SACRED HEART
CATHOLIC PRIMARY SCHOOL & NURSERY

Phase 3/4 Prayer Book

Name

LEARNING & LOVING WITH CHRIST AS OUR TEACHER



Overview of Prayer Progression

NURSERY

- Learn to sing/say morning, end of day prayer & grace.
  Bless themselves making the Sign of the Cross.

RECEPTION

- Continuing building on N & introducing above to new children.
  Learning to focus their prayer in a spontaneous way - giving thanks and praise - praying for friends & family. Learn traditional Prayer - Our Father.
- Responses at Mass – Peace be with you. And with your Spirit.
  Greet the Gospel - Alleluia.

PHASE 1/2

- Learning to make up their own prayers (petitions: 'thank you' and 'help us/me').
- Learn traditional prayer - Hail Mary.
- Responses at Mass - Lord have mercy - Christ have mercy.
- Learn traditional prayer - Glory Be. Introduce simple scripture verses to help the children use them as a way of praying.
- Prayers at Mass - Prayers of intercession (Lord in your mercy- Hear our prayer).
- Responses at Mass - Lord have mercy - Christ have mercy.

PHASE 3/4

- Learning how to understand the examination of conscience as a positive way of showing our love for God and each other - Reconciliation.
- Learn traditional prayer- Act of Contrition. Prayers at Mass - I confess.
- Learning to use traditional methods of prayer and to adapt them to their needs e.g. Rosary.
- Learn traditional prayer Magnificat. Prayers at Mass - Lamb of God & Rite of Dismissal (Thanks be to God).

PHASE 5/6

- Introduce images and symbols as a way into prayer using art, music, poetry and prose.
- Introduce the concept of making our lives a prayer. Learning that everything that we do can be given to God.
- Learn traditional prayers - Angelus.
- Eternal rest & Stations of the Cross.
- Prayers at Mass - Holy Holy, Glory to God.
- Creed & Offertory prayers.



School 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 this day. Amen.

Lunchtime Prayers

A range of prayers can be said/sung with your class, including:

For every cup and plateful,
Lord make us truly grateful.
Amen.

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

End of Day Prayer

Created by your class at the beginning of the school year.



Traditional Prayers

Our Father (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 forever 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 by the help of your grace,
I will not sin again.

Amen.

Lamb of God

Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
grant us peace.



The Magnificat

My soul glorifies the Lord,
my spirit rejoices in God my saviour.
He looks on his servant in her lowliness;
henceforth all generations will call me blessed.
The Almighty works marvels for me.
Holy his name!
His mercy is from age to age,
on those who fear him.
He puts forth his arm in strength
and scatters the proud hearted.
He casts the mighty from their thrones
and raises the lowly.
He fills the starving with good things,
sends the riches away empty.
He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons 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

Penitential Rite (I confess)

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 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.

Rosary

The Rosary begins with the Apostles Creed,
followed by one Our Father, three Hail Marys & a Glory Be.
Next come five mysteries, each consisting of one Our Father, ten
Hail Marys, a Glory Be. Conclude with the Hail Holy Queen.

Hail Holy Queen

Hail, holy Queen, Mother of mercy, 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.



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