SACRED HEART
CATHOLIC PRIMARY SCHOOL & NURSERY

Phase 5/6 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.

Holy Holy

Holy, Holy, Holy Lord God of Hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

Gloria

Glory to God in the highest,
and on earth peace to people of good will.
We praise you,
we bless you,
we adore you,
we glorify you,
we give thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.
For you alone are the Holy One,
you alone are the Lord
you alone are the Most High.
Jesus Christ, with the Holy Spirit,
in the glory of God the Father.

Amen.



Eternal Rest

Eternal rest grant upon them, O Lord,
and let perpetual light shine upon them.
May they rest in peace.

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.

Angelus

V. The Angel of the Lord declared unto Mary.
R. And she conceived of the Holy Spirit.

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

V. Behold the handmaid of the Lord.
R. Be it done unto me according to thy word.

Hail Mary, etc.

V. And the Word was made Flesh.
R. And dwelt among us.

Hail Mary, etc.

V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

LET US PRAY

Pour forth, we beseech Thee, O Lord,
Thy grace into our hearts,
that we to whom the Incarnation of Christ,
Thy Son, was made known
by the message of an angel,
may by His Passion and Cross
be brought to the glory of His Resurrection.
Through the same Christ Our Lord.

Amen.

The Apostle's 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 arose 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 the life everlasting.

Amen.



Nicene Creed (Profession of Faith)

I believe in one God the Father almighty
maker of heaven and earth, of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God, born of the Father before all ages.
God from God, Light from Light, true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary
and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come in glory to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come.

Amen.



SACRED HEART
CATHOLIC PRIMARY SCHOOL & NURSERY

Merry Hill Road, Bushey, Hertfordshire WD23 1SU
Tel: 01923 901179 | Email: admin@sacredheart682.herts.sch.uk

www.sacredheart682.herts.sch.uk