



# **School Prayer Book**

## **Year Three**

## **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.

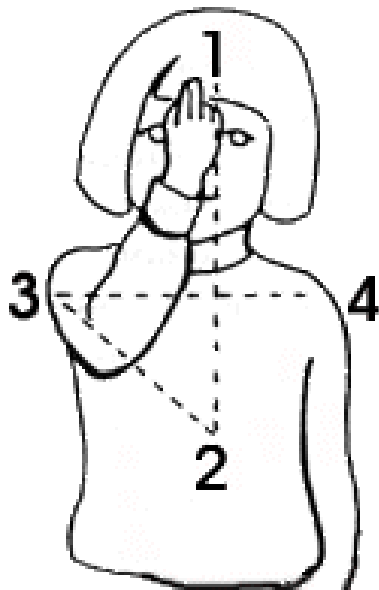


## Sign of the Cross

*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

## **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** 

## Act of Sorrow

*We say this prayer to show God we are sorry for the times we have not done the right thing.*

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



## The Angelus

*This prayer reminds us of when the Angel Gabriel was sent to Mary to tell her that she was going to have a baby – the Son of God. Some people say the Angelus three times a day: morning, noon and evening.*

The Angel of the Lord declared unto Mary:

And she conceived of the Holy Spirit.

**Hail Mary, full of grace...**

Behold the handmaid of the Lord:

Be it done to me according to they word.

**Hail Mary, full of grace...**

And the Word was made flesh:

And dwelt among us.

**Hail Mary, full of grace...**



Let us pray:

Pour forth, we beseech you, O Lord,  
your grace into our hearts,

that we to whom the incarnation of Christ, your Son,  
was made known by the message of an angel,  
may be brought by his passion and cross  
to the glory of his resurrection,  
through Christ our Lord. Amen.



## The Luminous Mysteries

*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 Luminous Mysteries

1. The Baptism of Jesus in the River.
2. The Wedding at Cana.
3. The Proclamation of God's Kingdom.
4. The Transfiguration of Jesus.
5. The Institution of the Eucharist.

