

Our Lady's Catholic Primary School Prayer Book



Welcome to the Our Lady's Prayer Book — we hope that you will enjoy praying with your children at home as much as we do at school.

We believe prayer is a shared experience, a conversation with God and that we all have our own way of 'talking and listening to God'. There is no right way to pray!

We believe that the traditional prayers that are said regularly in our school parish community are important to pass on to our children. Please help your child to become familiar with them and enjoy the experience of praying together at home.

Prayer is when we talk to God.

We can pray privately, that is on our own, and we can pray in a group or in a community. We can pray with our family, with our friends at school or at play.

We can pray anywhere. We can pray in church, at home, at school and even while travelling like on a train or on the bus.

Different Types of Prayers

The tradition of the Catholic Church highlights four basic elements of Christian prayer:

- (1) Prayer of Thanksgiving/Gratitude,
- (2) Prayer of Adoration/Blessing,
- (3) Prayer of Petition/Intercession/Supplication and
- (4) Prayer of Contrition/Repentance/Sorrow.

We teach the children to remember these different types of prayer by the acronym **TAPS**.

Thanksgiving (Thanking God for what we have been given.)

Adoration (Praising God.)

Petition (Asking God for help and guidance.)

Sorrow (Also known as contrition. Saying sorry and asking for forgiveness when we have sinned.)

Different Ways of Praying

There are three different ways to pray.

- ▶ Vocal – with the voice. When we speak to God and say our prayers and when we sing.
- ▶ Meditation – of the mind. We listen to story from the Bible, we put ourselves in that story, and we reflect upon its message. This is when we think about God.
- ▶ Contemplative – of the heart. When we rest with God. We reach out to God's presence. Simply, we look at the Lord, in stillness and in wordless prayer.

The Sign of the Cross

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

Actions to teach your child

With their right hand (touch forehead) - In the name of the Father,
(touch heart) and of the Son (touch left shoulder) and of the Holy
(touch right shoulder) Spirit (join hands)
Amen.

You may also wish to teach your child an alternative sign of the cross:

From my head to my heart, from my shoulder to my shoulder, I belong to God.

The Sign of the Cross is the mark of a Christian. We do this Sign of the Cross when we start and end our prayers. It is our special sign.

Different Types of Psalms

The Book of Psalms is a collection of songs praising God in the Old Testament.

Psalms of praise (Praise God for His goodness, righteousness, judgment and wisdom.)

Psalms of wisdom (Contain teachings and wise advice instructing believers on how to live a Godly life.)

Royal Psalms (Express the belief that God does His will and good works through the authority of a king.)

Psalms of thanksgiving (Offer the believer's praise and thanksgiving for what God has done for us.)

Psalms of lament (Respond to a crisis, grief, or despair. They are intended to move a believer from hurt to joy.)

Please Remember!

Prayer is communication – it can be spoken or silent. It can be a song or a story. It can be a picture or a dance.

Prayer can be done as often as you like – Every Hour, Every Day, and Every Week.

Prayer can be done however, you want – There is not right or wrong way to pray but please be reverent.

Prayer can be shared, but it does not always have to be – It can be done alone or with a favourite toy. It can be done with friends, family or pets.

Prayer can be done anywhere – It can be done at church, in the classroom, in your room or at the kitchen table. It can be done out in the playground, at the park or even at the zoo.

Prayer can be done in any mood – You can be happy, sad, angry, scared or confused when you pray.

Prayer can be for yourself or someone else – If you know someone could use a little help – add them to your prayers.

Prayer does not need a certain structure, length or specific words – Whatever words you use, long or short, however your prayer comes out is fine.

Prayer does not need a special occasion – There are certain prayers appropriate to special occasions but you do not need to wait for a special time to pray.

Prayer does not have to be a request – It can be used to give thanks for what you have already received. 'Thank You', is the perfect prayer.

Our Classroom Prayers

Morning Prayer

O my God you love me, you're 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.

Lunchtime Prayer

Bless us O Lord as we sit together, bless the food we eat today,
bless the hands that make the food, bless us O Lord.
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 to me.
Guard me in the dark of night and in the morning send your light.
Amen.

Important Prayers



Our Father

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.

*Jesus taught us The Our
Father when one of his
disciples asked him to
teach them to pray.*

(Matthew 6: 9-13)

*In this prayer we praise
and glorify the Holy Trinity.*

Hail Mary

Hail Mary, full of grace, the Lord is with
thee;
Blessed art thou among 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 first part of the Hail Mary was said for
the first time by the Angel. (Luke 1: 28)
The second part was said by Elizabeth
when Mary went to visit her. (Luke 1:42)
The final part was added later.*

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.

Prayers for Mass

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.

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.

Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven, (all bow)

and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come.
Amen.

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.

The Lamb of God

Lamb of God, you take away the sin of the world, have mercy on us.

Lamb of God, you take away the sin of the world, have mercy on us.

Lamb of God, you take away the sin of the world, grant us peace.

Other Key Prayers

Guardian Angel

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.

Eternal Rest – Prayer for the Dead

Eternal rest grant unto them O Lord,
and let perpetual light shine upon them,
May they rest in peace.
Amen.

Fatima Prayer (Part the Rosary)

O My Jesus, forgive us our sins,
save us from the fires of Hell
lead all souls to Heaven,
especially those in most need of Thy mercy.

Act of Contrition

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

The Hail Holy Queen

Hail, holy Queen, mother of mercy; hail our life, our sweetness, and our hope.

To you do we cry, poor banished children of Eve; to you do 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 unto 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 worthy of the promises of Christ.

The Angelus

The Angel of the Lord declared unto Mary:

And she conceived of the Holy Spirit.

Hail Mary full of grace ...

Behold the handmaid of the Lord:

Be it done to me according to thy word.

Hail Mary full of grace ...

And the Word was made flesh:

And dwelt among us.

Hail Mary full of grace ...

Pray for us, O holy mother of God.

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

Let us Pray:

Pour forth, we beseech thee, O Lord,

your grace into our hearts,

that we, to whom the Incarnation of Christ your 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.

Our School Creed

This is our school.

Let us be a community of prayer, inspired by You.

We trust in You to love and care for us.

Let peace have its home here among us as we endeavour to be
Your Mission Makers.

We are committed to love and justice for each other.

We will strive to demonstrate our faith in everything we do.

Teach us to love and serve one another by being kind and
merciful.

Many hands built our school; help us to live together.

In the name of Jesus Christ.

Amen.

The Ten Commandments

1. You shall not have strange Gods before me.
2. You shall not take the name of the Lord in vain.
3. Remember to keep holy the Sabbath Day.
4. Honour your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbour.
9. You shall not covet your neighbour's wife.
10. You shall not covet your neighbour's goods.



God gave the Ten Commandments to Moses. These are the rules we must follow to be good Christians.

The Seven Sacraments

The Seven Sacraments were given to us by Jesus. They are special celebrations in our Christian life.

1. Baptism.
2. Reconciliation.
3. Holy Communion.
4. Confirmation.
5. Anointing of the Sick.
6. Marriage.
7. Holy Orders.

The Stations of the Cross

1. Jesus is condemned to death.
2. Jesus accepts his cross.
3. Jesus falls for the first time.
4. Jesus meets his mother.
5. Simon of Cyrene helps to carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls for the second time.
8. Jesus speaks to the women.
9. Jesus falls for the third time.
10. Jesus is stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.

Stations of the Cross Prayer (said after each station)

I love You, Jesus, my love, above all things;
I repent with my whole heart for having offended You.
Never permit me to separate myself from You again.
Grant that I may love You always;
and then do with me what You will.



The Mysteries of the Rosary

The Joyful Mysteries (To be said on Mondays and Saturdays)

1. The Annunciation.
2. The Visitation.
3. The Nativity.
4. The Presentation in the Temple.
5. The finding of Jesus in the Temple.

The Luminous Mysteries (To be said on Thursdays)

1. The Baptism in the River.
2. The Wedding at Cana.
3. The Proclamation of the Kingdom.
4. The Transfiguration.
5. The Institution of the Eucharist.

The Sorrowful Mysteries (To be said on Tuesdays and Fridays)

1. The Agony in the Garden.
2. The Scourging at the Pillar.
3. The Crowning with Thorns.
4. The Carrying of the Cross.
5. The Crucifixion.

The Glorious Mysteries (To be said on Wednesdays and Sundays)

1. The Resurrection.
2. The Ascension.
3. The Coming of the Holy Spirit.
4. The Assumption.
5. The Crowning of Mary.

The Rosary is a prayer to Mary. The Rosary begins with the Apostles' Creed, followed by one Our Father, three Hail Marys (traditionally offered for an increase in faith, hope and charity for the praying of the Rosary), a Glory Be, and the Fatima Prayer. Next come five mysteries, each consisting of one Our Father, ten Hail Marys, a Glory Be, and the Fatima Prayer. You then conclude with the Hail Holy Queen. Here are the Prayers. It consists of 5 decades, each beginning with a short thought about one of the mysteries. We can use the Rosary beads to count. There are 4 sets of Mysteries.

The Apostles' Creed

I believe in God,
the Father Almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
(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.

We do expect the children to know these prayers and can say them independently.

Here is the list of prayer expectations for each year group.

Year Group	Prayers
Reception Class	Daily Prayers
Year 1	Reception Daily Prayers Hail Mary
Year 2	Reception Class and Year 1 Prayers Our Father Glory Be Lamb of God
Year 3	Reception Class and Year 1-2 Prayers The Confiteor (I confess) Guardian Angel The Sanctus (Holy Holy) Fatima Prayer Act of Contrition (Only children who will undertake the Sacrament of Communion)
Year 4	Reception and Year 1-3 Prayers Eternal Rest The Gloria Stations of the Cross
Year 5 & 6	Reception and Year 1-4 Prayers The Creed Hail Holy Queen The Angelus The School Creed

Spontaneous Prayers

In addition to the traditional prayers that we say in school, we use everyday situations to 'talk to God'. For example, during the day we encourage children to say thank you to God.

Thank you God for a lovely day, thank you God for my family, thank you God for.....

Night-time prayers are very important too. The close of the day is an opportunity to share a quiet time with your child/children and to thank God for the gifts or challenges of the day.

We hope you enjoy the experience of praying with your child.