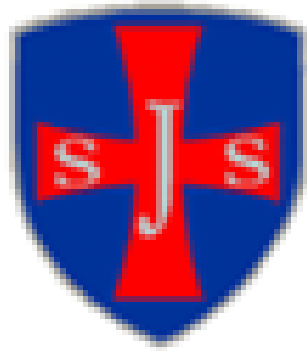


ST JOSEPH'S CATHOLIC PRIMARY SCHOOL



Our Prayer Booklet



School Mission

Growing Together with Jesus in our Hearts, Heads and Hands

Charism

Love, Wisdom and Action

Foreword

Welcome to St Joseph's 'Our Prayer' booklet – we hope that you will enjoy praying with your children at home as much as we do within our school community.

We believe that prayer is a shared experience, a conversation with God 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.



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 prayer is 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.

Praying with calming music is a relaxing way to pray together at the end of the day. Maybe you could have a 'prayer bowl' with prayer ideas in it or make a 'prayer dice'. There are lots of fun ways to pray as a family.

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

Common Prayers

Age phase	5–7 (KS1)	7–9 (Lower KS2)	9–11 (Upper KS2)
Prayers	• The Sign of the Cross • The Lord's Prayer • Hail Mary • Glory be • Grace before meals • Grace after meals	• The Apostles' Creed • An Act of Contrition • Angel of God • Come, Holy Spirit • The Prayer of St Richard of Chichester	• Morning Offering • The Rosary • The Magnificat • Act of Faith • Act of Hope • Act of Love

Sign of the Cross

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



From the top of my head, to the bottom of my heart, from my shoulder to
my shoulder, Jesus I love you.

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.



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



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.

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.



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.

Start of the School Day 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 this day,

Amen.

End of Day Prayer Key Stage 1

At the end of the day,

We stop and say,

Thank you Lord for everything.

We try to be good,

for we know that we should,

That's our prayer at the end of

the day,

Amen.

End of Day Prayer Key Stage 2

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

St Joseph, pray for us, protect us and bless us.

A Child's Prayer to St Joseph

St Joseph, watch over me

and care for me

just as you cared for the child Jesus;

and by your help,

may I come to know your Son, and

so grow in strength and wisdom

and the favour of God. Amen

Prayer to St Joseph, by Pope Francis

Blessed Joseph,

to us too,

show yourself a father
and guide us in the path of life.

Obtain for us grace,
mercy and courage,
and defend us from every evil.

Amen.



Dear St Joseph,

You protected and cared for Mary, and loved Jesus
as your own son.

Guardian of the Holy Family, please watch over our
school, our families and us.

Please pray that we may be as caring, loving and
humble as you.

St Joseph, pray for us, protect us and bless us.

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



Act of Sorrow (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



Prayer to Our 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, Rule and guide.
Amen

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 let me sow pardon,
Where there is doubt let me sow faith,
Where there is despair let me give hope,
Where there is darkness let me give light,
Where there is sadness let me give joy.
O Divine Master, grant that I may
Not try to be comforted but to comfort,

Not try to be understood
but to understand,
Not try to be loved but to love.
Because it is in giving
that we receive,
It is in forgiving
that we are forgiven,
And it is in dying
that we are born to eternal life.
Amen

Come Holy Spirit

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 by the light of the Holy Spirit,
Did instruct the hearts of the faithful,
grant that by the same Holy Spirit
we may be truly wise
and ever enjoy His consolations.
Through Christ our Lord, Amen



Holy Spirit Prayer of St Augustine

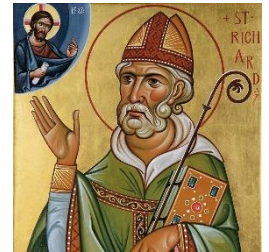
Breathe in me, O Holy Spirit, that my thoughts may all be holy.
Act in me, O Holy Spirit, that my work, too, may be holy.
Draw my heart, O Holy Spirit, that I love but what is holy.
Strengthen me, O Holy Spirit, to defend all that is holy.
Guard me, then, O Holy Spirit, that I always may be holy.
Amen

The Prayer of St Richard of Chichester

Thanks be to you, our Lord Jesus Christ,
for all the benefits which you have given us,
for all the pains and insults which you have borne for us.

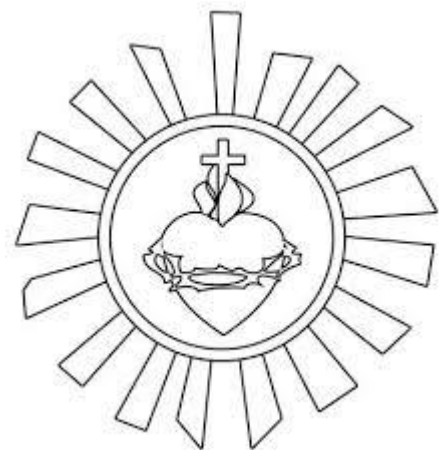
Most merciful Redeemer, Friend and Brother,
may we know you more clearly,
love you more dearly,
and follow you more nearly,
day by day.

Amen.



Morning Offering for Children

For love of me you came to earth;
You gave your life for me.
So every day you give me now
I give back happily.
Take all my laughter, all my tears,
Each thought, each word, each deed,
And let them be my all-day prayer
To help all those in need.
Amen



Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers,
works, joys, and sufferings of this day for all the intentions of your Sacred
Heart in union with the Holy Sacrifice of the Mass throughout the world,
for the salvation of souls, the reparation of sins, the reunion of all
Christians, and in particular for the intentions of the Holy Father.
Amen.

The Rosary

Mysteries of the Rosary

Joyful:

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



Sorrowful

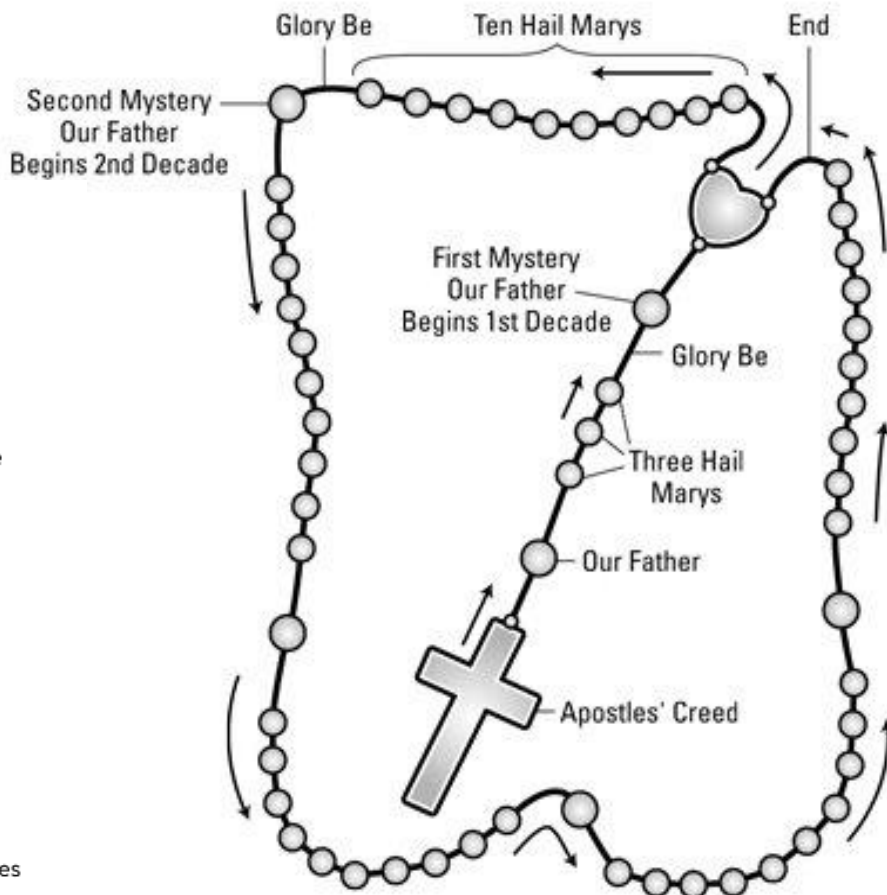
1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Our Lord

Glorious

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit on the Apostles
4. The Assumption
5. The Coronation of the Blessed Virgin

Luminous

1. The Baptism of our Lord in the River Jordan
2. The wedding feast at Cana
3. Jesus proclaims the coming of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist



Hail Holy Queen

Hail, Holy Queen, Mother of Mercy,
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 valley of tears
Turn then, most gracious advocate,
your eyes of mercy toward us, and after this exile
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary.



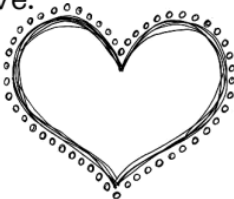
Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favour on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me, and holy is his Name.
He has mercy on those who fear him in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers, to Abraham and his children for ever.
Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning,
is now, and will be for ever.
Amen.

Act of Love

O Lord God, I love you
above all things and I
love my neighbor for
your sake because you
are the highest, infinite
and perfect good, worthy
of all my love.

In this love
I intend to
live and die.
Amen.



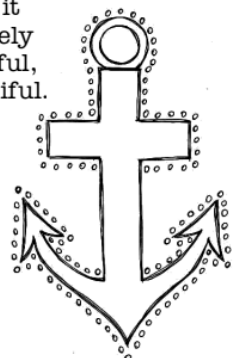
Act of Faith

O my God, I firmly believe that you
are one God in three divine Persons,
Father, Son, and Holy Spirit.
I believe that your divine Son became
man and died for our sins and that
he will come to judge the living and
the dead. I believe these and all the
truths which the Holy Catholic Church
teaches because you have revealed
them who are eternal
truth and wisdom,
who can neither
deceive nor be
deceived. In this
faith I intend to
live and die.
Amen.



Act of Hope

O Lord God, I hope by your
grace for the pardon of all my
sins and after life here to gain
eternal happiness because you
have promised it
who are infinitely
powerful, faithful,
kind, and merciful.
In this hope
I intend to live
and die.
Amen.



Daytime Prayers



From a prayer by Stephen Corellet (1773-1855)

Dear Lord Jesus,
We shall have this day only once.
Before it is gone, help us to do all the good that we can,
so that today is not a wasted day. Amen

Morning

Father in Heaven,
I give you today,
All that I think, and do, and say.
I give you the good times,
as well as the bad,
The times when I'm happy,
the times when I'm sad.
Fill me with grace
and make me strong.
With you at my side,
I won't go wrong. Amen

My friend, Jesus

My friend Jesus,
help me to be good
And to do the things
and say the things
that all good children should.
And if sometimes I slip a bit,
and do get out of hand,
then please dear Loving Jesus,
make the grown-ups understand
that it isn't always easy
to be as good as good can be,
but I am getting better Lord,
because you're helping me. Amen

Bedtime Prayers

Now I lay me down to sleep,
I pray the Lord my soul to keep.
His love guard me through the night,
and wake me with the morning light.

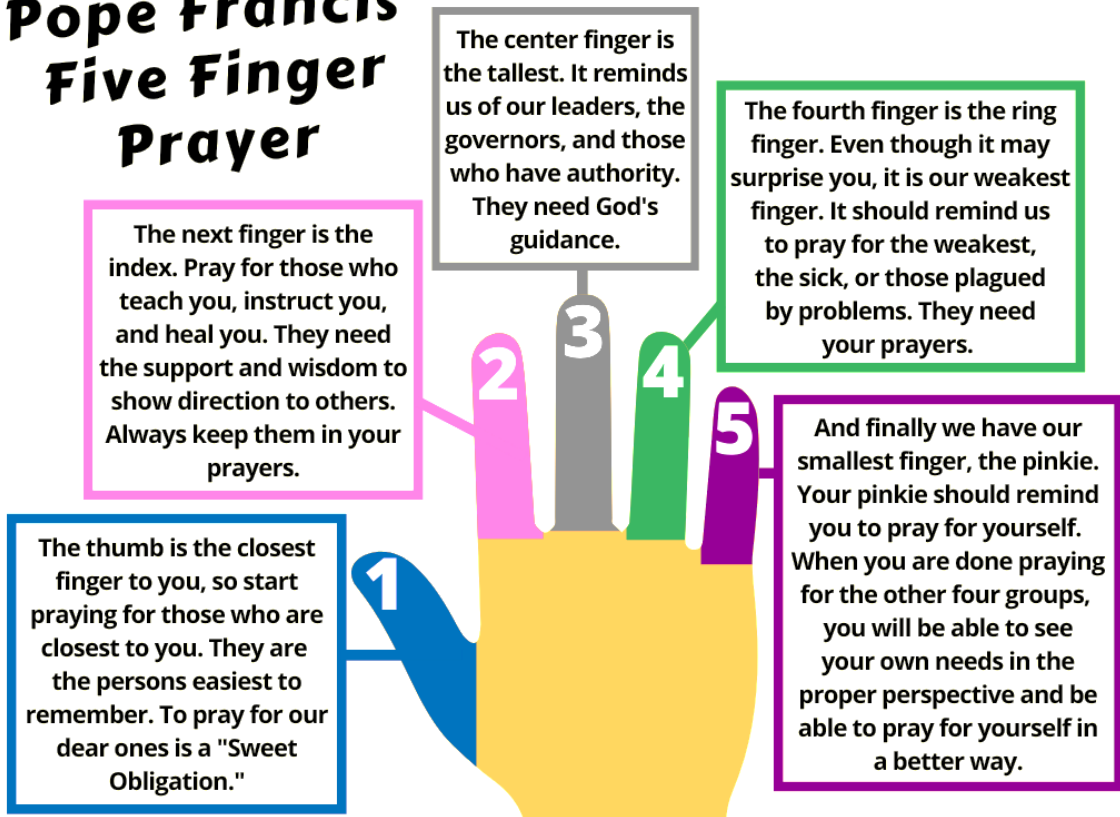
At four corners of my bed,
are four angels overhead.
Matthew, Mark, Luke and John,
bless this bed I lay upon.



I lay my head on Mary's knee,
Jesus's love is here with me.

Heart of Joseph I adore,
Heart of Mary I implore,
Heart of Jesus pure and just,
In those three hearts,
I place my trust.

Pope Francis' Five Finger Prayer



Family Prayer

God made us a family,
We need one another,
We love one another,
We forgive one another,
We work together,
We play together,
We worship together,
Together we learn God's Word.
Together we grow in Christ.
Together we love all people.
Together we serve our God.
Together we hope for Heaven.
These are our hopes.
Help us to achieve them, Father,
Through Jesus your Son,
Our Lord, Amen

Space for you to add your own favourite prayer