



Prayer Book

Years 3 and 4



'The Lord is near all who call on Him.'

Psalm 145:18

What is prayer?

Prayer has been traditionally described as 'lifting up of the hearts and minds to God', which means it involves our whole person - our head as well as our heart.

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 talk to us.

Our Mission Prayer

Heavenly Father,
Help us to follow the example of Christ,
By being God's disciples here on Earth.
Help us to do the best that we can do,
To be the best that we can be,
And to make you proud, Lord.
Amen



Year Three and Four Daily Pattern of Prayer

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.

Mission Prayer

Heavenly Father,
Help us to follow the example of Christ,
By being God's disciples here on Earth.
Help us to do the best that we can do,
To be the best that we can be,
And to make you proud, Lord.
Amen

Grace Before Meals

Bless us, O Lord, and these your gifts
which we are about to receive from your bounty.
Through Christ our Lord.
Amen.

Grace After Meals

We give you thanks, Almighty God,
for all your benefits,
who live and reign, world without end.
Amen

Daily Examen

In our classes we reflect on the day and:

1. Be still
2. Be grateful
3. Notice
4. Ask for help
5. Look ahead

Year Three and Four Prayers

The Sign of the Cross

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

Amen.

The sign of the cross is both an action and a statement of faith. A physical reminder of our redemption in the cross and an expression of faith in the Trinity.

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.

The Lord's Prayer 'is truly the summary of the whole of the Gospel'. (CCC 2761.)

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.

The first part of the Hail Mary is biblical, drawn from Gabriel's greeting to Mary at the Annunciation and Elizabeth's greeting at the Visitation. The second part of the prayer has its origins in 15th-century Italy.

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.

The doxology is a short expression of praise of the Trinity dating back to the early Church. It is used extensively in the Liturgy of the Hours and in devotions such as the Rosary.

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 al-
mighty;
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.

Based on baptismal documents of the 8th century but related to texts of an earlier origin.

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.

One of the forms of the Penitent's Prayer of Sorrow found in the Rite of Penance.

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.

The prayer is based on one by Reginald of Canterbury in the early 12th century.

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.

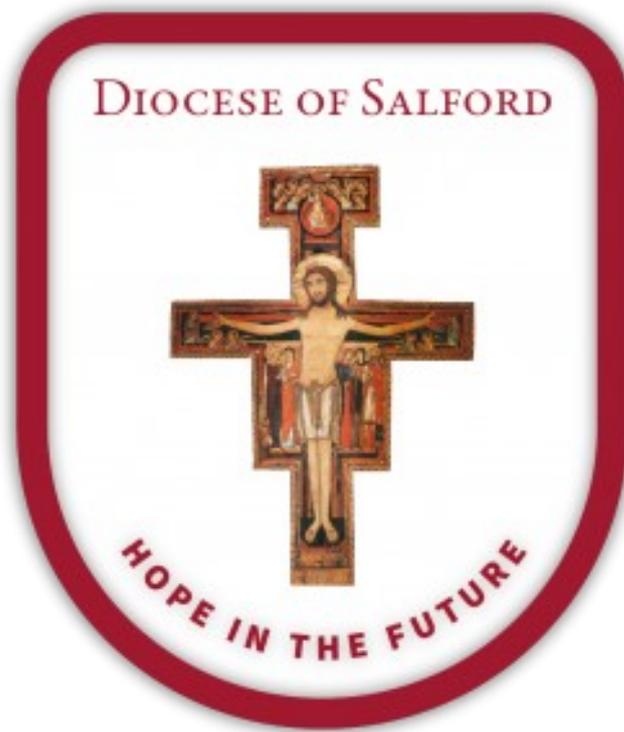
Amen.

This prayer is a compilation of a number of liturgical texts drawn from the Mass and Office of Pentecost and the Votive Mass of the Holy Spirit.

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.



Stay with us, Lord on
our journey.



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