Our Prayer Book

2021-22

Our School Prayer

Lord bless our school,
So that by working together
And playing together,
We may learn to love one another
And to serve you
Through Jesus Christ, our Lord,
Amen.

Tsp Prayer Guide

The ‘teaspoon’ format is a helpful guide to praying independently.

T – Thank you. Say thank you to God for the blessings we receive.
S- Sorry. Say sorry to God for the things we have done wrong.
P – Please. Ask God for His help and guidance with things we need.

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.

Prayer for home time/end of day

God Our Father, we 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.

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,
to guard
to rule and guide.
Amen.

The Lord's Prayer

Our Father who art in heaven
Hallowed by 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
Lead us not into temptation
But deliver us from evil.
Amen.

Short 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 sin again.
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.

Prayer after Communion

I'm ready now, Lord Jesus,
to show how much I care.
I'm ready now to give your love
at home and everywhere.
Amen.

The Angelus

L. The Angel Lord Grace glory of the declared unto Mary,
R. And she conceived of the Holy Spirit.

Hail Mary, etc...

L. Behold the handmaid of the Lord.
R. Be it done unto me according to Your Word.

Hail Mary, etc...

L. And the Word was made flesh,
R. And dwelt among us.

Hail Mary, etc...

L. 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 You, O Lord,
Your grace into our hearts;
that as we have known the incarnation of Christ, your Son by the message of an angel,
so by His passion and cross
we may be brought to the of His Resurrection. Through the same Christ, our Lord.
Amen.

Hail, Holy Queen
(to conclude the rosary)

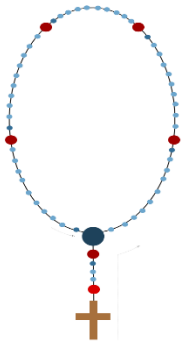
Hail, Holy Queen,
Mother of Mercy,
our life,
our sweetness and our hope!
To thee do we cry,
poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears!

Turn, then, O 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.

L. 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 Rosary



The structure of the Catholic rosary devotion is as follows:

The sign of the cross on the Crucifix and then the Apostles' Creed;

The *Our Father* on the first large bead;

The *Hail Mary* on each of the three small beads with the following intentions (the theological virtues):

For the increase of faith
For the increase of hope
For the increase of charity

The *Glory Be*;

Repeat the following cycle for each mystery:

Announce the mystery;
The *Our Father* on the large bead;
The *Hail Mary* on each of the adjacent ten small beads;
The *Glory Be*;
In conclusion, the *Hail Holy Queen*
and the sign of the cross.

The Magnificat

My soul magnifies the Lord
And my spirit rejoices in God my Saviour;
Because He has regarded the
lowliness of His handmaid;
For behold,
henceforth all generations shall call me blessed; Because He who is mighty has done great things for me,
and holy is His name;
And His mercy is from generation to generation on those who fear Him.
He has shown might with His arm,
He has scattered the proud in the conceit
of their heart.
He has put down the mighty from their thrones, and has exalted the lowly.
He has filled the hungry with good things,
and the rich He has sent away empty.
He has given help to Israel,
his servant, mindful of His mercy,
even as he spoke to our fathers,
to Abraham and to his posterity forever.
Amen.

Eternal Rest

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

Litany of the Saints

Lord, have mercy

Lord, have mercy

Christ, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

Holy Mary, Mother of God- **Pray for us**

(repeat at end of each phrase)

Saint Michael

Holy angels of God

Saint John the Baptist

Saint Joseph

Saint Peter and Paul

Saint Andrew

Saint John

Saint Mary Magdalene

Saint Stephen

Saint Ignatius of Antioch

Saint Lawrence

Saint Perpetua and Saint Felicity

Saint Agnes

Saint Gregory

Saint Augustine

Saint Athanasius

Saint Basil

Saint Martin

Saint Benedict

Saint Francis and Saint Dominic

Saint Francis Xavier

Saint John Vianney

Saint Catherine

Saint Teresa of Jesus

(other names of saints may be added.)

All holy men and women.

Memorare

Remember, most loving Virgin Mary

Never was it heard that anyone

who turned to you for help was left unaided.

Inspired by this confidence,

though burdened by my sins,

I run to you for protection

for you are my mother.

Amen.