



Year 3 & 4 Prayer Book



We Learn, Love and Grow
With God at the Centre

Prayer Progression

Early Years

- The Sign of the Cross
- The School Prayer
- Morning Prayer
- Grace before meal
- Grace after meal
- End of the day prayer

Key Stage One

- The Lord's Prayer
- Hail Mary
- Glory Be
- Pope Francis' Prayer to St Joseph

Lower Key Stage Two

- The Apostle's Creed
- Act of Contrition
- Angel of God
- Come, Holy Spirit
- The Prayer of St Richard of Chichester

Upper Key Stage Two

- Morning Offering
- The Rosary
- The Magnificat
- Act of Faith
- Act of Hope
- Act of Love



Our School Prayer

This is our school,
let peace be found here,
let the rooms be full of happiness,
let love abide here,
love for one another,
love for God,
let us remember that as many hands
build a house,
so many hearts make a school.

Amen.



Daily Prayers



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.



Grace before Meals

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.

Grace 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.



End of Day Prayer

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.

Traditional Prayers

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.

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.

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

Come Holy Spirit,
fill the hearts of your faithful.
And kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And You shall 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 enjoy 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.



Prayer to St Joseph

Hail, foster father of Jesus,
Husband of the Blessed Virgin Mary.
To you God entrusted His only Son;
in you Mary placed her trust;
with you Jesus became man.

Blessed Joseph,
Be a father to us too
and guide us through life.
Pray for us to have grace,
mercy and courage.
Defend us from evil.

Amen.



Prayers at Mass

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.



Catholic Social Teaching Prayers

Care of Creation

Loving God,
We come together to thank
you for our world. You
created the Earth for us to
live and prosper in. You
taught us how to care for
the world you created but
we have not followed those
laws.

Let us give thanks for the
joy our world brings us,
and pray that we become
good stewards of creation.

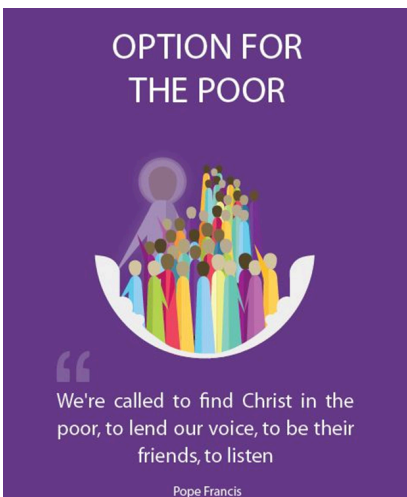
Amen.



Option For The Poor

Loving God,
We come together to thank
you for our world.
You created our world so
that everyone may have
enough but there are those
who do not have enough.
Help us to follow the
example of Your Son, Jesus
Christ, and reach out our
hands to those in need.

Amen.

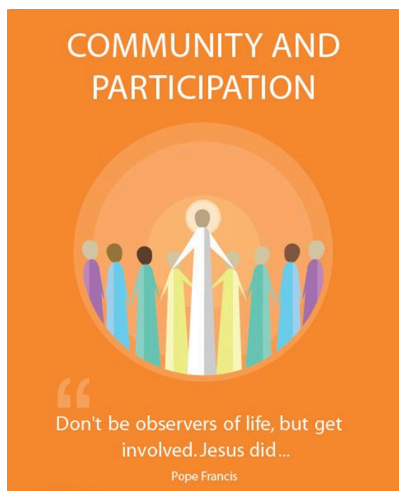


Community & Participation

Loving God,

We come together to thank you for our communities. You created us to live with each other and show Your love to those in need.

Let us give thanks for the joy that our communities bring us and ask You to help us make our communities better.
Amen.



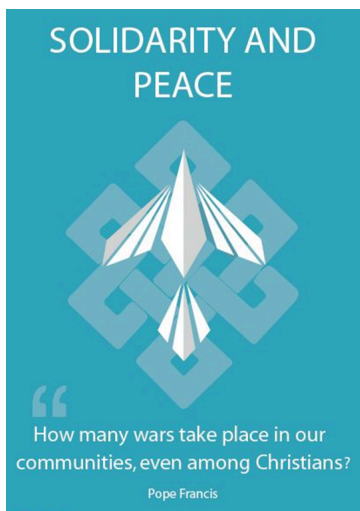
Solidarity & Peace

Loving God,

We come together to thank you for our human family. You created our world so that we may live in harmony with one another.

Help us to follow the example of Your Son, Jesus Christ, by spreading Your peace and by standing in solidarity with those who cannot speak for themselves.

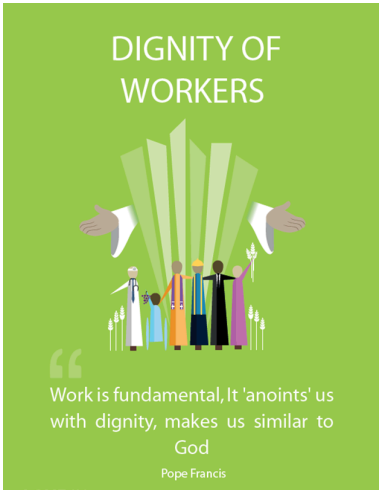
Amen.



Dignity of Workers

Loving God,

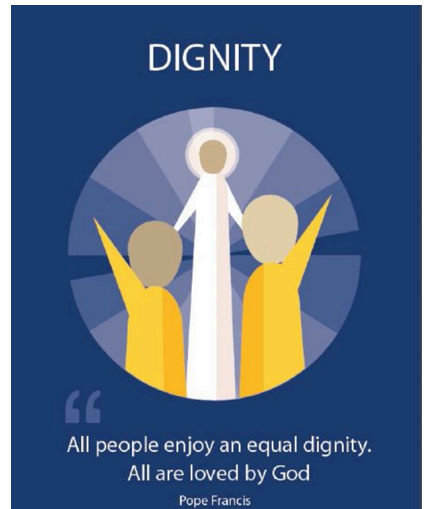
We come together to thank you for the grace of work. You create each one of us with particular talents and gifts, and you call us to use them in the service of love and justice. Through work, we transform both the world and ourselves. Let us give thanks for the gift of work and pray for the dignity of all workers throughout the world.
Amen.



Dignity

Loving God,

We come together to thank you for each other. You created each of us in Your image and likeness. Through Your Son, You taught us how to show everyone the love, respect and kindness they deserve. Let us give thanks for the joy that those around us bring to our world.
Amen.





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