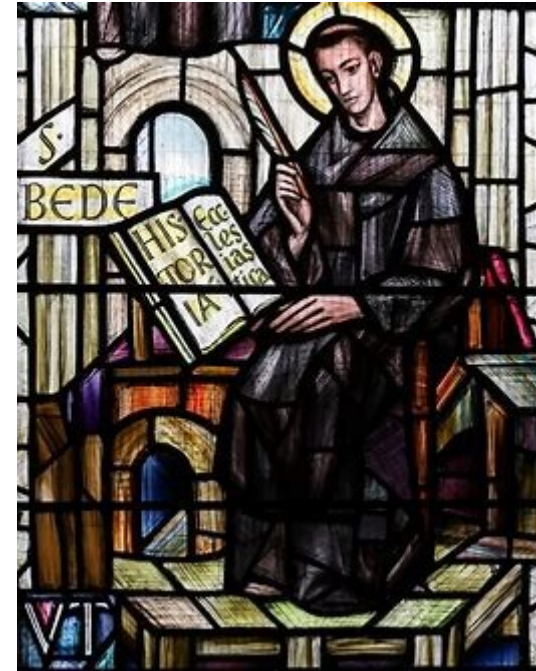


St Bede's Catholic  
Primary School and Nursery



Common Prayer Booklet

**At St Bede's, your child will be taught the following prayers:**

- **The Sign of the Cross**
- **Morning Prayer**
- **Grace before meals**
- **Grace after meals**
- **Evening Prayer**
- **Hail Mary**
- **The Lord's Prayer**

**Please help them to learn them.**

### **The Sign of the Cross**

In the name of the father  
and of the Son  
and of the Holy Spirit.  
Amen.

### **Morning Prayer**

Oh my God, you love me,  
you are 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.

My dear Jesus, may I do all for the love of you,  
for you do all for the love of me.  
With Christ at our side to guide us, may we shine in all that we  
do.

### **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.

### **Grace before meals**

Bless us, Oh Lord, as we sit together.  
Bless the food we'll eat today.  
Bless the hands that made the food.  
Bless us, Oh Lord.  
Amen.

### **Grace after meals**

Thank you, God, for the food we have eaten,  
Thank you, God, for all our friends,  
Thank you, God, for everything.  
Amen.

### **Evening Prayer**

God Our Father, I come to say,  
thank you for your love today.  
Thank you for my family,  
and all the friends you give to me.  
Guard me in the dark of night,  
and in the morning send your light.  
Amen.

### **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 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.

**In addition to these prayers, your child will also be taught the following prayers by key stage:**

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

## 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 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.

## 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.

## Lower KS2

### The Apostles' Creed

I believe in God,  
the Father almighty  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,

*Bow your head as you say the next 2 lines of the prayer.*

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.

### **Upper KS2**

#### **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 1: 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: 28-26)

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)