

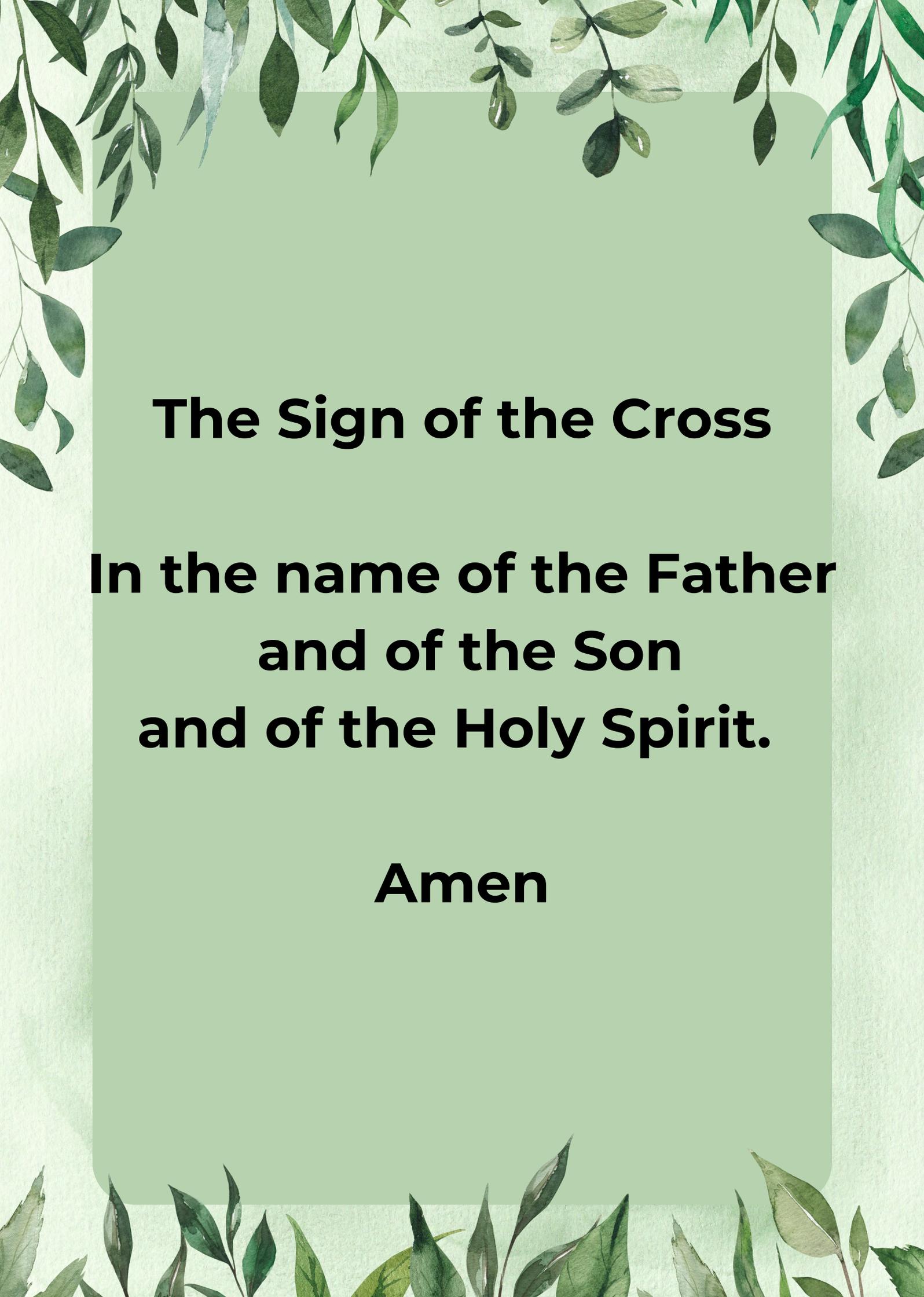
Common Prayers

(Prayer and Liturgy Directory 2023)



5–7 (KS1)	7–9 (Lower KS2)	9–11 (Upper KS2)	
<ul style="list-style-type: none"> · The Sign of the Cross · The Lord's Prayer · Hail Mary · Glory be · Grace before meals · Grace after meals 	<ul style="list-style-type: none"> · The Apostles' Creed · An Act of Contrition · Angel of God · Come, Holy Spirit · The Prayer of St Richard of <u>Chichester</u> 	<ul style="list-style-type: none"> · Morning Offering · The Rosary · The <u>Magnificat</u> · Act of Faith · Act of Hope · Act of Love 	<ul style="list-style-type: none"> · · · · · ·

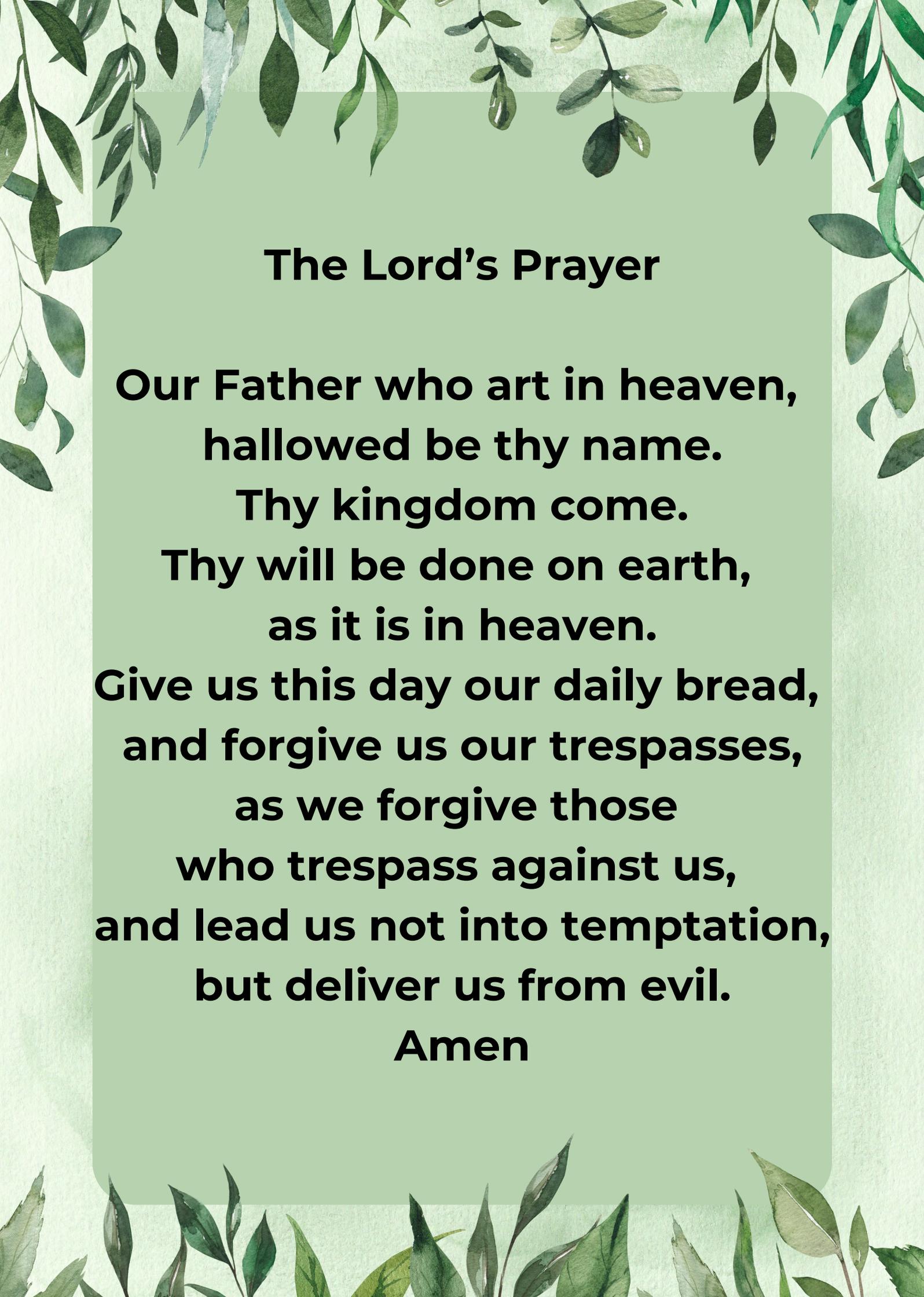
Prayer



The Sign of the Cross

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

Amen



The Lord's Prayer

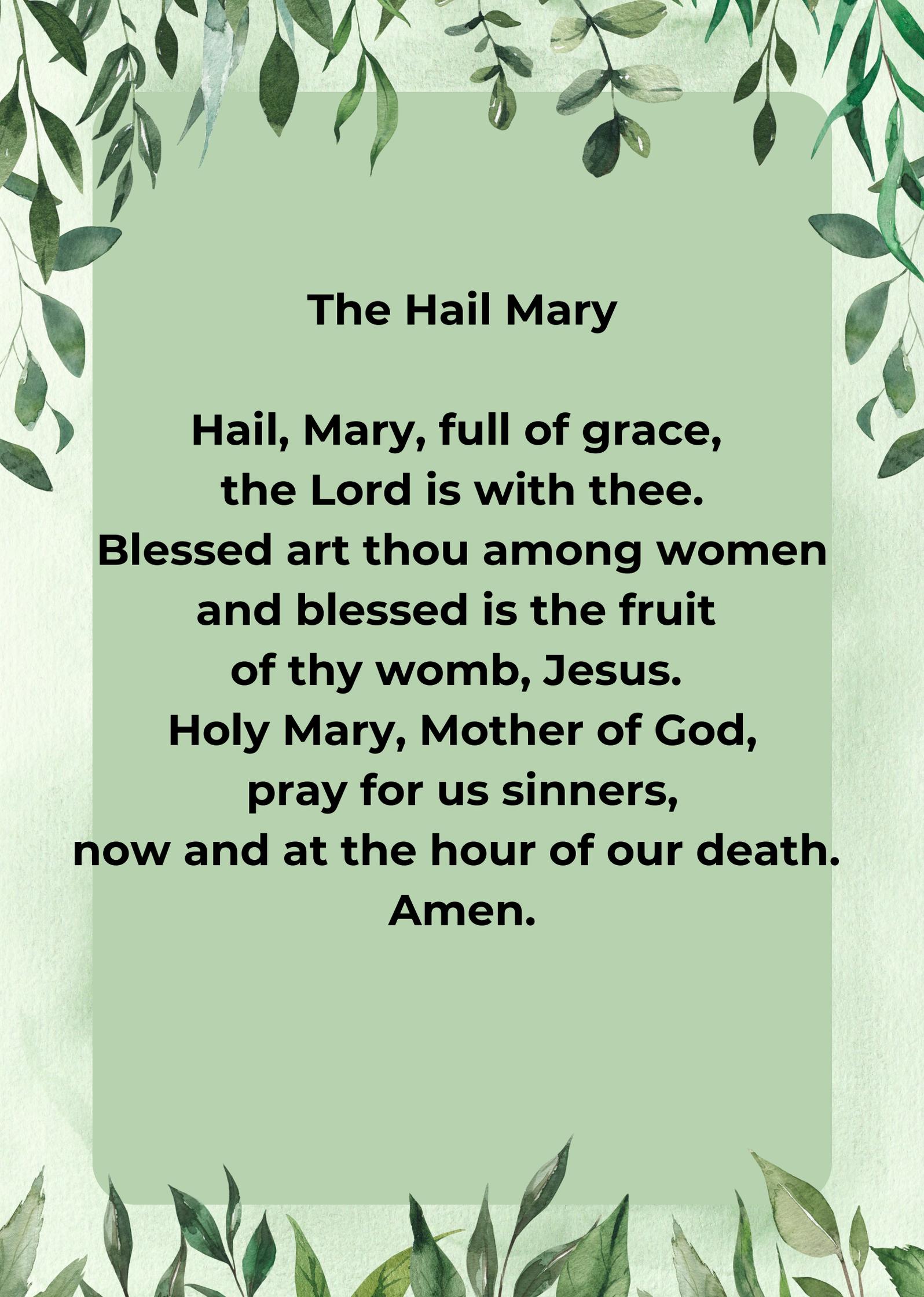
**Our Father who art in heaven,
hallowed be thy name.**

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



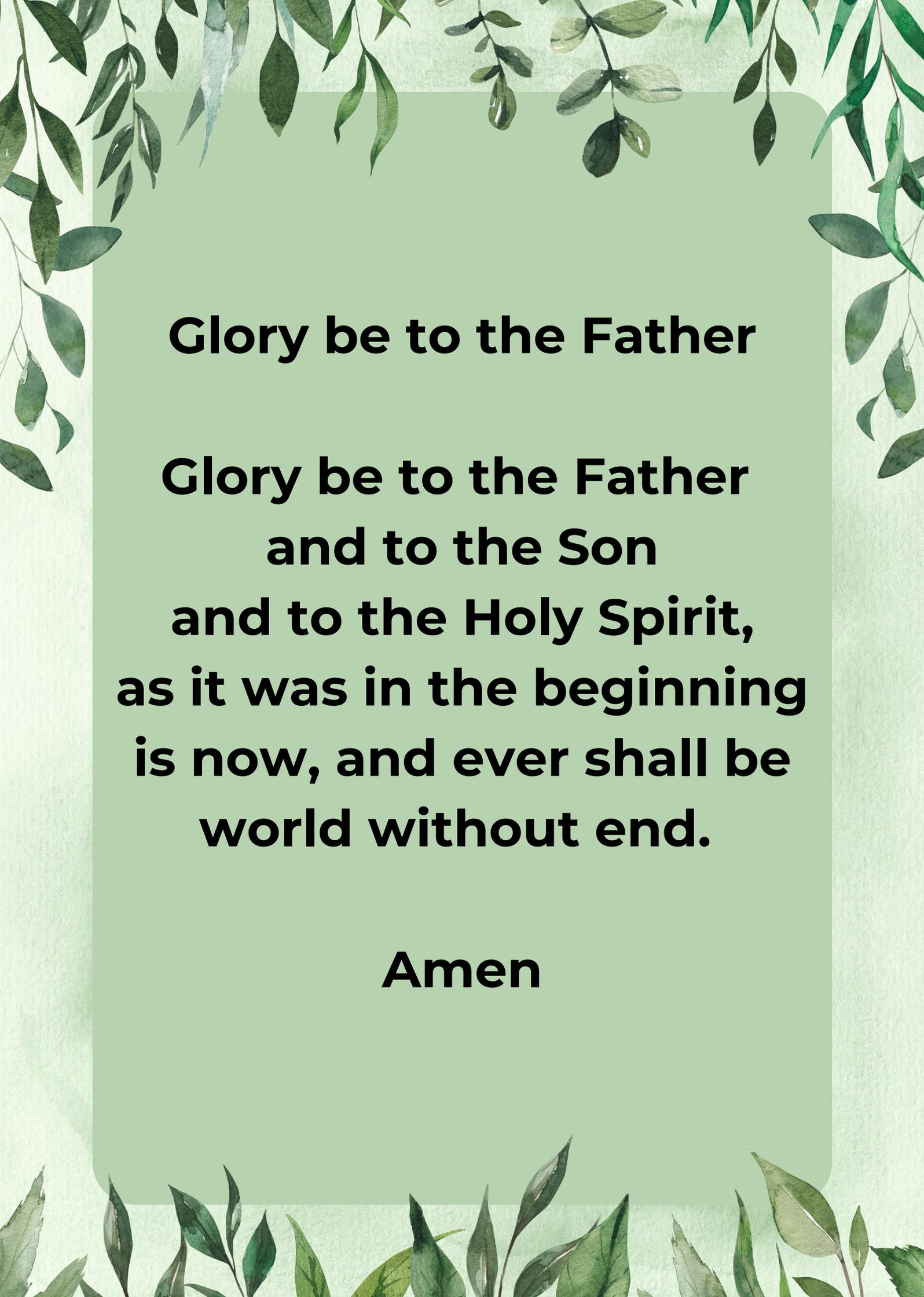
The Hail Mary

**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.**

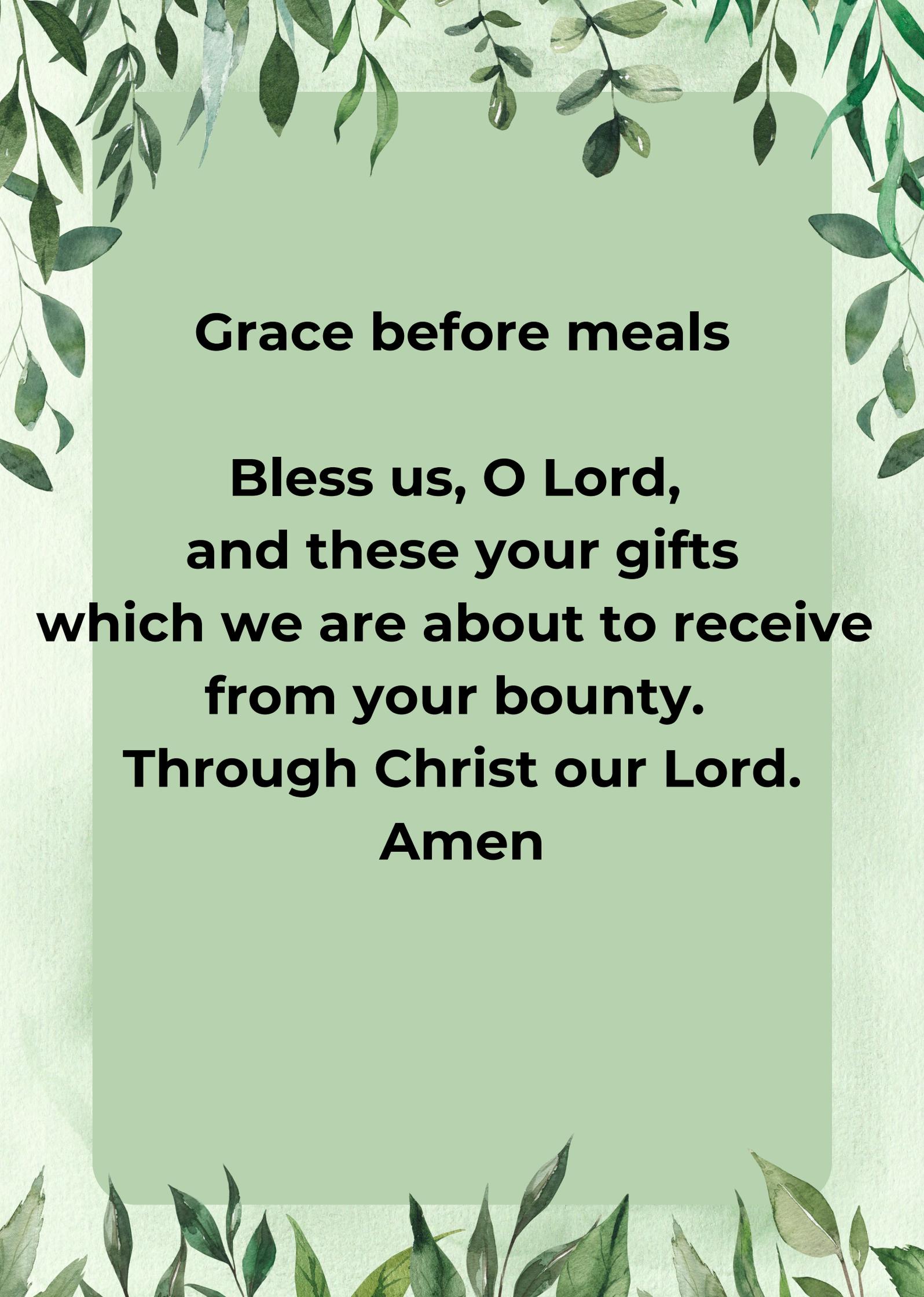
Amen.



Glory be to the Father

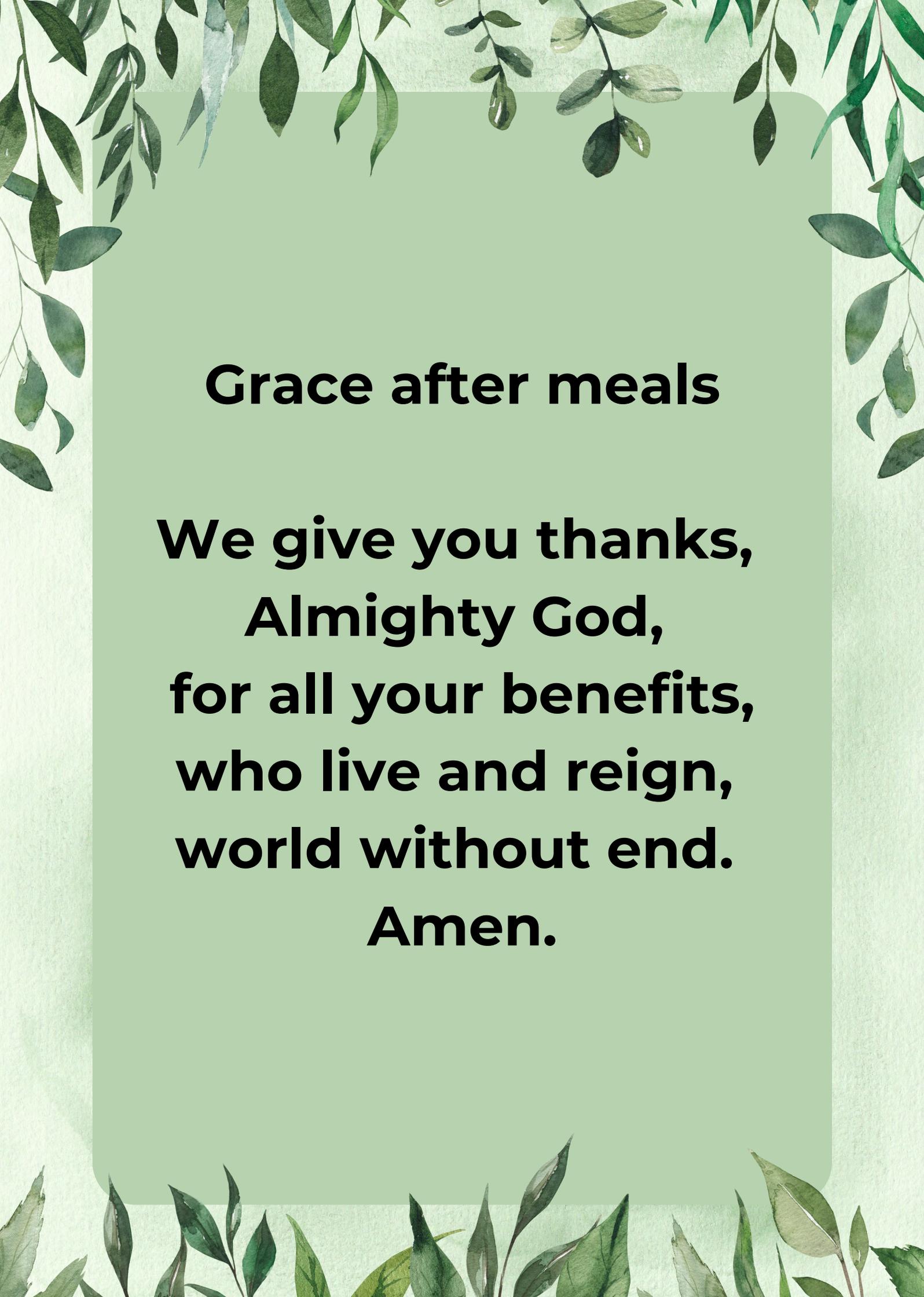
**Glory be to the Father
and to the Son
and to the Holy Spirit,
as it was in the beginning
is now, and ever shall be
world without end.**

Amen



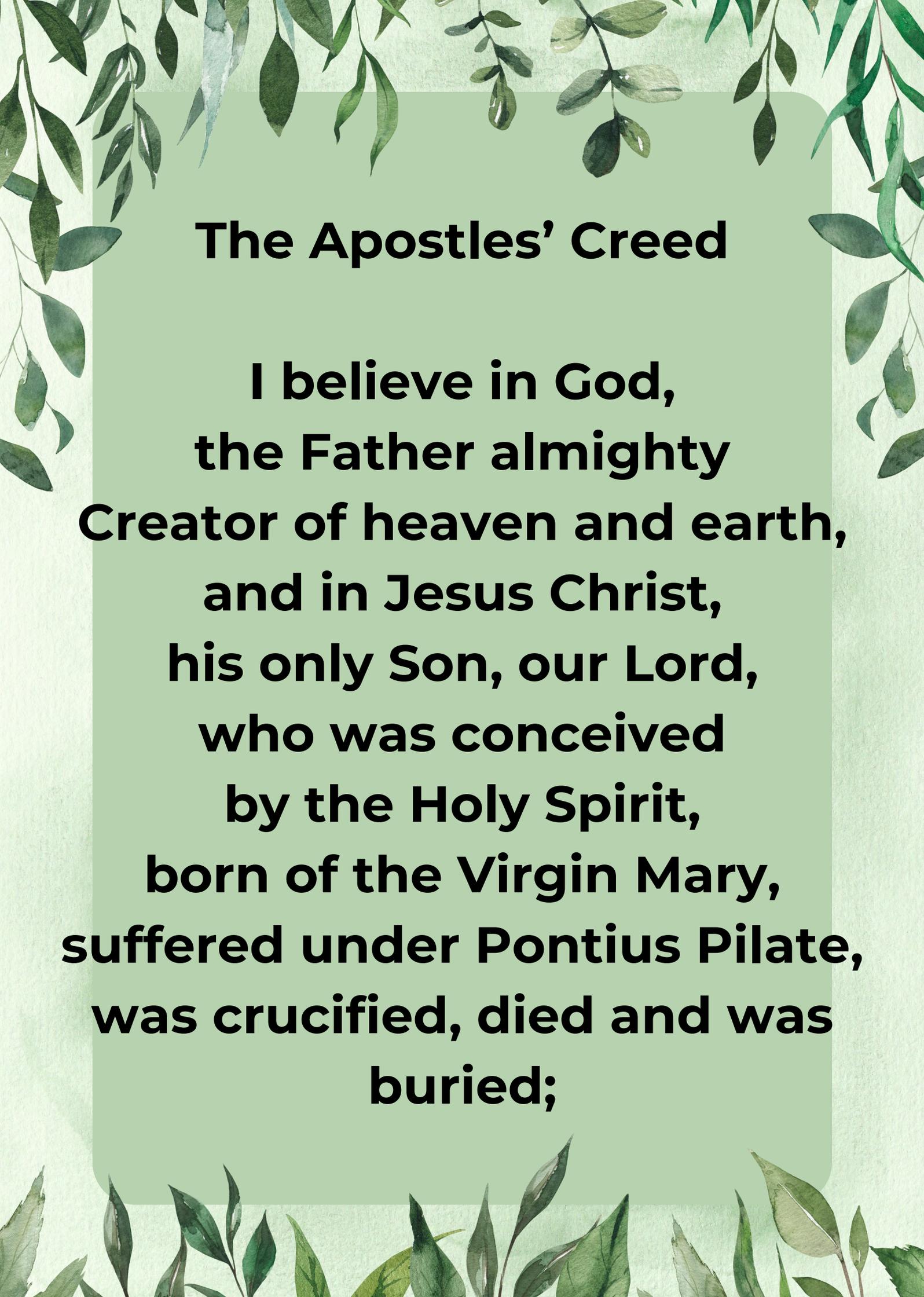
Grace before meals

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



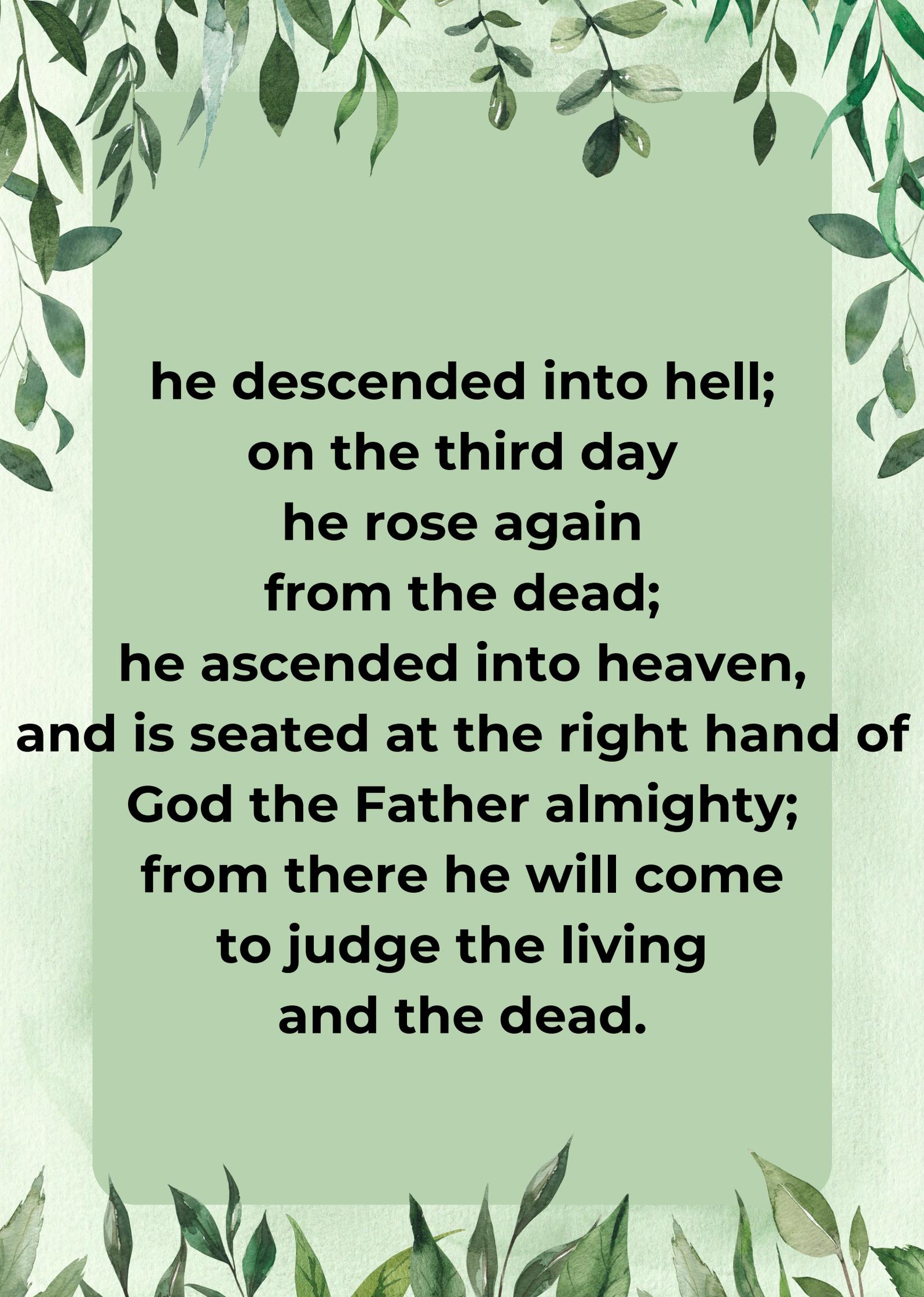
Grace after meals

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

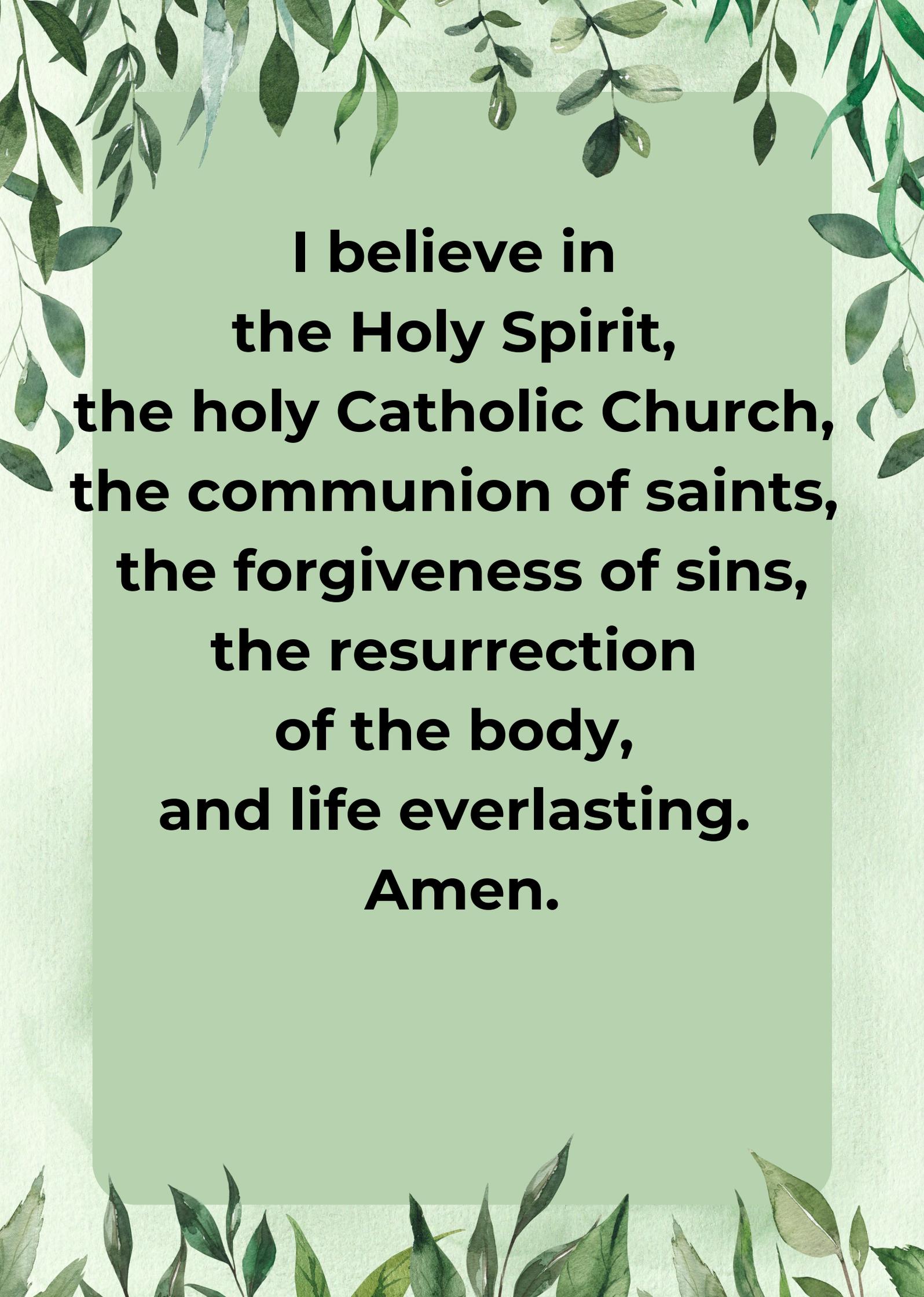


The Apostles' Creed

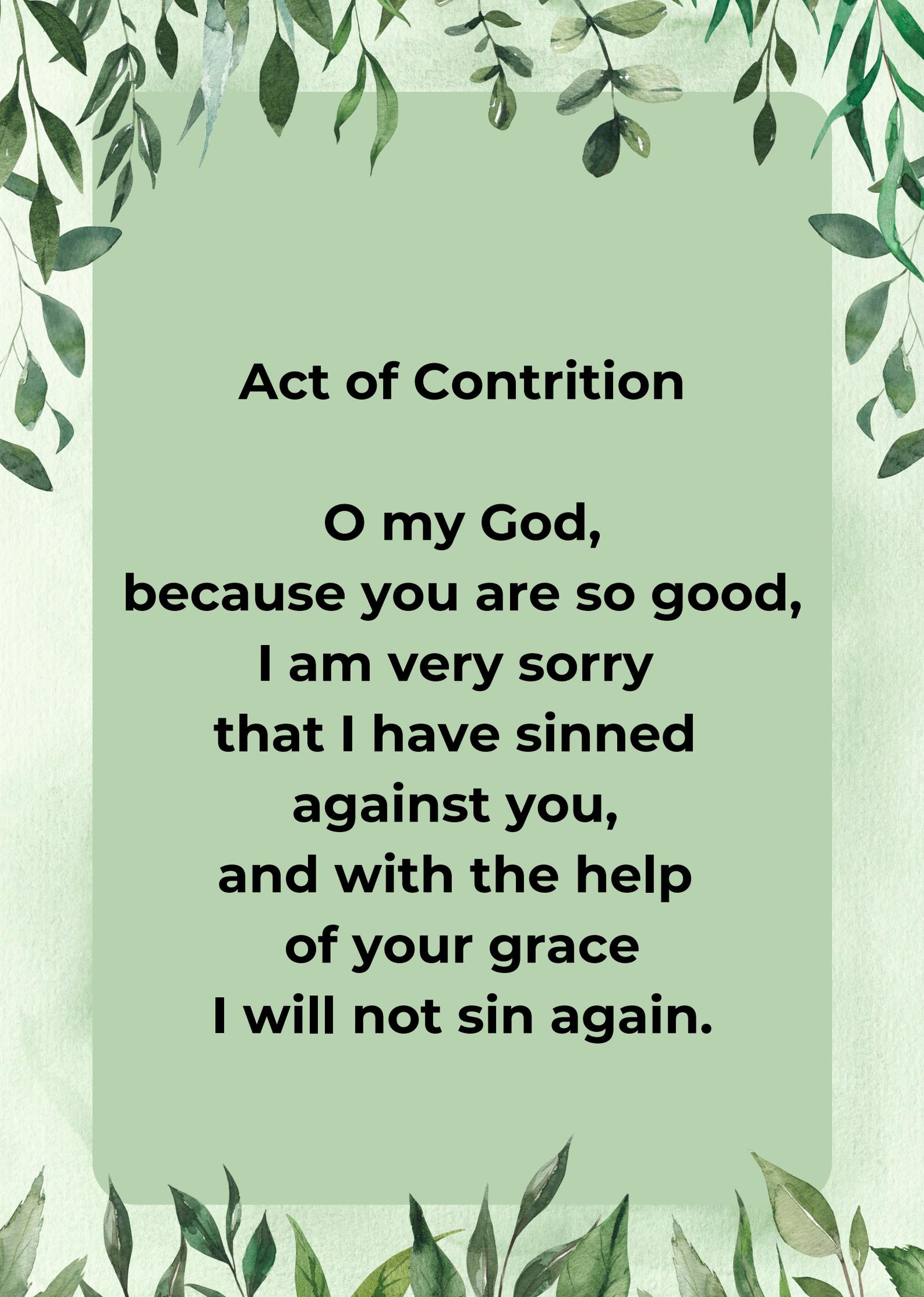
**I believe in God,
the Father almighty
Creator of heaven and earth,
and in Jesus Christ,
his only Son, our Lord,
who was conceived
by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was
buried;**



**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.**



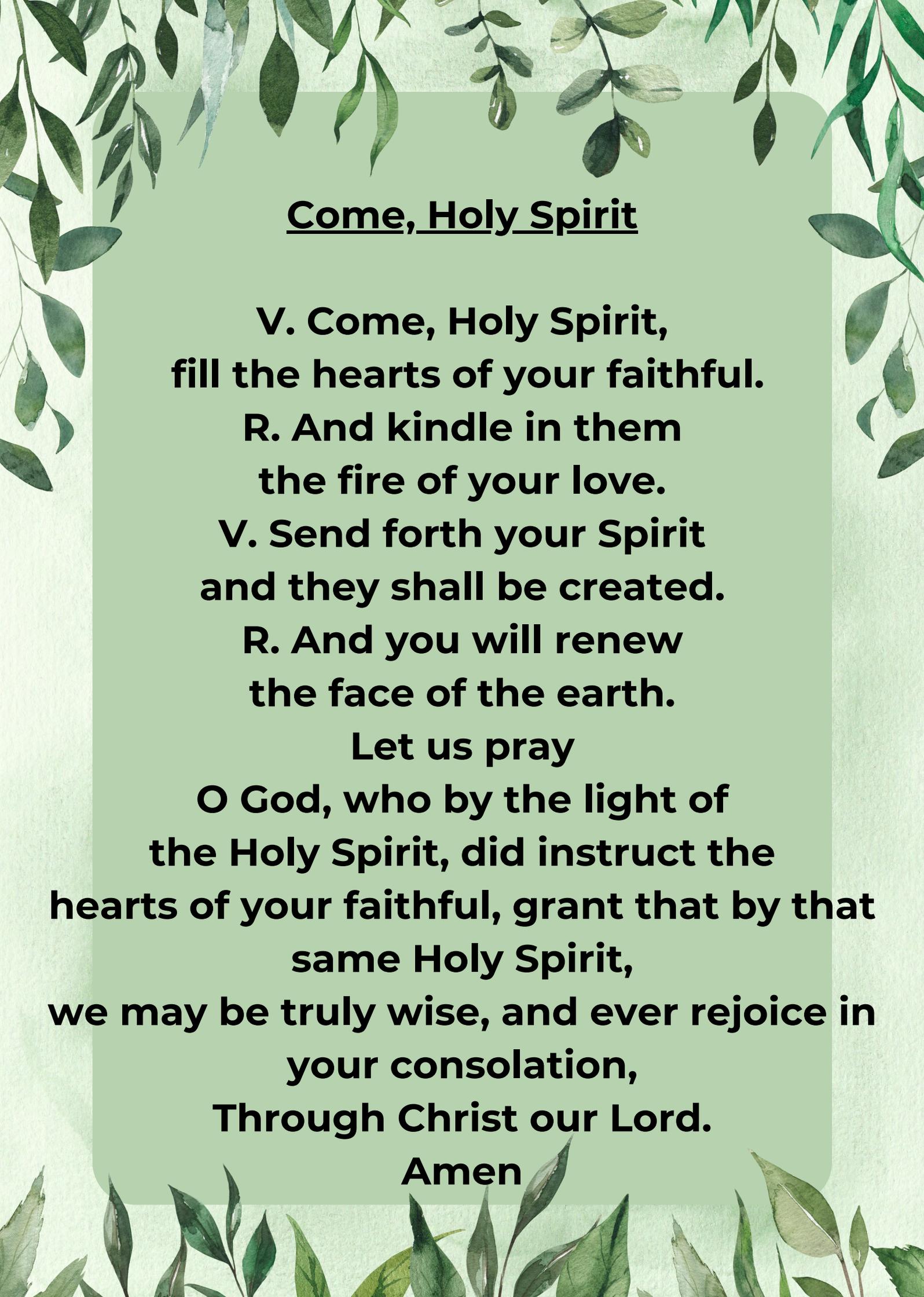
Act of Contrition

**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.**



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.**



Come, Holy Spirit

**V. Come, Holy Spirit,
fill the hearts of your faithful.**

**R. And kindle in them
the fire of your love.**

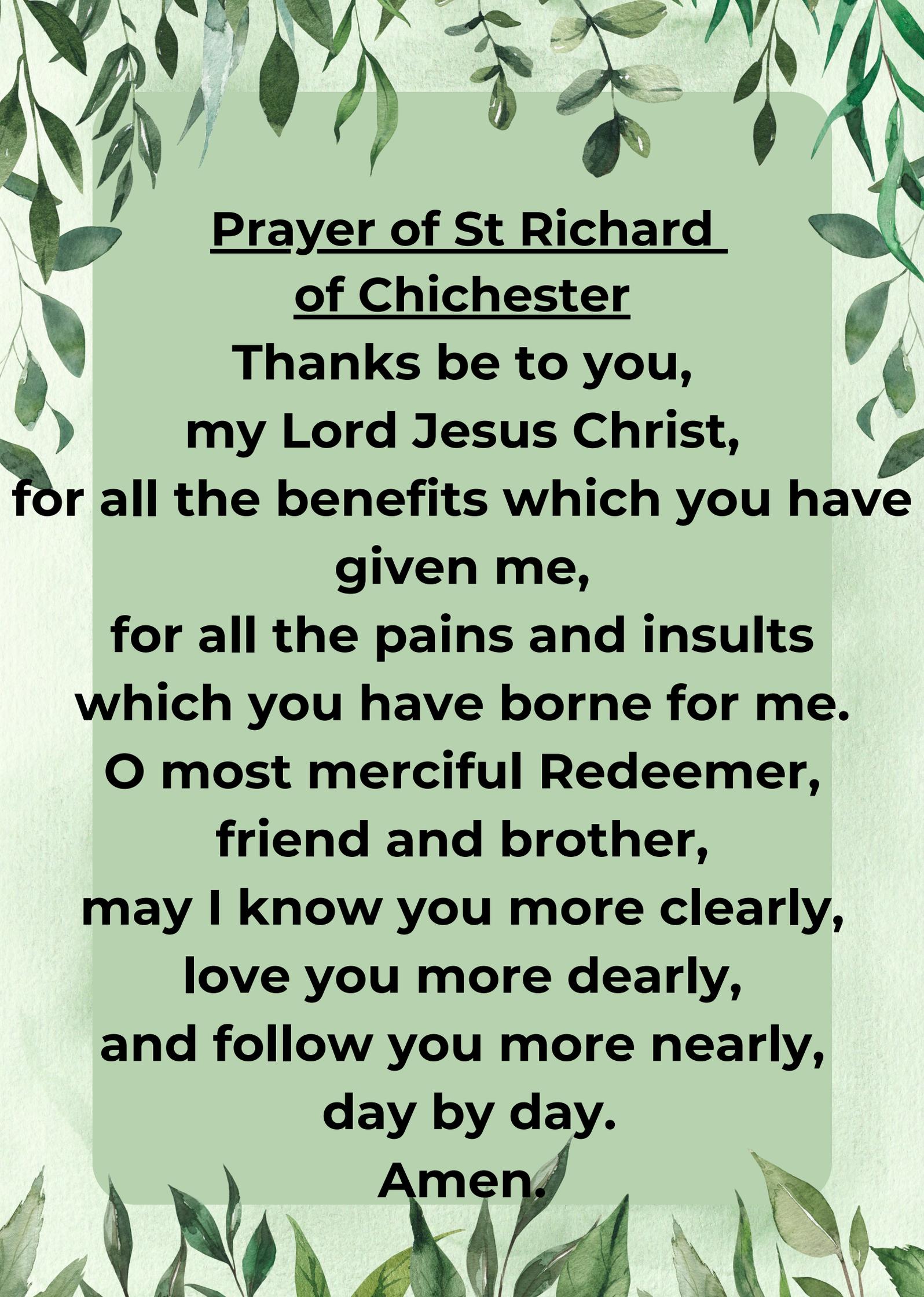
**V. Send forth your Spirit
and they shall be created.**

**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



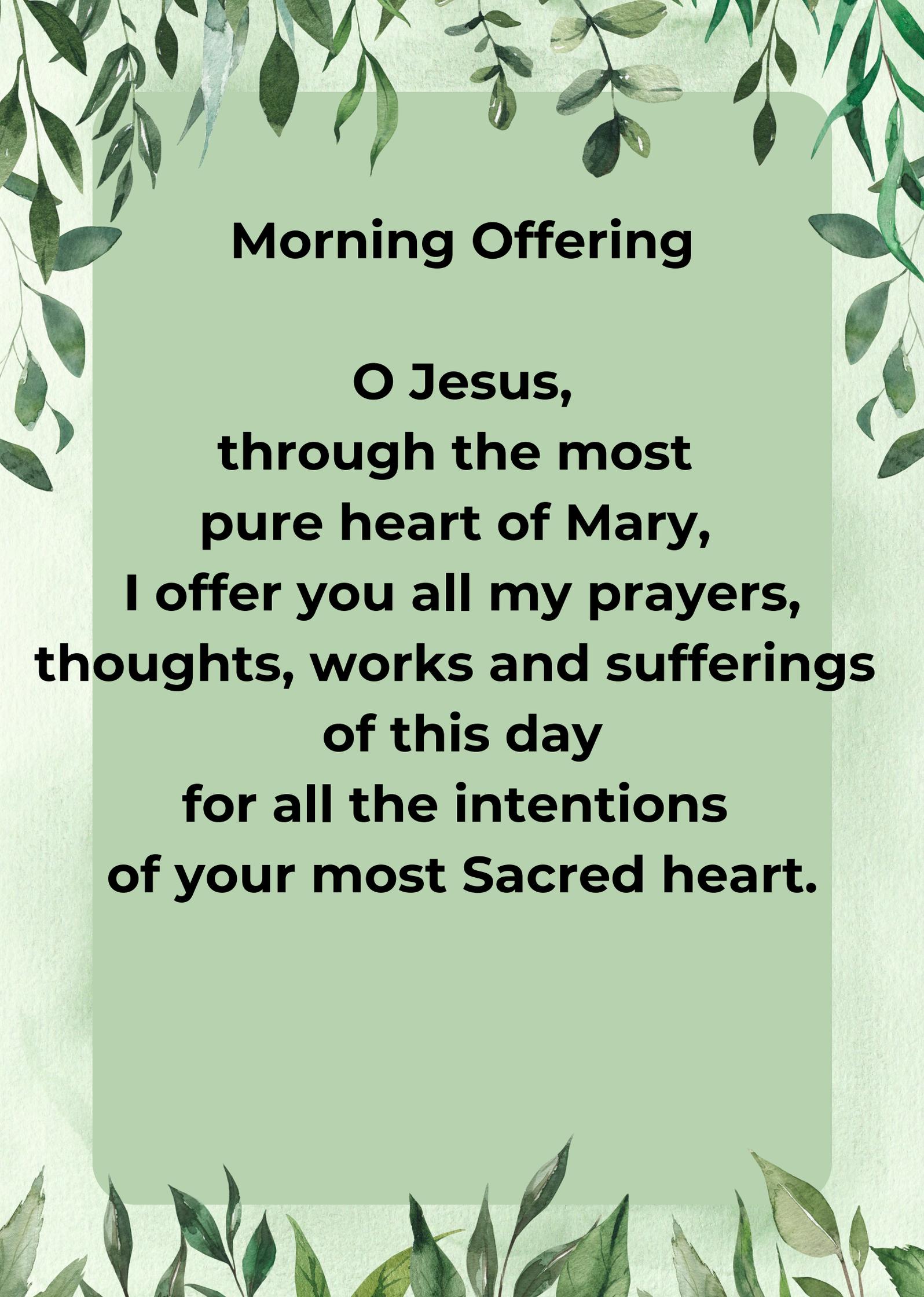
**Prayer of St Richard
of Chichester**

**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.**

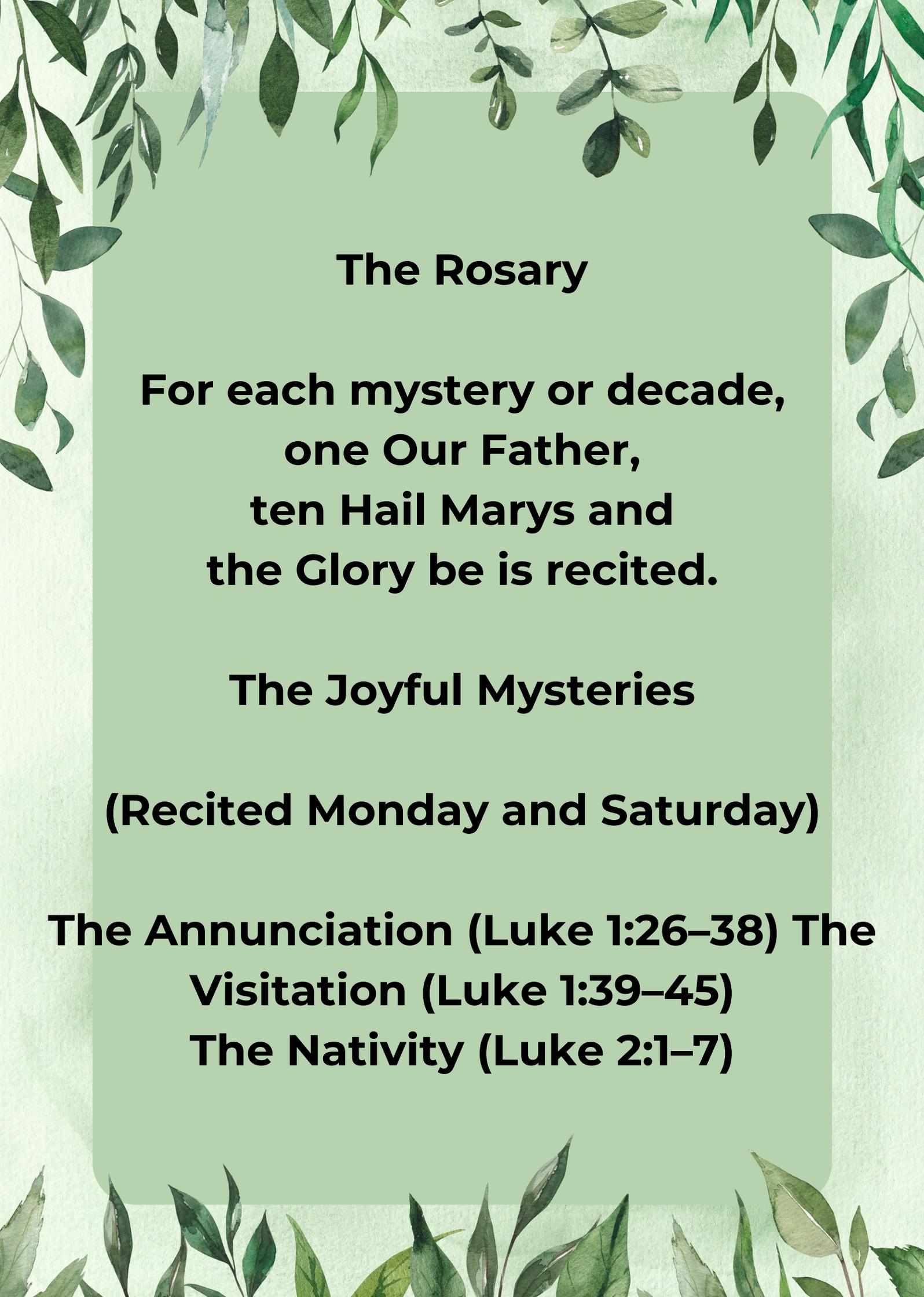
**O most merciful Redeemer,
friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly,
day by day.**

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 Annunciation (Luke 1:26–38) The
Visitation (Luke 1:39–45)
The Nativity (Luke 2:1–7)**



**The Presentation in the Temple
(Luke 2:22–35)**

**The Finding in the Temple
(Luke 2:41–52)**

**The Mysteries of Light
(Recited Thursday)**

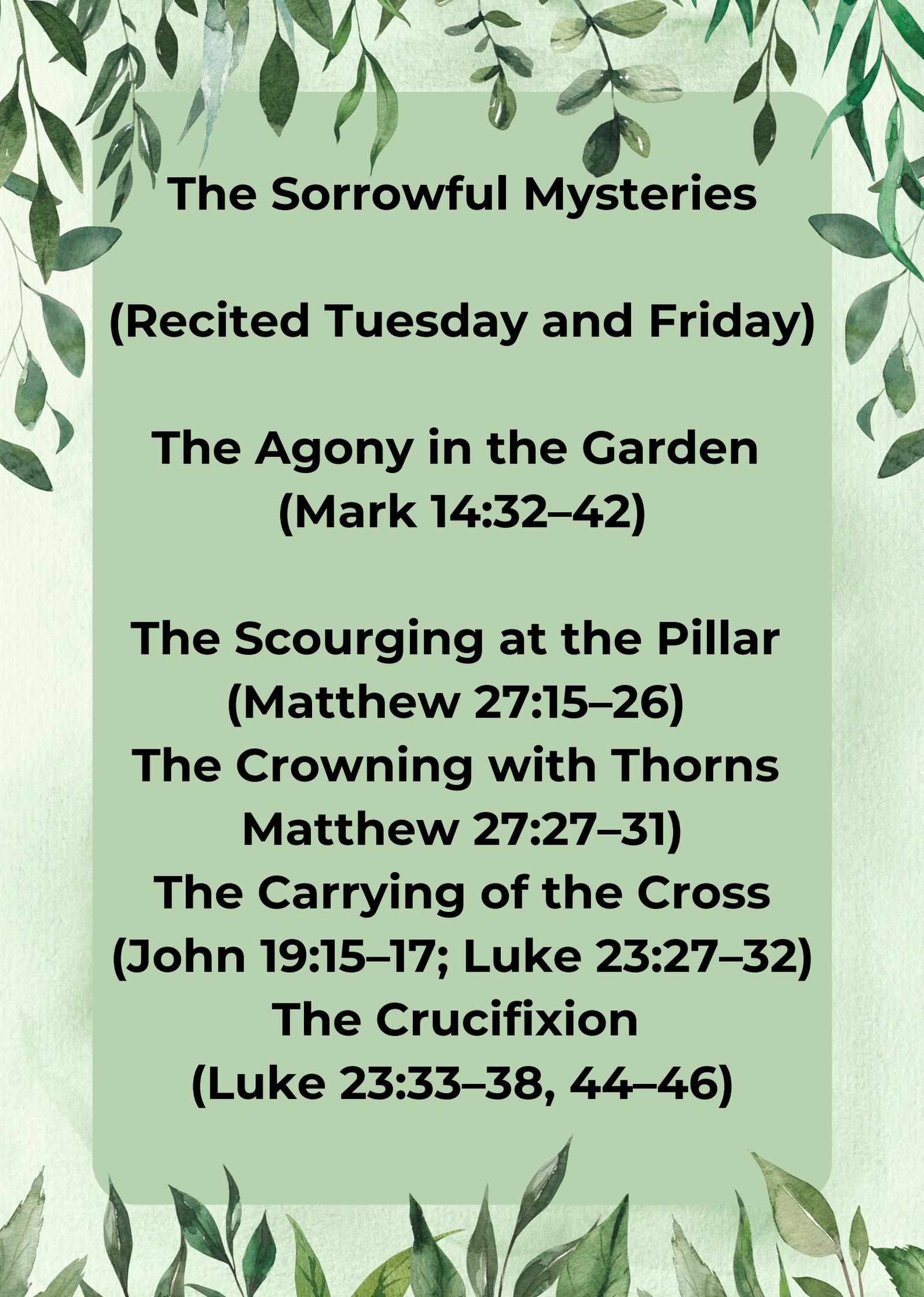
The Baptism of Jesus (Matthew 3:13–17)

The Wedding Feast of Cana (John 2:1–12)

**The Proclamation of the Kingdom, with
the call to Conversion (Mark 1:14–15; 2:3–
12)**

The Transfiguration (Luke 9:28–36)

**The Institution of the Eucharist (Matthew
26:26–29)**



The Sorrowful Mysteries

(Recited Tuesday and Friday)

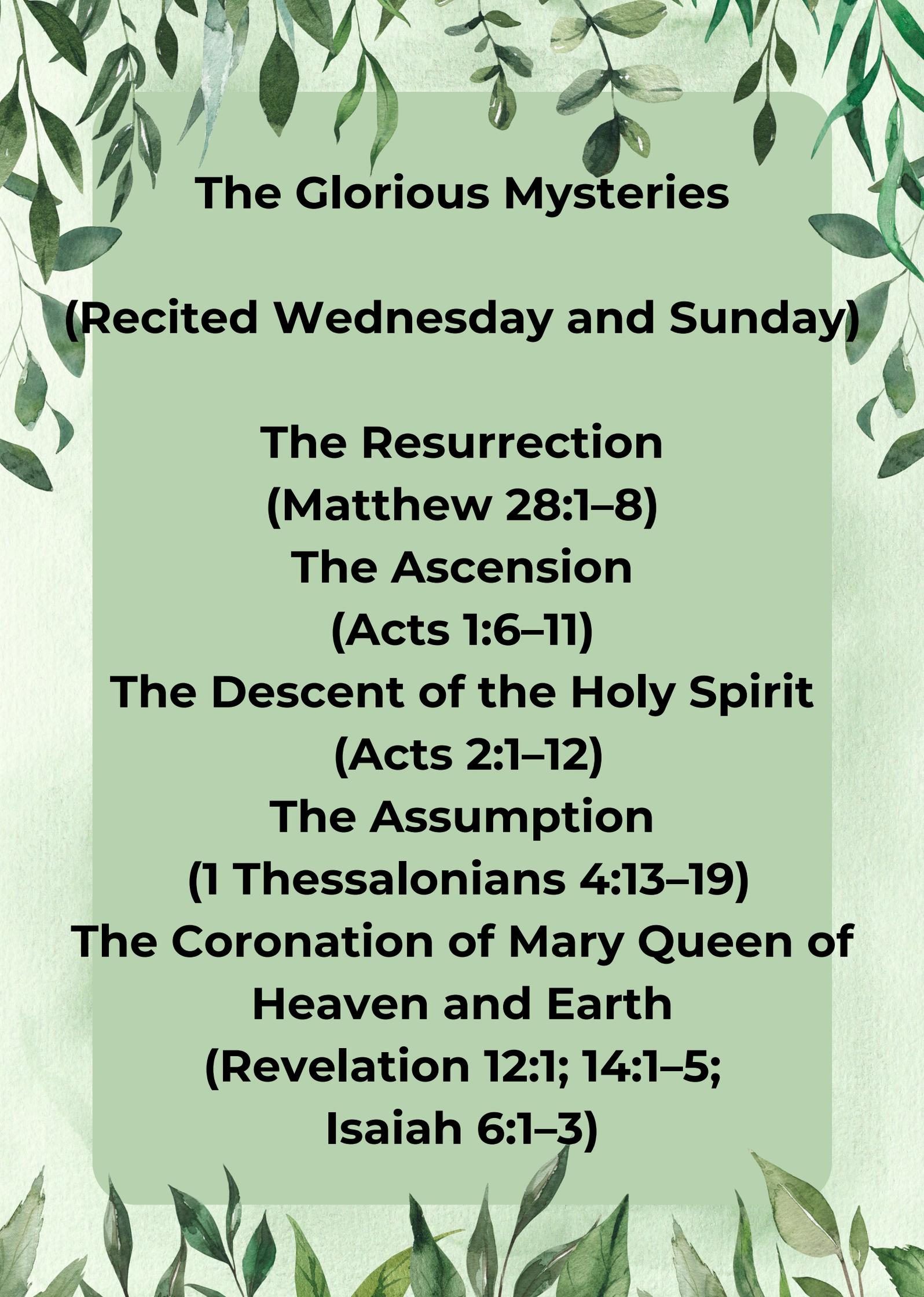
**The Agony in the Garden
(Mark 14:32–42)**

**The Scourging at the Pillar
(Matthew 27:15–26)**

**The Crowning with Thorns
Matthew 27:27–31)**

**The Carrying of the Cross
(John 19:15–17; Luke 23:27–32)**

**The Crucifixion
(Luke 23:33–38, 44–46)**



The Glorious Mysteries

(Recited Wednesday and Sunday)

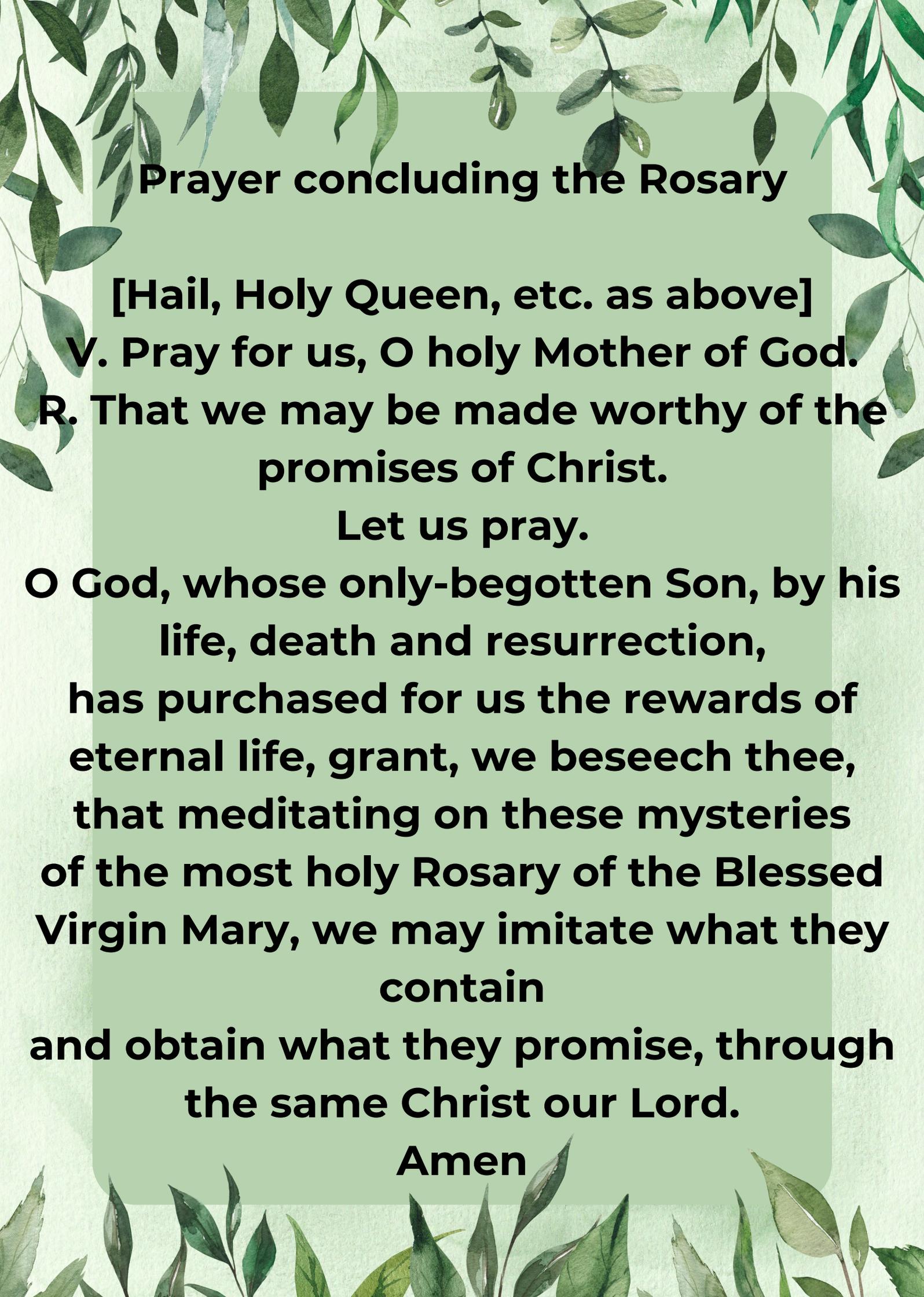
**The Resurrection
(Matthew 28:1–8)**

**The Ascension
(Acts 1:6–11)**

**The Descent of the Holy Spirit
(Acts 2:1–12)**

**The Assumption
(1 Thessalonians 4:13–19)**

**The Coronation of Mary Queen of
Heaven and Earth
(Revelation 12:1; 14:1–5;
Isaiah 6:1–3)**



Prayer concluding the Rosary

[Hail, Holy Queen, etc. as above]

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;

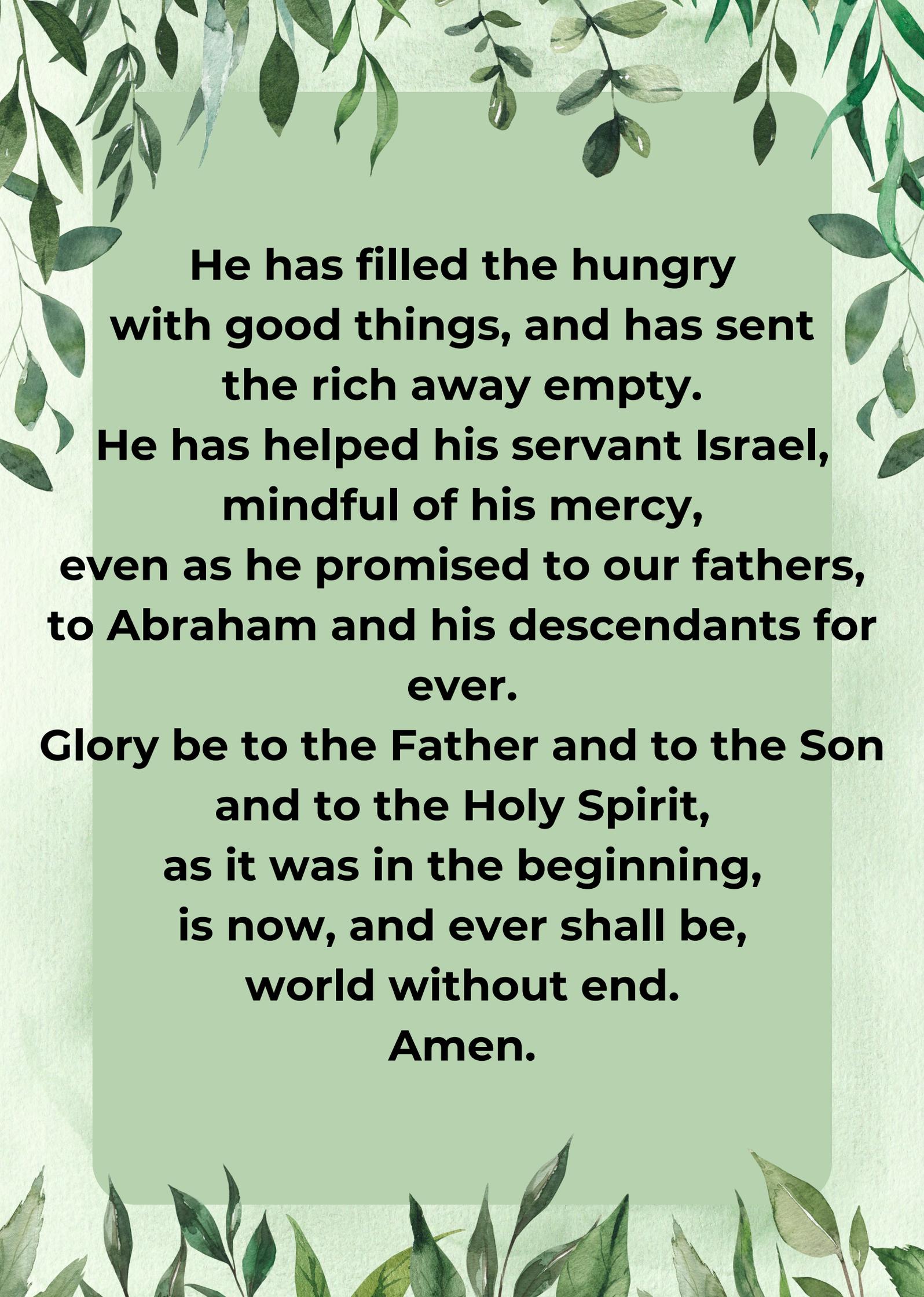
**for behold, from this day forward,
all generations will call me blessed.**

**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.**

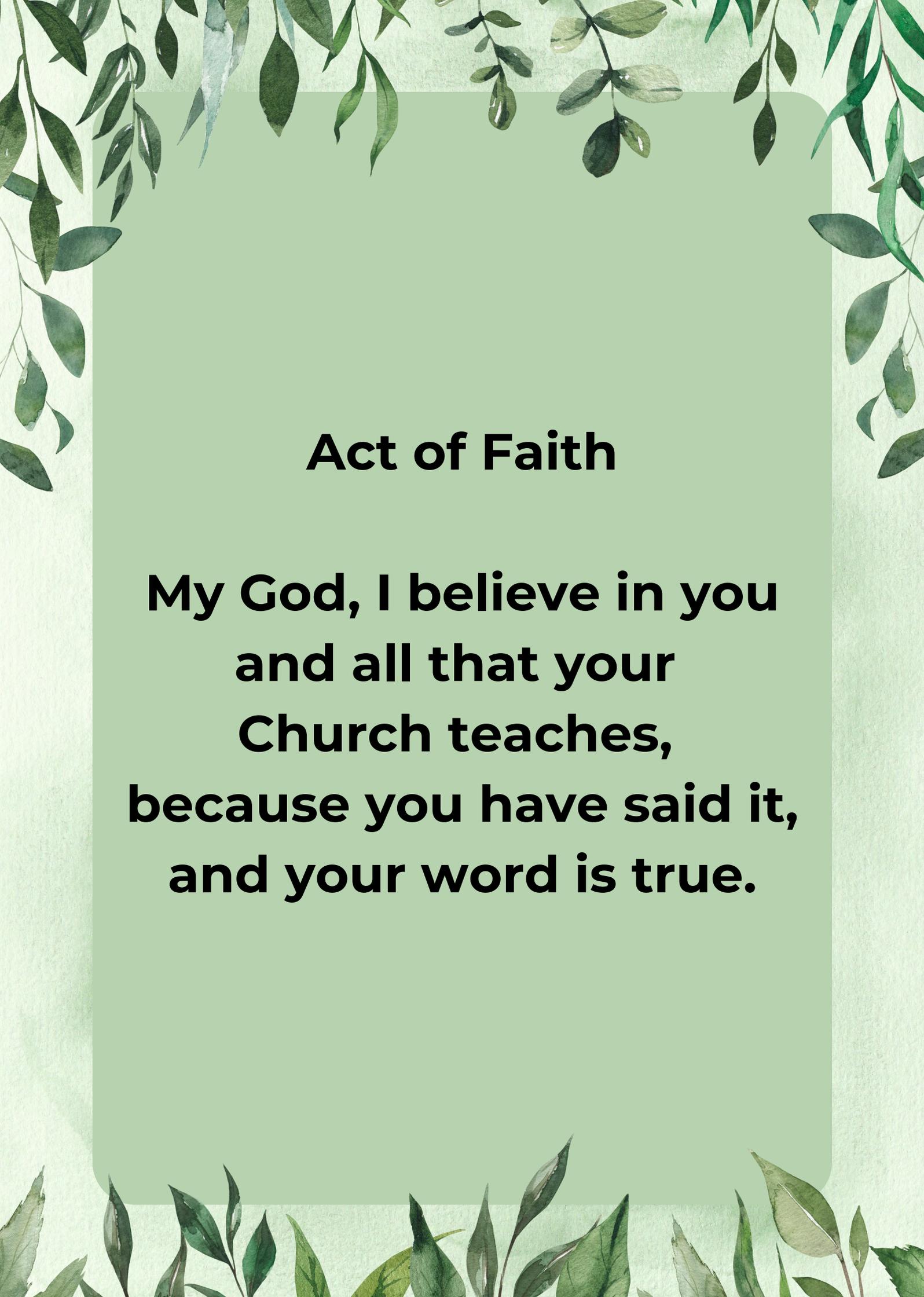
**He has made known the strength of his
arm, and has scattered the proud in their
conceit of heart.**

**He has cast down the mighty from their
thrones and has exalted those who are
lowly.**



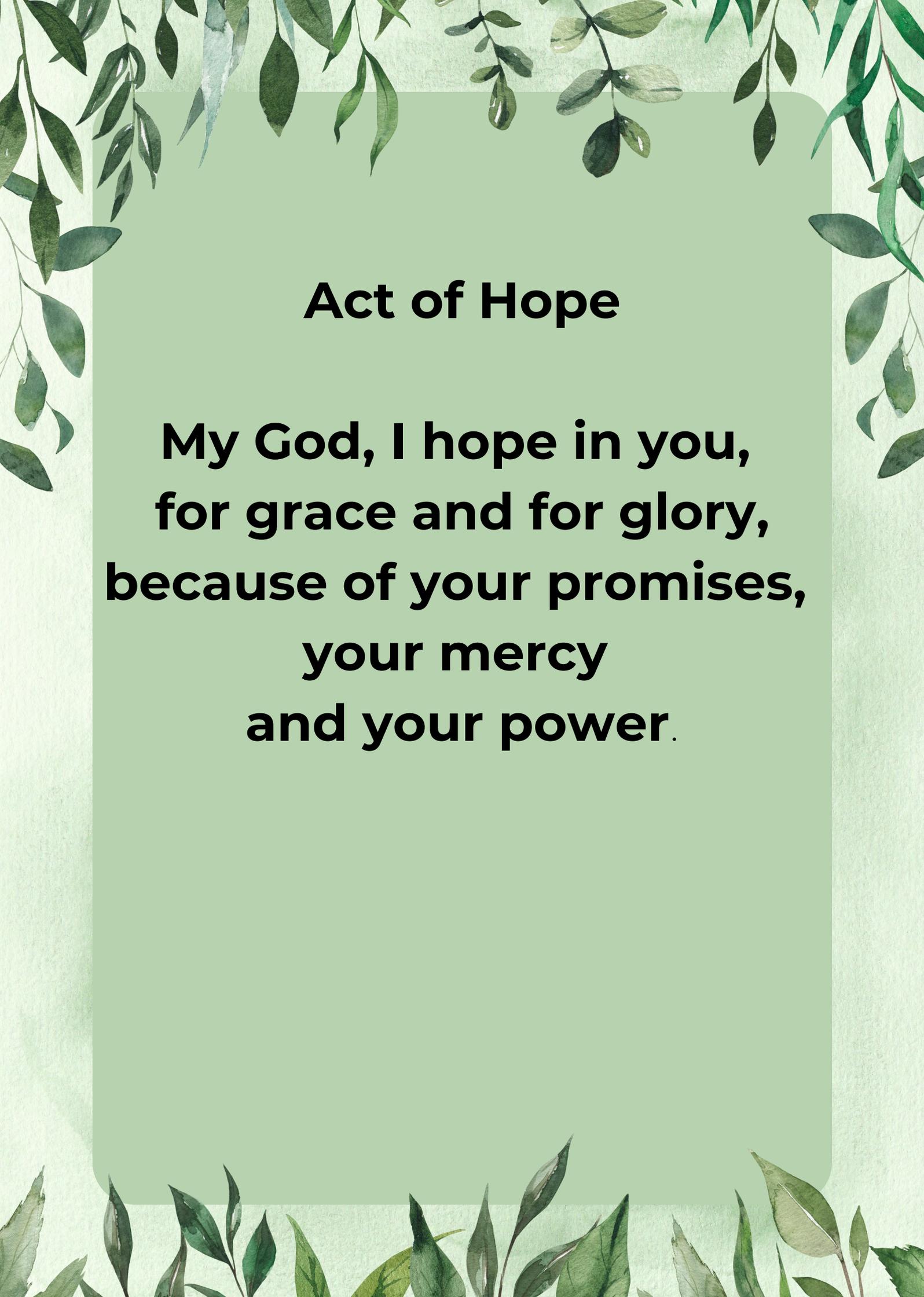
**He has filled the hungry
with good things, and has sent
the rich away empty.
He has helped his servant Israel,
mindful of his mercy,
even as he promised to our fathers,
to Abraham and his descendants for
ever.**

**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.**



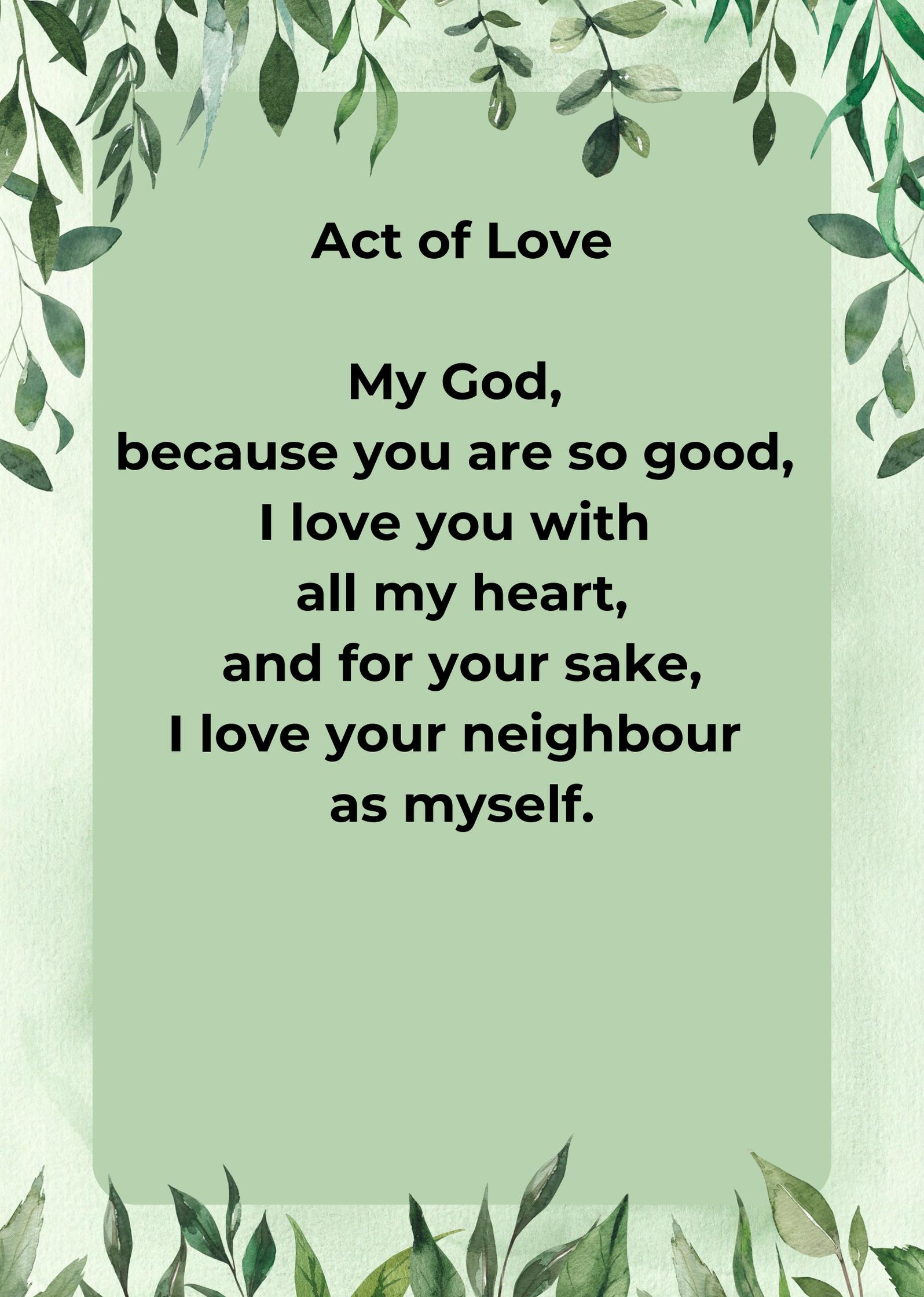
Act of Faith

**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.**



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.**