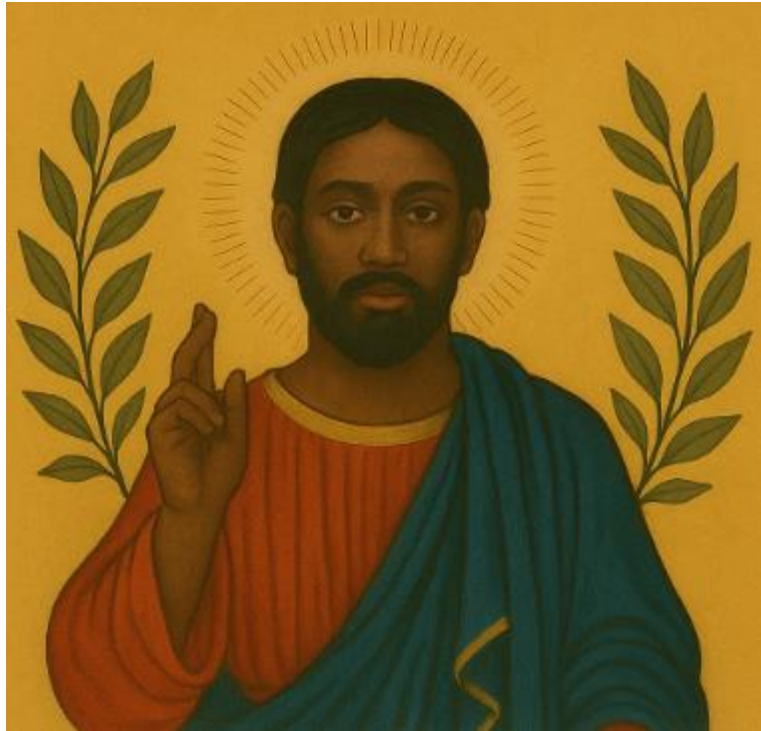
God our father, I come to say,
thank you for your love today.
Thank you for my family
and all the friends you give you me.
Guard me in the dark of night
and in the morning send your light.
Amen



The Lord's Prayer

When one of the disciples asked Jesus how to pray, He taught them
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



The Hail Mary

The first part of the Hail Mary was said for the first time by the Angel Gabriel. The second part was said by Elizabeth when Mary went to visit her.

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



Glory Be

In this prayer, we praise the Holy Trinity: God the Father, God the Son
and God the Holy Spirit.

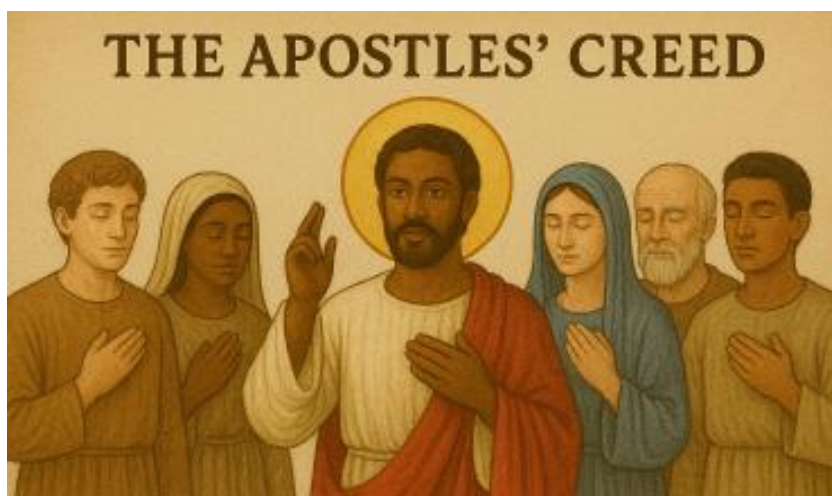
Glory be to the Father, and to the Son,
and to the Holy Spirit, as it was in the beginning, is now, and ever shall
be,
world without end.
Amen



Apostles Creed

The creed is a statement which lists all that we believe in as Christians. The word "Creed" means "I believe".

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



Act of Contrition

We say this prayer to show God we are sorry for the times we have not done the right thing.

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

Angel of God

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

In Confirmation, we receive the gifts of the Holy Spirit. We ask the Holy Spirit to come upon us.

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.

Let us pray

O God, who by the light of the Holy Spirit,
did instruct the heart of your faithful,
grant that by the 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 thee more clearly,
love thee more dearly,
and follow thee more nearly,
day by day.
Amen.



The Rosary

The Rosary is a prayer to Mary. It consists of 5 decades, each beginning with a short thought about one of the mysteries. In each decade we say 1 Our Father, 10 Hail Marys and 1 Glory Be. We can use the Rosary beads to help counting. There are 4 sets of Mysteries.

The Joyful Mysteries (Recited Monday and Saturday)

The Annunciation
The Visitation
The Nativity
The Presentation in the Temple
The Finding in the Temple

The Mysteries of Light (Recited Thursday)

The Baptism of Jesus
The Wedding Feast of Cana
The Proclamation of the Kingdom with the call to Conversion
The Transfiguration
The Institution of the Eucharist

The Sorrowful Mysteries (Recited Tuesday and Friday)

The Agony in the Garden.
The Scourging at the Pillar.
The Crowning with Thorns.
The Carrying of the Cross.
The Crucifixion.

The Glorious Mysteries (Recited Wednesday and Sunday)

The Resurrection of Jesus.
The Ascension of Jesus.
The Descent of the Holy Spirit.
The Assumption of Mary.
The Crowning of Mary.

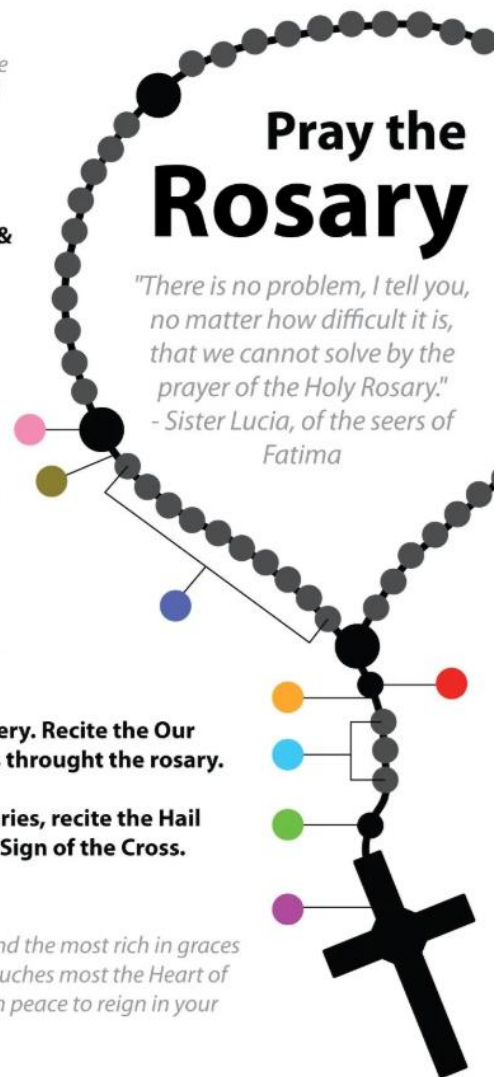
"No prayer is more meritorious for the soul and more glorious for Jesus and Mary than a well recited Rosary."
- Saint Louis de Montfort

- 1 Make the Sign of the Cross & recite the Apostles' Creed.
- 2 Recite the Our Father.
- 3 Recite three Hail Marys.
- 4 Recite the Glory Be.
- 5 Announce the first mystery and recite the Our Father.
- 6 Recite ten Hail Marys.
- 7 Recite the Glory Be and the Fatima Prayer.
- 8 Announce the second mystery. Recite the Our Father and repeat the steps through the rosary.
- 9 After completing the mysteries, recite the Hail Holy Queen & end with the Sign of the Cross.

"The Rosary is the most beautiful and the most rich in graces of all prayers; it is the prayer that touches most the Heart of the Mother of God...and if you wish peace to reign in your homes, recite the family Rosary."
- Pope Saint Pius X

Pray the Rosary

"There is no problem, I tell you, no matter how difficult it is, that we cannot solve by the prayer of the Holy Rosary."
- Sister Lucia, of the seers of Fatima



Prayer concluding the Rosary

Hail, Holy Queen
Hail, Holy Queen, Mother of Mercy, Hail our life,
our sweetness and our hope!
To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs, mourning
and weeping in this valley of tears!
Turn, then, most gracious Advocate, thine eyes of mercy toward us,
and after this, our exile,
show unto us the blessed fruit of thy 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.

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 we who meditate upon these mysteries
of the most holy Rosary of the Blessed Virgin Mary,
may imitate what they contain and obtain what they promise.
We ask this through Christ our Lord.
Amen.



The Magnificat

This is Mary's special prayer of praise to God. She prayed this when she was told she was going to be the mother of Jesus.

My soul glorifies the Lord,
My spirit rejoices in God, my Saviour.
He looks on his servant in her loneliness; henceforth all ages will call me
blessed. The Almighty works marvels for me.
Holy his name!

His mercy is from age to age, on those who fear him.
He puts forth his arm in strength and scatters the proud-hearted.
He casts the mighty from their thrones and raises the lowly.

He fills the starving with good things, sends the rich away empty.
He protects Israel, his servant, remembering his mercy,
the mercy promised to our fathers, to Abraham and his sons forever.

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