



# **School Prayer Book**

## **Year One**

## **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.

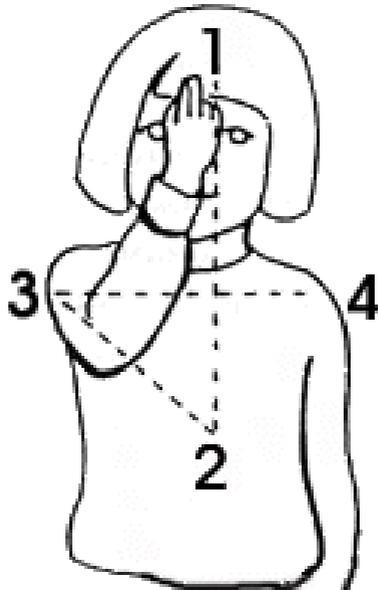


## Sign of the Cross

*The sign of the cross is our most special Christian sign. We make the sign of the cross and 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

## Glory Be

*In this prayer, we praise the Holy Trinity, God the Father, God the Son and  
God the Holy Spirit.*

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



## Prayer to my 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.  
  
Amen



## **Act of Faith**

My God, I believe in you  
and all your Church teaches,  
because you have said it  
and your word is true.

Amen



## **Act of Hope**

My God, I hope in you,  
for grace and for glory,  
because of your promises,  
your mercy and power.

Amen.



## Act of Love

O my God, I love you with my whole heart  
and above all things  
because you are infinitely good and perfect,  
and I love my neighbour as myself  
for love of you.  
Grant that I may love you more and more in this life,  
and in the next for all eternity.  
Amen.

LOVE 

