

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)

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

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

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.

	<u>The Apostles' Creed</u> I believe in God, the Father almighty Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, <i>(At the words that follow, up to and including the Virgin Mary, all bow.)</i> 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.	
<u>Act of Contrition</u> 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.		
<u>Angel of God</u> 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	<u>Come, Holy Spirit</u> 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.

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.

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.

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

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.