

Book of Prayers



Our Lady of Lourdes
RC Primary School

UKS2 - 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.

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.

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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 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 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.

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 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.

Jesus, Mary and Joseph

Jesus, Mary and Joseph, I give you my heart
and my soul.
Jesus, Mary and Joseph, assist me in my last
agony.
Jesus, Mary and Joseph, may I breathe forth
my soul in peace with you.

Eternal Rest

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

The Rosary

For each mystery or decade, one Our Father,
ten Hail Marys and the Glory be is recited.



The Joyful Mysteries

- 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

- 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

- The Agony in the Garden (Mark 14:32–42)
- The Scouring 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

- 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)





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