**Progression in Prayers**



*“Then you will call upon me and come and pray to me, and I will hear you.”*

*Jeremiah 29:12*

**St Mary’s Catholic Academy**

**Progression In Prayers**

(Prayer and Liturgy Directory, 9.5 Common Prayers)

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| **Age phase** | **5–7 (KS1)** | **7–9 (Lower KS2)** | **9–11 (Upper KS2)** | **11–14 (KS3)** |
| 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 | * The Benedictus The Angelus * Hail Holy Queen * The Memorare * Jesus, Mary and Joseph, I give you * Eternal Rest |

Progression of Prayers to be known by all children by the end of each term

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| All classes will recite the Angelus at 11:50 in the months of October and May  Opportunities for spontaneous prayer will be offered to all children in all classes | | | |
|  | Advent | Lent | Pentecost |
| EYFS | Sign of the Cross | Morning prayer  End of day prayer  Begin to know Our Father | Grace before meals  Grace after meals  Begin to know Hail Mary |
| Year 1 | Grace before Meals  Our Father | Grace after Meals  Hail Mary | School Prayer |
| Year 2 | Confident with all prayers above | Glory Be | Trust prayer |
| Year 3 | The Apostles Creed | Act of Contrition | Angel of God |
| Year 4 | Come, Holy Spirit | The Prayer of St Richard of Chichester | Confident with all prayers above |
| Year 5 | The Rosary | Alternative Morning Offering | The Magnificat |
| Year 6 | Act of Faith | Act of Hope | Act of Love |

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| **The Sign of the Cross**  In the name of the Father and of the Son and of the Holy Spirit. Amen | **Morning Prayer**  Good morning, dear Jesus,  During this day,  Be my companion,  At work and at play.  Amen | | **End of the Day 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. |
| **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 | **The 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 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. | | **Trust Prayer**  God Our Father,  Give us strength so that, guided by Our Lady’s example, we can have the courage to say yes to you. Help us to love like she loved, have faith like she had and follow Jesus’ example in all that we do.  Inspire in all of us a sense of togetherness, so that we can use the gifts you have given us for the good of all in our community and bring support and healing to those less fortunate than ourselves.  We ask Our Lady to guide us, just as she guided St Bernadette, as we seek to bring Jesus’ message of love and forgiveness to others.  We ask this through Jesus Christ, your Son, Our Lord.  Amen Our Lady of Lourdes, pray for 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,  *(At the words that follow, up to and including the Virgin Mary, 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. | | |
| **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. |
| **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 Joyful Mysteries (Recited Monday and Saturday)  The Mysteries of Light (Recited Thursday)  The Sorrowful Mysteries (Recited Tuesday and Friday)  The Glorious Mysteries (Recited Wednesday and Sunday)  Prayer concluding the Rosary [Hail, Holy Queen]  V. Pray for us, O holy Mother of God.  R. 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 thee,  that meditating on these mysteries  of the most holy Rosary of the Blessed Virgin Mary,  we may imitate what they contain  and obtain what they promise,  Through the same Christ our Lord. Amen. | | **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,  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 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. | **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 |
| **The Angelus**  V. The Angel of the Lord declared unto Mary.  R. And she conceived of the Holy Spirit.  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.  V. Behold the handmaid of the Lord.  R. Be it done unto me according to thy word.  Hail Mary.  V. And the Word was made flesh.  R. And dwelt among us.  Hail Mary.  V. Pray for us, O holy Mother of God.  R. That we may be made worthy of the promises of Christ.  Let us pray;  Pour forth, we beseech thee, O Lord,  Athy grace into our hearts;  that we, to whom the Incarnation of Christ, thy 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 | | | |

**Selection of prayers for before and after meals**

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| **Grace 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. | Oh Lord we are so grateful,  For every cup and plateful,  Forgive us when we’re wasteful,  To the world and family.  Amen. | We thank you God, We thank you God For all our food, For all our food We thank you God for all our food. We thank you God for lunch and dinner. We thank you God for all our food! Amen! 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. | We give you thanks Almighty God for these and all the gifts which we have received through you Christ Our Lord  Amen | We give you thanks, Almighty God, for all your benefits, who live and reign, world without end. Amen. |