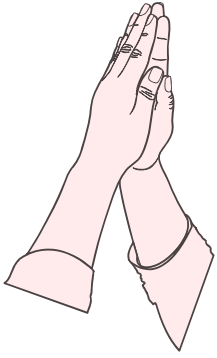


# **PRAYER PROGRESSION AT ST PATRICK'S**





## **AGE PHASE PRAYERS**

### **5-7 (KS1)**

- THE SIGN OF THE CROSS
  - THE LORD'S PRAYER
  - HAIL MARY
  - GLORY BE
- GRACE BEFORE MEALS
- GRACE AFTER MEAL

### **7-9 (LOWER KS2)**

- THE APOSTLES' CREED
- AN ACT OF CONTRITION
  - ANGEL OF GOD
  - COME, HOLY SPIRIT
- THE PRAYER OF ST RICHARD OF CHICHESTER

### **9-11 (UPPER KS2)**

- MORNING OFFERING
  - THE ROSARY
- THE MAGNIFICAT
  - ACT OF FAITH
  - ACT OF HOPE
  - ACT OF LOVE

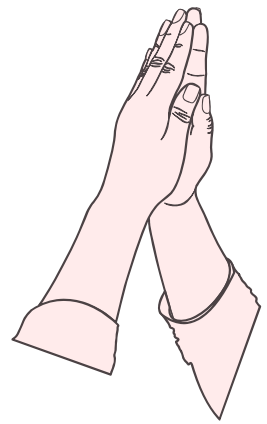
## THE SIGN OF THE CROSS

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.

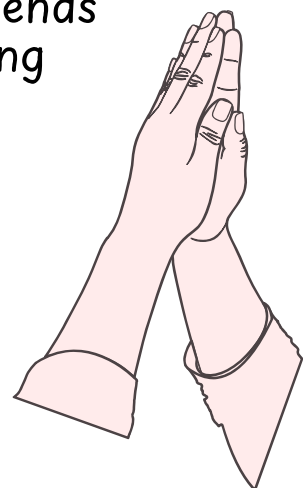
The doxology is a short expression of praise of the Trinity dating back to the early Church. It is used extensively in the Liturgy of the Hours and in devotions such as the Rosary.

## **GRACE BEFORE MEALS**

Bless us O God as we sit together  
Bless the food we eat today  
Bless the hands that make the food  
Bless us O God  
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  
Thank you God  
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,

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 almighty;  
from there he will come to judge the living and the  
dead.

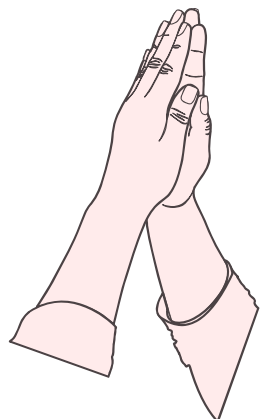
I believe in the Holy Spirit, the holy catholic Church,  
the communion of saints, the forgiveness of sins, the  
resurrection of the body, and life everlasting.  
Amen.

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.

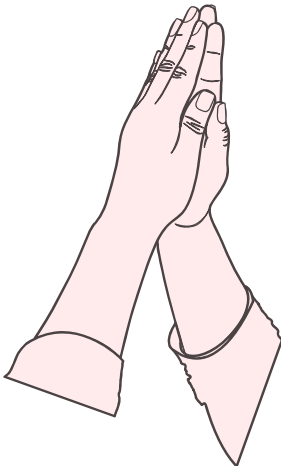
R. And kindle in them the fire of your love.

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.

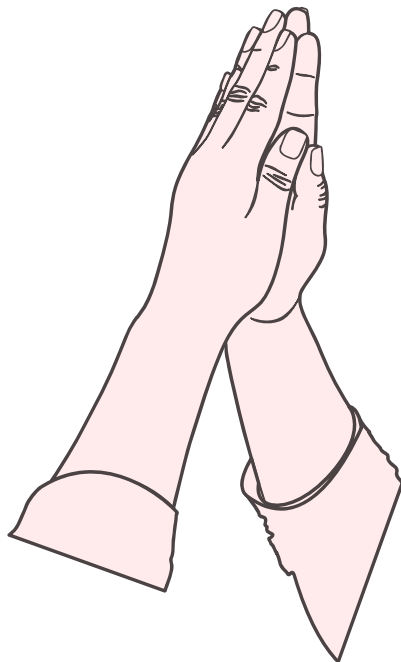
Amen.

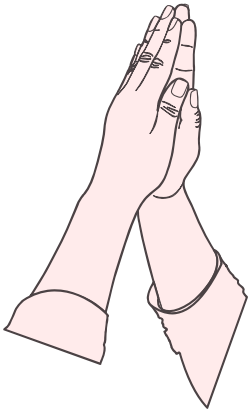
## **MORNING OFFERING**

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.





## **PRAYERS AT ST PATRICK'S**

### **MORNING PRAYER**

O 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 want to please you father  
Bless me through the day  
Amen

### **END OF THE DAY PRAYER**

God our father, we come to say, thank you for  
your love today.  
Thank you for my family,  
and all the things you do for me.  
Guard me in the dark of night and in the  
morning, bring your light  
Amen

### **ST PATRICK'S SCHOOL PRAYER**

Lord, bless our school,  
so that by working together, playing together  
and praying together,  
We may learn to love one another and serve  
you through Jesus Christ Our Lord,  
Amen