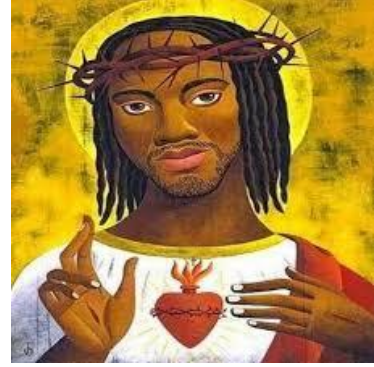




Prayer Progression across Sacred Heart Catholic School



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.

love you more dearly,
and follow you more nearly,
day by day.
Amen.

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,*

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)

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

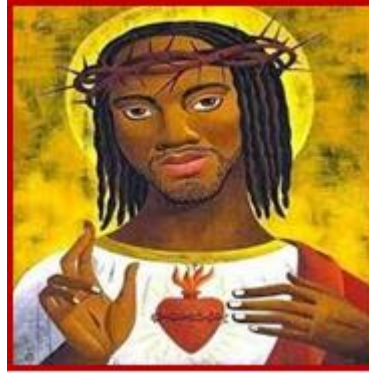
and obtain what they promise, through the same Christ our Lord.
Amen.

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.

Prayer of the Sacred Heart



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. "*