

Book of Prayers



Our Lady of Lourdes
RC Primary School

LKS2 - Traditional Catholic prayers



Age phase	EYFS	5 - 7 (KS1)	7 - 9 (LKS2)	9 - 11 (UKS2)
Prayers	<ul style="list-style-type: none"> • The Sign of the Cross • The Lord's Prayer • Hail Mary 	<ul style="list-style-type: none"> • The Sign of the Cross • The Lord's Prayer • Hail Mary • Glory be • Grace before meals • Grace after meals 	<ul style="list-style-type: none"> • The Apostles' Creed • An Act of Contrition • Angel of God • Come, Holy Spirit • The Prayer of St Richard of Chichester 	<ul style="list-style-type: none"> • Morning Offering • The Rosary • The Magnificat • Act of Faith • Act of Hope • Act of Love

Previously taught prayers

The Sign of the Cross

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

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.

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.

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.



Grace before meals

Bless us, O Lord, and these your gifts which we are about to receive from your bounty.

Through Christ our Lord.

Amen.

Grace after meals

We give you thanks, Almighty God, for all your benefits, who live and reign, world without end.

Amen.

Grace before meals

- school

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

- school

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.

LKS2 – Traditional Catholic prayers

The Apostles' 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;
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.



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.

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.

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.

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.

