



Abbey Catholic Primary School

Prayer Booklet



## About this booklet

Please pray the prayers in this booklet and see how many you can learn off by heart. Challenge yourself and learn your own and different year groups.

You could even ask your parents to tweet!

#lovetoprayer

## Why should I learn these prayers?

You have lots of different clothes for different occasions; wellies and coats for the rain and shorts and t-shirts for when the sun shines. Your prayers are no different. By learning all the of the prayers in this booklet, you will have a prayer for every life occasion. Prayers of joy/praise, prayers of hope and prayers for some sad occasions, for example, when somebody has died. These prayers will remain with you forever. **Go forth and pray to the Lord God.**

## Reception



### Morning Prayer

Good Morning Dear Jesus

During this day be my companion at work and at play.

I offer to you all I think, do and say

and I'll try my best to live in your way.

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.

### Prayer 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.

### 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.

### Sign of the Cross

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

### 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.

## **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.



## **Year One**

### **Glory be to the Father**

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.

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

## **Year Two**

### **The Eternal Rest**

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





## Year Three

### Act of Sorrow

Oh 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.  
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



### The Angelus

The angel of the Lord declared unto Mary. And she conceived of the Holy Spirit. Hail Mary . . .

Behold the handmaid of the Lord.  
Be it done unto me according to  
Thy word. Hail Mary...

And the Word was made flesh.  
And dwelt among us. Hail Mary...

Pray for us, O Holy Mother of God.  
That we may be made worthy of  
The promises of Christ.

Lord, fill our hearts with your love,  
And as you revealed to us by an angel  
The coming of your Son as man,  
So lead us through his suffering and death  
To the glory of his resurrection,  
For he lives and reigns with you and the Holy Spirit,  
One God, for ever and ever. Amen.



## Year Four

### The Memorare

Remember, O most gracious Virgin Mary,  
That never was it known that anyone,  
Who fled to your protection, implored your help,  
Or sought your intercession, was left unaided.  
Inspired with this confidence, I fly to you,  
O Virgin of Virgins, my Mother.  
To you I come, before you I stand,  
sinful and sorrowful.  
O Mother of the word incarnate,  
Do not reject my petitions,  
But graciously hear and answer them.  
Amen.



### The First, Second and Third Mysteries of the Rosary



#### The Joyful Mysteries

1. The Annunciation.
2. The Visitation.
3. The Birth of Our Lord.
4. The Presentation.
- 5 The Finding of the Child Jesus in the Temple.

#### The Sorrowful Mysteries

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

1. The Resurrection.
- 2 The Ascension.
- 3 The Coming of the Holy Spirit.
- 4 The Assumption.
- 5 The crowning of Our Lady as Queen of Heaven.



## Year Five

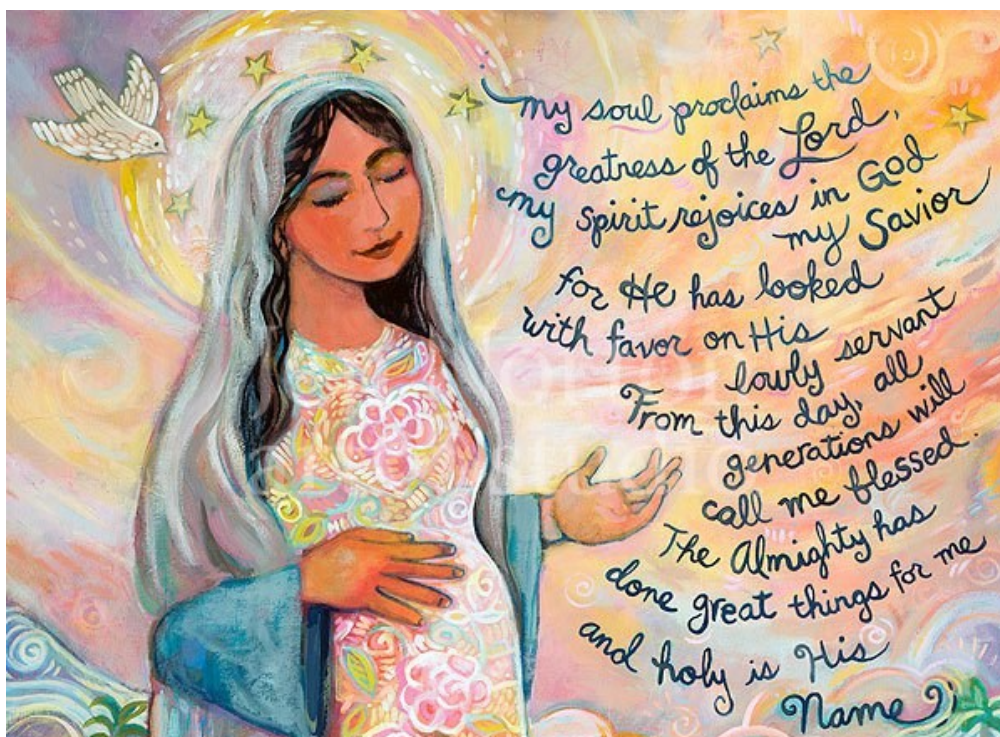
### The Magnificat

My soul glorifies the Lord  
My spirit rejoices in God, my Saviour.  
He looks on his servant in her lowliness  
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,  
Remembering his mercy,  
The mercy promised to our fathers,  
To Abraham and his sons 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



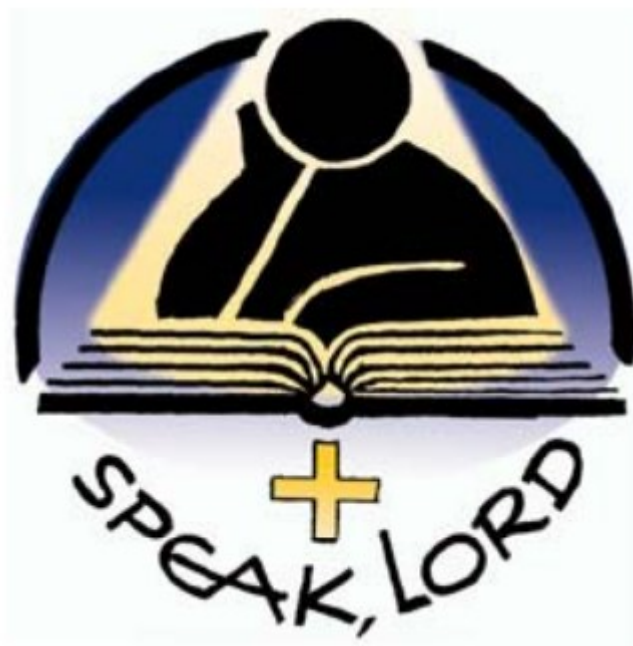
### Nunc Dimittis

Now, Lord, you have kept your word:  
let your servant go in peace.  
With my own eyes I have seen the  
salvation which you have prepared  
in the sight of every people:  
a light to reveal you to the nations  
and the glory of your people Israel.  
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.



## **The Benedictus**

Blessed be the Lord, the God of Israel! He has visited his people and redeemed them.  
He has raised up for us a mighty saviour  
In the house of David his servant,  
As he promised by the lips of holy men,  
Those who were his prophets from of old.  
A saviour who would free us from our foes,  
From the hands of all who hate us.  
So his love for our fathers is fulfilled  
And his holy covenant remembered.  
He swore to Abraham our father to grant us,  
that free from fear, and saved from the hands of our foes,  
we might serve him in holiness and justice  
all the days of our life in his presence.  
As for you, little child,  
you shall be called a prophet of God, the Most High.  
You shall go ahead of the Lord  
To prepare his ways before him.  
To make known to his people their salvation  
Through forgiveness of all their sins,  
The loving-kindness of the heart of our God  
Who visits us like the dawn from on high.  
He will give light to those in darkness,  
Those who dwell in the shadow of death,  
And guide us into the way of peace.  
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.





## Year Six

### Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of the faithful,  
And kindle in them the fire of your love.  
Send forth your Spirit, and they shall be created,  
And you will renew the face of the earth.

O God who has taught the hearts of the faithful

By the light of the Holy Spirit,  
Grant us in the same Spirit to be truly wise,  
And ever to rejoice in his consolation,  
Through Jesus Christ Our Lord. 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.

