

# Grace Before Meals

Bless us, O God, as we sit together.

Bless the food we eat today.

Bless the hands that made 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.



# 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.

EYFS



# Morning Prayer

Father in heaven, 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.



# Prayer at the end of the day

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.



# 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 us our trespasses,

as we forgive those who trespass against us.

And lead us not into temptation,

but deliver us from evil.

Amen.



# Sign of the Cross

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



# Act of Faith, Hope and Love

Jesus, I believe in you.  
Jesus, I hope in you.  
Jesus, I love you.



Year 1

phillipmartin.com

MARTIN



# Glory Be

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.



# Prayer to the Guardian Angel

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.



# Act of Faith

My God, I believe in you  
and all your Church teaches,  
because you have said it  
and your word is true.

Amen

Year 2

FAITH 



# Act of Hope

My God, I hope in you,  
for grace and for glory,  
because of your promises,  
your mercy and power.  
Amen.



# Eternal Rest

Eternal rest give unto them, O Lord,  
and let perpetual light shine upon them.  
May they rest in peace.  
Amen.



# Prayer of St. Francis

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

Year 2



O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.  
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.





# Act of Sorrow

O my God, I thank you for loving me.  
I am sorry for all my sins:  
for not loving others  
and not loving you.  
Help me to live like Jesus  
and not sin again.  
Amen.



# Prayer of Thanksgiving after Communion

○ Sacrament most holy!

○ Sacrament divine!

All praise and all thanksgiving  
be every moment thine.



# The Angelus

The Angel of the Lord declared to Mary: **and she conceived of the Holy Spirit.**

Hail Mary... **Holy Mary...**

Behold the handmaid of the Lord: **be it done to me according to your word.**

Hail Mary... **Holy Mary...**

And the Word was made flesh: **and dwelt among us**

Hail Mary... **Holy Mary...**

Pray for us, O holy Mother of God **that we may be made worthy of the promises of Christ.**

Year 3



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.



# Prayer to the Guardian Angel

Angel sent by God to guide me,  
be my light and walk beside me;  
be my guardian and protect me;  
on the paths of life direct me.



# Prayer of St. Richard of Chichester

Day by day,

O dear Lord,

three things I pray:

to see you more clearly,

love you more dearly,

follow you more nearly,

day by day,

by day, by day.

Year 4 Amen.

# The Memorare

Remember, O most gracious Virgin Mary,  
that never was it known  
that anyone who fled to your protection,  
implored your help or sought your intercession,  
was left unaided.



Inspired with this confidence, I fly unto you,  
O Virgin of virgins, my Mother.  
To you I come, before you I stand,  
sinful and sorrowful;  
O Mother of the Word Incarnate,  
despise not my petitions, but in your mercy  
hear and answer me.  
Amen.





# Nunc Dimittis

Now, Lord, you have kept your word:  
let your servant go in peace.

With my own eyes I have seen the salvation  
which you have prepared in the sight of every people:  
a light to reveal you to the nations  
and the glory of your people Israel.

Glory be to the Father and to the Son  
and to the Holy Spirit,

as it was in the beginning, is now,

Year 4 and ever shall be, world without end.

Amen.



# Regina Caeli

Queen of Heaven, rejoice. Alleluia!  
For he whom you were made worthy to bear. Alleluia!  
Has risen as he said. Alleluia!  
Pray for us to our God. Alleluia!  
Rejoice and be glad, O Virgin Mary. Alleluia!  
For the Lord has risen indeed. Alleluia!  
Let us pray;  
God, who through the resurrection of your Son, our Lord Jesus Christ,  
has made glad the whole world, grant us, we pray,  
that through the intercession of the Virgin Mary, his mother,  
we may attain the joys of everlasting life.  
Through the same Christ our Lord.  
Amen.



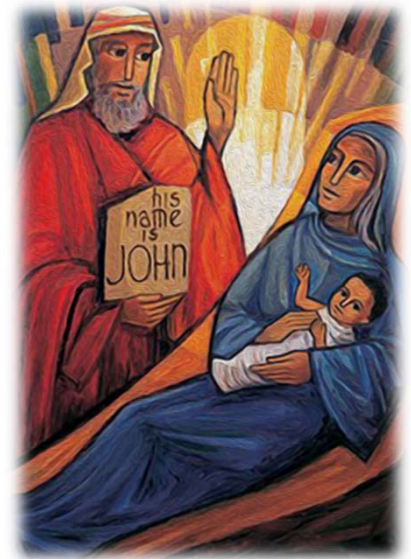
# **Benedictus**

Blessed be the Lord, the God of Israel;  
he has come to his people and set them free.

He has raised up for us a mighty saviour,  
born of the house of his servant David.

Through his holy prophets he promised of old  
That he would save us from our enemies,

Year 5 From the hands of all who hate us.

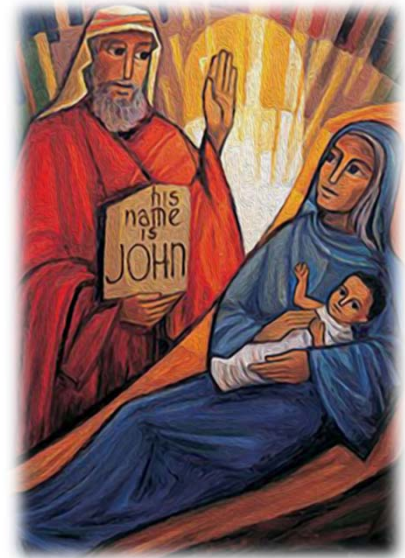


He promised to show mercy to our fathers  
and to remember his holy covenant.

This was the oath that he swore to our father  
Abraham:

To set us free from the hands of our enemies,  
Free to worship him without fear,

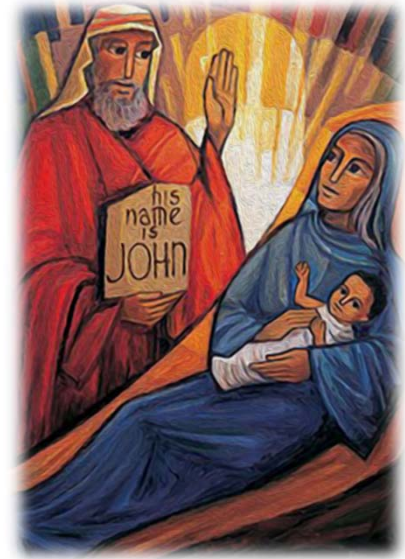
Holy and righteous in his sight all the days of our life.



You, my child, shall be called the prophet of the Most High;  
for you will go before the Lord to prepare his way,  
to give his people knowledge of salvation  
by the forgiveness of their sins.

In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.

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 glorifies the Lord,  
My spirit rejoices in God, my Saviour.  
He looks on his servant in her loneliness;  
henceforth all ages will call me blessed.

The Almighty works marvels for me.  
Holy his name!  
His mercy is from age to age,  
on those who fear him.



He puts forth his arm in strength  
and scatters the proud-hearted.  
He casts the mighty from their thrones  
and raises the lowly.

He fills the starving with good things,  
sends the rich away empty.  
He protects Israel, his servant,  
remembering his mercy,  
the mercy promised to our fathers,  
to Abraham and his sons for ever. Amen.





## The EXAMEN

1. Ask God for light.

*I want to look at my day with God's eyes, not merely my own.*

2. Give thanks.

*The day I have just lived is a gift from God. Be grateful for it.*

3. Review the day.

*I carefully look back on the day just completed, being guided by the Holy Spirit.*

4. Face your shortcomings.

*I face up to what is wrong—in my life and in me.*

5. Look toward the day to come.

*I ask where I need God in the day to come.*





## The Apostle 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; the third day He rose again from the dead; He ascended into heaven, is seated at the right hand of God the Father Almighty; from thence He shall 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.



# Diocesan Prayer for Vocations

Lord Jesus, send labourers into your harvest.

Inspire, in the hearts of your people,  
vocations to the priesthood and religious life.

Bless our families with a spirit of generosity.

May those whom you call to the priesthood and religious life  
have the courage to give themselves to your Church  
as co-operators in your work.

St. John Vianney: Pray for us

Year 5



# Hail Holy Queen (Salve Regina)



Hail, Holy Queen, Mother of Mercy;  
Hail, our life, our sweetness and our hope!  
To thee do we cry, poor banished children of Eve.  
To thee do we send up our sighs,  
mourning and weeping in this valley of tears!  
Turn, then, most gracious Advocate,  
thine eyes of mercy toward us,  
and after this, our exile,  
show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving,  
O sweet Virgin Mary. Amen

## Prayer to the Holy Spirit

O Come, Holy Spirit,  
fill the hearts of your faithful,  
and kindle in them the fire of your love.  
Send forth your Spirit and they shall be created.  
And you shall renew the face of the earth.  
O God, who has taught the hearts of the faithful  
by the light of the Holy Spirit,  
grant that by the gift of that same Spirit  
we may be always truly wise  
and ever rejoice in his consolation.  
Amen.



# Regina Caeli

Queen of Heaven, rejoice. Alleluia!  
For he whom you were made worthy to bear. Alleluia!  
Has risen as he said. Alleluia!  
Pray for us to our God. Alleluia!  
Rejoice and be glad, O Virgin Mary. Alleluia!  
For the Lord has risen indeed. Alleluia!  
Let us pray;  
God, who through the resurrection of your Son, our Lord Jesus Christ,  
has made glad the whole world, grant us, we pray,  
that through the intercession of the Virgin Mary, his mother,  
we may attain the joys of everlasting life.  
Through the same Christ our Lord.  
Amen.



## The Nicene Creed

We believe in one God,  
the Father, the Almighty,  
Maker of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial  
of one Being with the Father.

Through him all things were made.

For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.

Year 6



For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.

On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.

With the Father and the Son he is worshipped and glorified.

He has spoken through the Prophets.



We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead,  
and the life of the world to come.

Amen.

