Upper Key Stage 2





Our Prayer Book

'Bringing out the best in everyone, for the benefit of all, in the Spirit of Christ.'

CONTENTS

Sign of the cross
Our school prayer
Morning prayer
Grace before meals
Grace after meals
Our Father
Hail Mary
Glory be
Eternal Rest
The Angelus
The Apostles Creed
An Act of Contrition
Angel of God
Come, Holy Spirit
The Prayer of St Richard of Chichester
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.



1 In the name of the Father



2 and of the Son





3 and of the Holy Spirit



4 Amen.



Our School Prayer

This is our school
Let it be a peaceful place
Let it be filled with happiness
Let it be filled with love
Love of one another
Love of mankind,
Love of life and love of God.
Let us remember
That as many hands build a house
So every child can make our school
A lovely place

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



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

(This prayer can be spoken or sung)



Grace After Meals

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

End of day prayer

God Our Father, we've 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





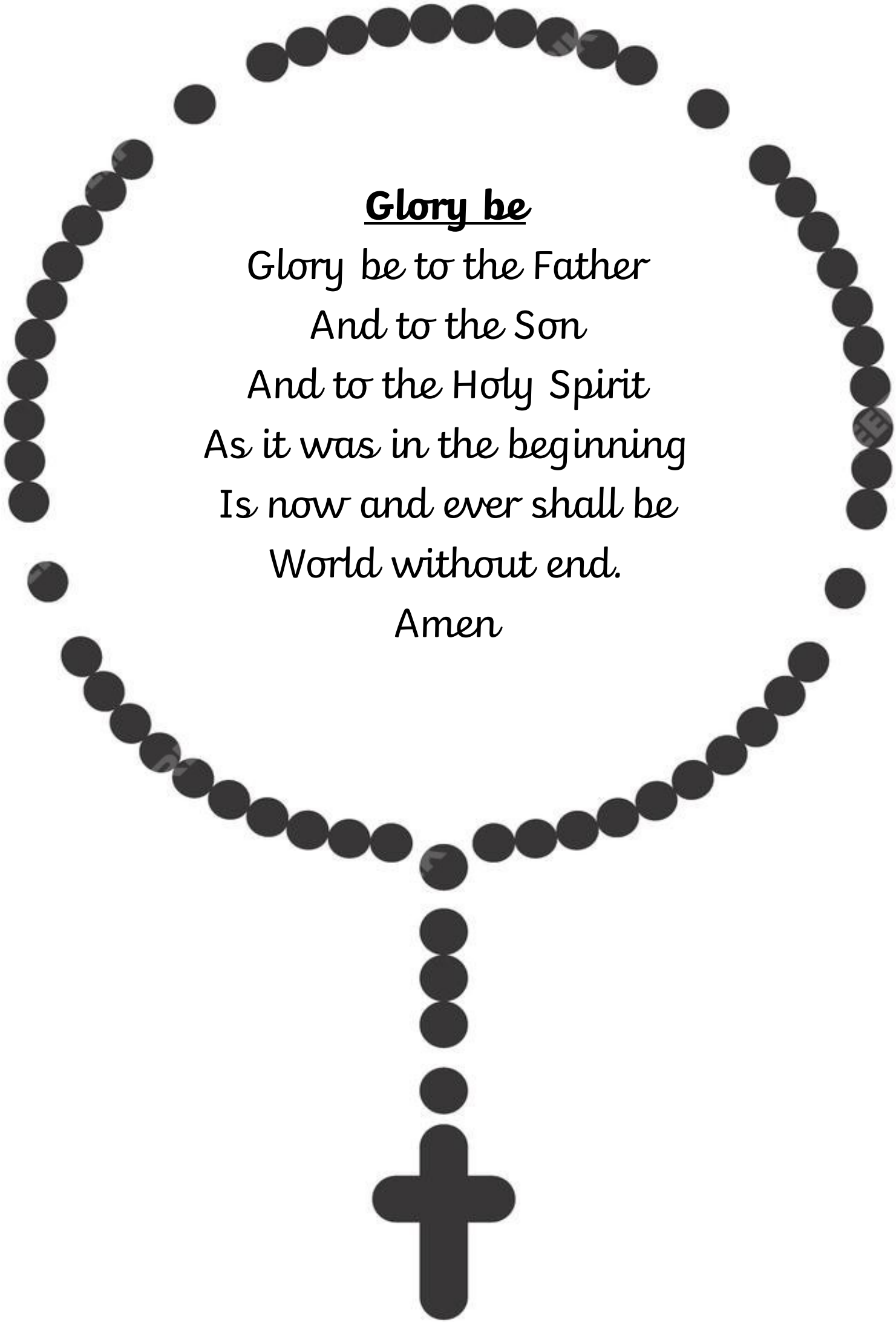
The Lord's Prayer

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.

Hail Mary

Hail Mary, full of grace
The Lord is with thee
Blessed art thou amongst 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

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

Eternal Rest

Eternal rest grant unto them O Lord
And let perpetual light shine upon them
May they rest in peace.
Amen



The Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

V. And the Word was made Flesh.

R. And dwelt among us.

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord,
Thy grace into our hearts;
that, we to whom
the Incarnation of Christ, Thy Son,
was made known
by the message of an Angel,
may by His Passion and Cross,
be brought to the glory
of His Resurrection
through the same Christ our Lord.
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 & including** the Virgin Mary, **all bow.)

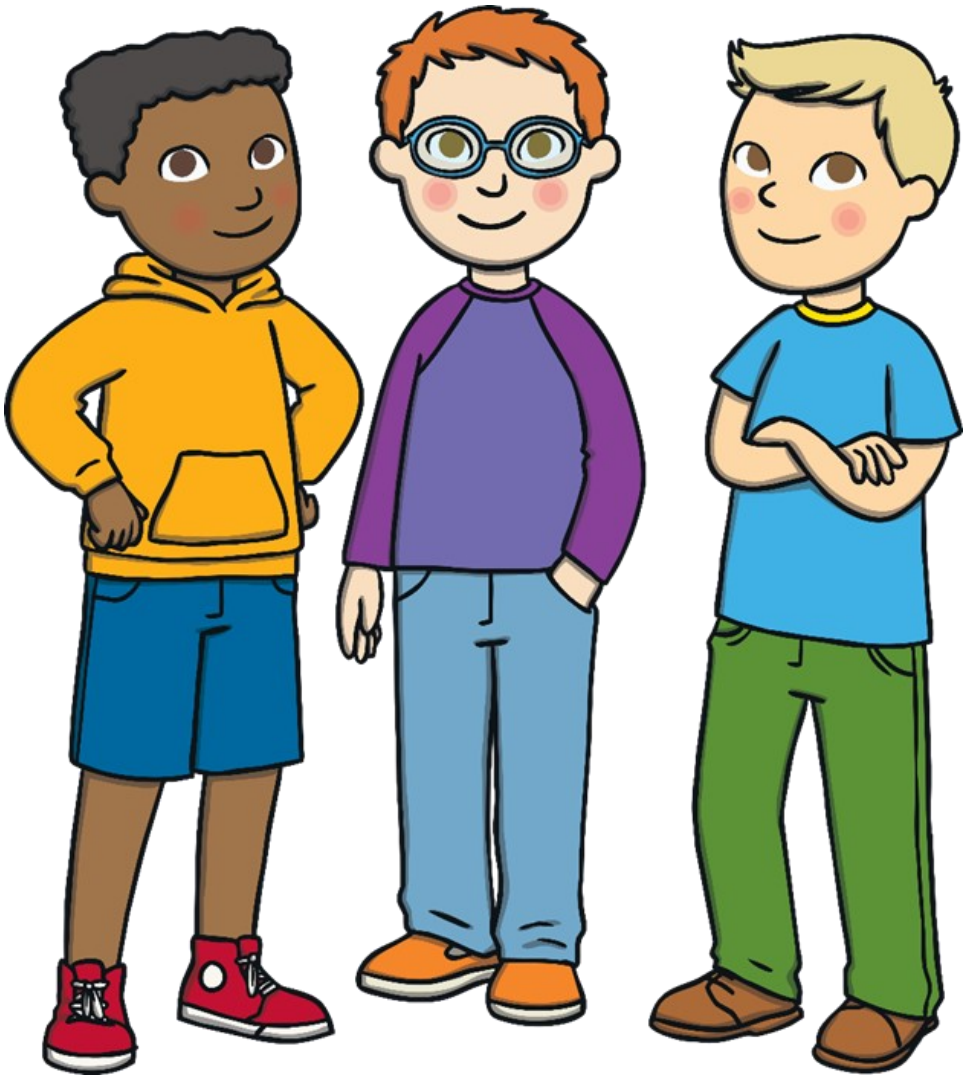
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
He descended into hell;
on the third day He rose again from the dead;
He ascended into heaven,
and is seated at the right hand of God the Father Almighty;
from there He will 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.



The Act of Contrition

O my God, I thank you fo 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.





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 and 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,

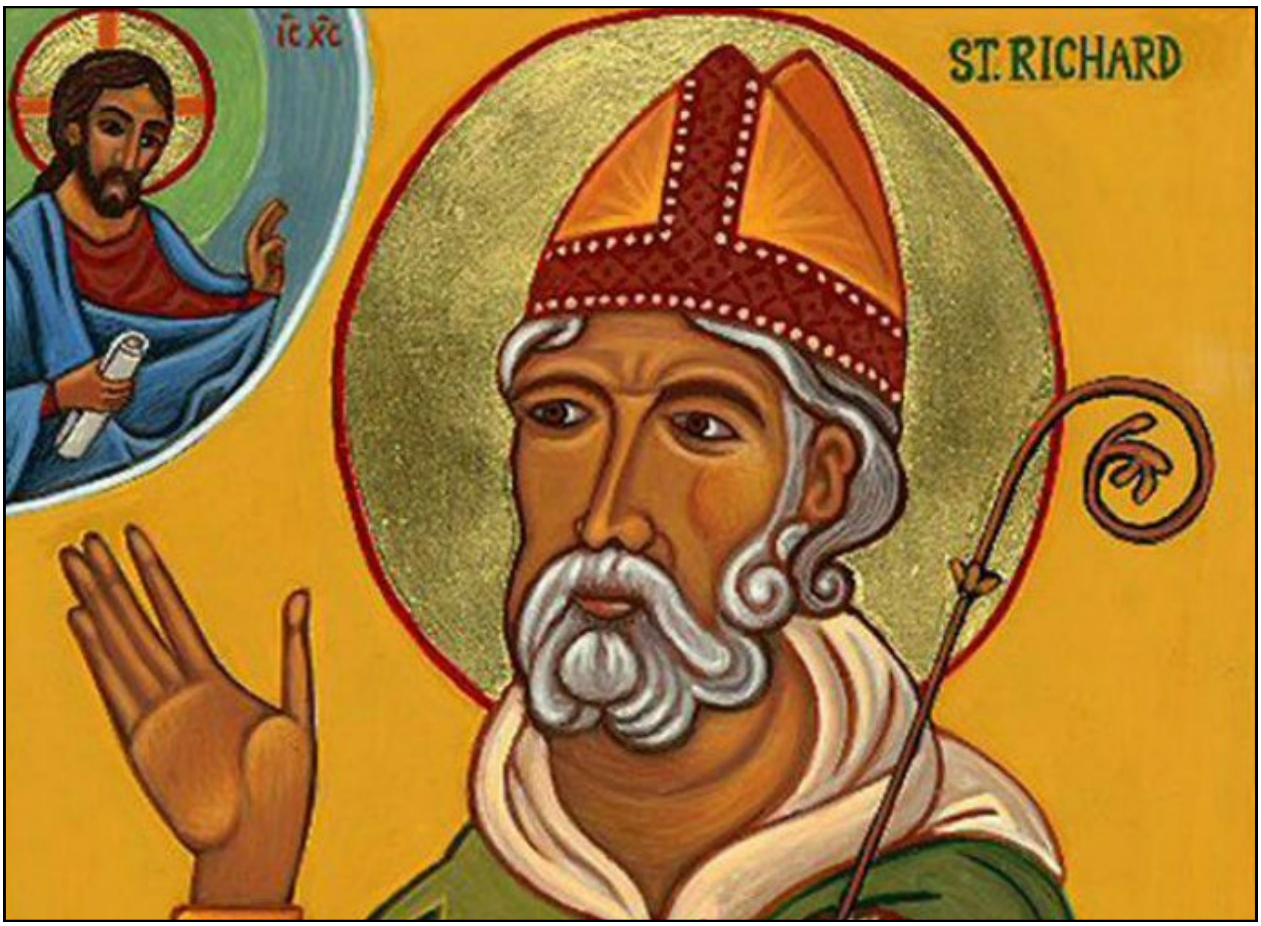
Grant that by the same Holy Spirit,

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, on 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

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,
my spirit rejoices in God my Saviour,
for he has looked with favour on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.
He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.
Glory to the Father and to the Son and to the Holy Spirit,
as it was in the beginning, is now, and will be forever.
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.

