



School Prayer Book

Year Four

What is Prayer?

We pray when we talk and listen to God.

There are many different prayers we can use.

We can pray privately on our own or we can pray with others in a group.

We can pray within our family or with our friends.

Where can we pray?

We can pray anywhere: in church, at home, at school or any other place such as while travelling or waiting somewhere.

God is always ready to listen and to talk to us.

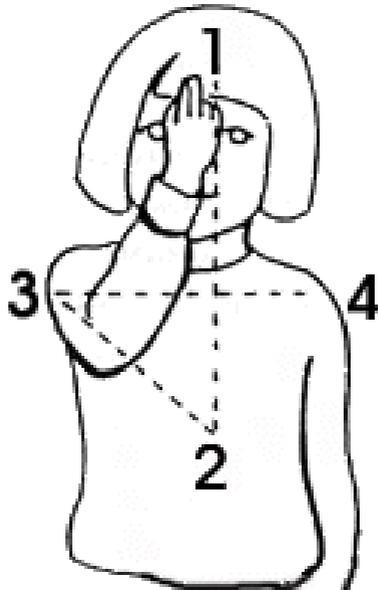


Sign of the Cross

The sign of the cross is our most special Christian sign. We make the sign of the cross at the beginning and end of prayers.

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

Amen



Hail Mary

The first part of the Hail Mary was said for the first time by the Angel Gabriel. The second part was said by Elizabeth when Mary went to visit her.



Hail Mary, full of grace.

The Lord is with Thee;

Blessed art Thou amongst 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

Our Father

When one of the disciples asked Jesus how to pray, He taught us the 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 those who trespass against us;

As we forgive those who trespass against us;

Lead us not into temptation,

but deliver us from evil.

Amen

Morning Prayer

Father in heaven 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

Grace before lunch

Bless us, O God

As we sit together,

Bless the food we eat today,

Bless the hand that made the food,

Bless us O God.

Amen

Grace after lunch

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

Prayer at the end of the day

God our Father, we come to say,
thank you for your Love today.

Thank you for my family,
and all the friends you give to me.
Guard me through the dark of night
And in the morning, send your light.

Amen

Prayer to the Guardian Angel

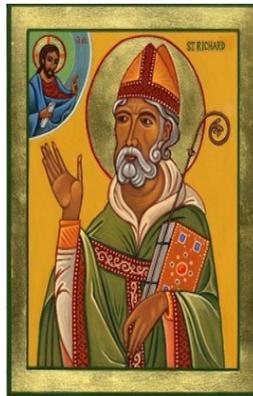
God gave each one of us an angel to look after us. We cannot see him but we can pray to him. This is a prayer to your angel.

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.



Prayer of St. Richard of Chichester

Day by day,
O dear Lord,
three things I pray:
to see you more clearly,
love you more dearly,
follow you more nearly,
day by day,
by day, by day.
Amen.



The Memorare

The Memorare is a prayer to help us remember how important and special Mary is to us in our lives.

Remember, O most loving Virgin Mary,
that it is a thing unheard of,
that anyone ever had recourse to your protection,
implored your help,
or sought you intercession,
and was left forsaken.

Filled therefore,
With confidence in your goodness,
I fly to you, O Mother,
Virgin of Virgins.

To you I come, before you I stand,
a sorrowful sinner.

Despise not my poor words,
O Mother of the Word of God,
but graciously hear
and grant my prayer.

Amen



Rosary

*The Rosary is a prayer to Mary. It consists of 5 decades, each beginning with a short thought about one of the mysteries. In each decade we say 1 Our Father, 10 Hail Marys and 1 Glory Be.
We can use the Rosary beads to help counting.*

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.

