St Agnes Catholic Primary School

School Prayer Book

Year 4

What is prayer?

We pray when we talk and listen to God.
There are many different prayers we can use.

We can pray privately on our own or we can pray with others in a group.
We can pray within our family or with our friends.

Where can we pray?

We can pray anywhere: in church, at home, at school or any other place such as while travelling or waiting somewhere.
God is always ready to listen and talk to us.

Sign of the Cross

The sign of the cross is our most special Christian sign. We make the sign of the cross at the beginning and end of many things we do.

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

Amen

Hail Mary

The first part of the Hail Mary was said for the first time by the Angel Gabriel. The second part was said by Elizabeth when Mary went to visit her.

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

Our Father

When one of the disciples asked Jesus how to pray, He taught us the Our Father 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

Morning Prayer

O 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'll try to please you Father,
bless me through the day.
Amen

Prayer before lunch

Bless us, O Lord,
as we stand together,
Bless the food we eat today.
Bless the hands that make the food

Bless us, O Lord.
Amen

Prayer for Peace

God our Father,
lover of all nations, we pray for peace:
peace in our hearts and in our homes,
peace among nations and in our world.
Amen

Home time Prayer

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

Glory Be

In this prayer, we praise the Holy Trinity: God the Father, God the Son and God the Holy Spirit.

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 to my Guardian Angel

God gave each one of us an angel to look after us. We cannot see him but we can pray to him. This is a prayer to your 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

Eternal Rest

In this prayer, we pray for all those people who have died.

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

Act of Contrition

We say this prayer to show God we are sorry for the times we have not done the right thing.

O my God,
Because you are so good
I am very sorry that I have sinned against you
and by the help of your grace
I will not sin again.
Amen

The Confetior

This is another prayer we say to show God we are sorry. It is said during Mass.

I confess to almighty God
and to you my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed to do,
through my fault, through my fault, through my most grievous fault;
therefore I ask blessed Mary, ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,

to pray for me to the Lord our God.
Amen

The Angelus

This prayer reminds us of when the Angel Gabriel was sent to Mary to tell her that she was going to have baby Jesus - the son of God. Some people say the Angelus three times a day: morning, noon and evening.

The Angel of the Lord declared unto Mary:
And she conceived of the Holy Spirit.
Hail Mary, full of grace ...

Behold the handmaid of the Lord:
Be it done to me according to thy word.
Hail Mary, full of grace ...

And the Word was made flesh:
And dwelt among us.
Hail Mary, full of grace ...

Pray for us, O holy Mother of God.

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

The Memorare

The Memorare is a prayer to help us remember how important and special Mary is to us in our lives.

Remember, O most loving Virgin Mary,
that it is a thing unheard of,
that anyone ever had recourse to your protection,
implored your help,
or sought your intercession,
and was left forsaken.

Filled therefore with confidence in your
goodness
I fly to you, O Mother, Virgin of virgins.
To you I come, before you I stand,
a sorrowful sinner.

Despise not my poor words,
O Mother of the Word of God,
but graciously hear
and grant my prayer.
Amen

The Rosary

The Rosary is a prayer to Mary. It consists of 5 decades, each beginning with a short thought about one of the mysteries. In each decade we say 1 Our Father, 10 Hail Marys and 1 Glory Be. We can use the Rosary beads to help counting. There are 4 sets of Mysteries.

THE JOYFUL MYSTERIES

1. The Annunciation to Mary.
2. The Visitation to Elizabeth.
3. The Nativity (Birth of Jesus).
4. The Presentation of Jesus in the Temple.
5. The finding of Jesus in the Temple.

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THE LUMINOUS MYSTERIES

1. The Baptism of Jesus in the River.
2. The Wedding at Cana.
3. The Proclamation of God's Kingdom.
4. The Transfiguration of Jesus.
5. The Institution of the Eucharist.

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THE SORROWFUL MYSTERIES

1. The Agony in the Garden.
2. The Scourging at the Pillar.

3. The Crowning with Thorns.
4. The Carrying of the Cross.
5. The Crucifixion.

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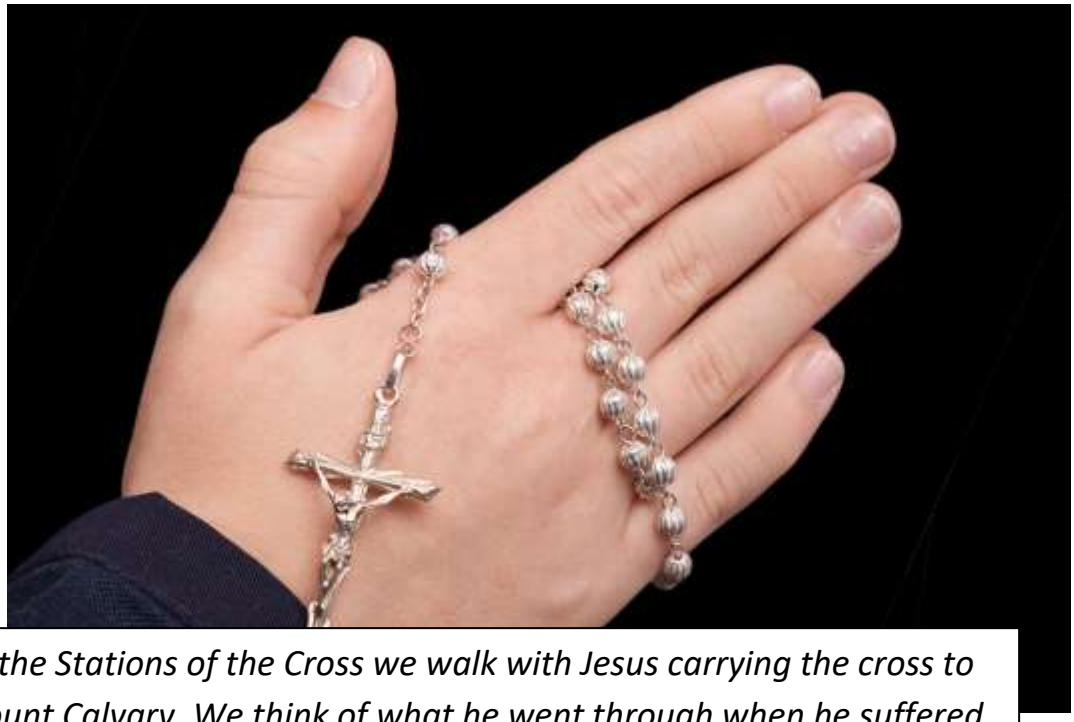
THE GLORIOUS MYSTERIES

1. The Resurrection of Jesus.
2. The Ascension of Jesus.
3. The Coming of the Holy Spirit.
4. The Assumption of Mary.
5. The Crowning of Mary.



In the Stations of the Cross we walk with Jesus carrying the cross to Mount Calvary. We think of what he went through when he suffered and died to save us from sin.

1. Jesus is condemned to death.
2. Jesus accepts his cross.
3. Jesus falls for the first time.
4. Jesus meets his mother
5. Simon helps carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls for the second time.
8. Jesus speaks to the women.
9. Jesus falls for the third time.
10. Jesus stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.