



# **St William of Perth Catholic Primary School**

## **Prayer Booklet “Prayers for home”**



## **Message from Our Headteacher**

**Welcome to “Prayers for Home” - we hope that you will enjoy praying with your children at home as much as we do within our school community.**

**We believe that prayer is a shared experience, a conversation with God and that we all have our own way for “talking and listening to God”. There is no “right” way to pray!**

**We believe that the traditional prayers that are said regularly in our school parish community are important to pass on to our children. Please help your child to become familiar with them and enjoy the experience of praying together at home.**

**‘Happy are those who work for peace;  
God will call them his children!’**

**Matthew 5:9**

## **The Sign of the Cross**

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

**Actions to teach your child—with their right hand (touch forehead) - In the name of the Father, (touch heart) and of the Son (touch left shoulder) and of the Holy (touch right shoulder) Spirit (join your hands) Amen**

**You may wish to teach your child an alternative sign of the cross (We use this in Key Stage 1):**

**From my head to my heart, from my shoulder to my shoulder, I belong to God my Father.**

## **Morning Prayer**

**Oh my God you love me,  
You're with me night and day.  
I want to love you always,  
In all I do and say.  
I try to please you, Father.  
Bless me through the day.**

**Amen.**

## **Lunch Time Prayer**

**Bless us oh God as we sit together,  
Bless the food we eat today.  
Bless the hands that make the food.  
Bless us oh God.**

**Amen.**

## **After Lunch Prayer**

**Thank you God for the food we have  
eaten,**

**Thank you God for all my friends,**

**Thank you God for everything,**

**Thank you God,**

**Amen.**

## **Evening Prayer**

**Heavenly Father, I come to say,  
Thank you for your love today.**

**Thank you for my family,  
And for all the friends you give to me.  
Guard me in the dark of night,  
And in the morning send your light.**

**Amen.**

# **The 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.**

# **Hail Mary**

**Hail Mary, full of grace.**

**Our 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**

**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 of Sorrow—Act of Contrition**

**Oh 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 to sin again.**

**Amen**

# **School prayer**

**This is our school,  
Let peace dwell here,  
Let the rooms be full of contentment.  
Let love abide here,  
Love of one another,  
Love of mankind,  
Love of life itself,  
And love of God.  
Let us remember,  
Thank as many hands build a house,  
So many hearts make a school.**

**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 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.**

# **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.**

## **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.**

## **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**

**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 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)**

## **Common prayers**

**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.**

## **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.**

## **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.**

## **The Benedictus**

**Blessed be the Lord God of Israel: for he has visited his people  
and redeemed them;  
he has raised up for us a horn of salvation in the House of David  
his servant, as he spoke through the mouth of his holy ones, his  
prophets from ages past:**

**To grant salvation from our foes, and from the hand of all who  
hate us, showing mercy to our fathers,  
remembering his holy covenant;  
the oath he swore to Abraham our father,  
To grant that freed from the hand of our foes, we may serve him  
without fear in holiness and righteousness all the days of our life.**

**And you, little child, will be called the Prophet of the Most High, for you will go before the Lord to make ready his ways:**

**to grant knowledge of salvation to his people by the forgiveness of their sins;**

**Through the tender mercy of our God,  
the Dawn from on high will visit us, to shine on those who  
sit in darkness,  
and those in the shadow of death; 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 Angelus**

**V. The Angel of the Lord declared  
unto Mary.**

**R. And she conceived of the Holy  
Spirit. 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.**

**V. Behold the handmaid of the Lord.**

**R. Be it done unto me according to thy word. Hail Mary.**

**V. And the Word was made flesh.**

**R. And dwelt among us.**

**Hail Mary.**

**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 Memorare**

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

**Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother.**

**To thee do I come, before thee I stand, sinful and sorrowful.**

**O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.**

**Amen.**

## **Eternal Rest**

**Eternal rest grant unto them O Lord,  
and let perpetual  
light shine upon, may they rest in  
peace.**

**Amen**

## **Spontaneous Prayers:**

**In addition to the traditional prayers that we say in school, we use everyday situations to “talk to God”. For example, during the day we encourage children to say thank you to God. Thank you God for a lovely day, thank you God for my family, thank you God for ...**

**Night prayer is very important too. The close of the day is an opportunity to share a quiet time with your child/children and to thank God for the gifts or challenges of the day.**

**We hope you enjoy the experience of praying with your child.**

## **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**

## **Circle Me**

**Circle me O God and keep me safe**

**Circle me O God and love me.**

**Circle me O God and care for me**

**Circle me O God and be with me**

**This can be prayed as a circle “us” prayer**

## **Celtic Blessing**

**Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me;  
Christ to comfort me and restore me;  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger  
Amen**

## **Final Thought**

**May the peace of the Lord Christ  
grow with you wherever he may send  
you.**

**May he guide you through the darkest  
nights,**

**Protect you through the storm.**

**May he bring you home rejoicing at  
the wonders he has shown you,**

**May he bring you home rejoicing  
again into our doors.**