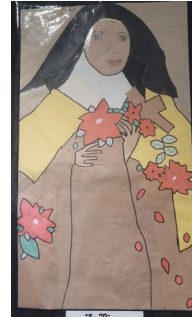




Sacred Heart
Catholic Primary School
*To live, love and learn joyfully in the
family of Christ*

Prayer Journal



Whole School

The Sign of the Cross

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

Morning Prayer

Father in heaven, 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 Meals

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

Prayer 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.

Evening Prayers

God our Father, I 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.

Reception

The Lords 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.

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.

Year 1

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

Year 2

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.

Prayer of St. Francis

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so
much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to
eternal life.
Amen.

Year 3

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.

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.

Year 4

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.

Year 5

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 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)
The Presentation in the Temple (Luke 2:22–35)
The Finding in the Temple (Luke 2:41–52)

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)

Year 5

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.

Year 6

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.

Year 6

Act of Faith

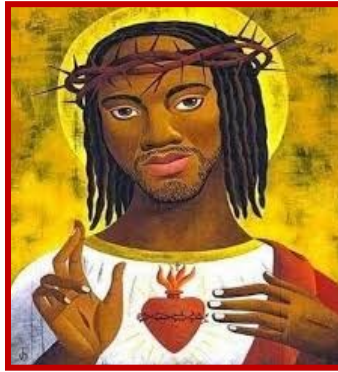
My God, I believe in you
and all that your Church teaches,
because you have said it,
and your word is true

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.



" O most holy Heart of Jesus, fountain of every blessing,
I adore you, I love you and will a lively sorrow for my sins. I offer you this poor heart of mine. Make me humble, patient, pure, and wholly obedient to your will. Grant, good Jesus, that I may live in you and for you.

Protect me in the midst of danger;
comfort me in my afflictions; give me health of body, assistance in my temporal needs, your blessings on all that I do, and the grace of a holy death.

Within your heart I place my every care. In every need let me come to you with humble trust saying, Heart of Jesus, help me. Amen. "