

St Joseph's Catholic Primary School

# Prayer Book



## Year 4



*Living, Learning  
and Loving  
together with  
Christ*



# MISSION STATEMENT

At St Joseph's we aim to  
promote a learning community  
based on the  
Gospel values of  
Love, Trust and Respect,  
where the achievements of  
everyone are recognised  
and celebrated.

**Living, Learning and Loving  
together with Christ.**

## The Sign of the Cross

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

Amen



## Morning Offering

Oh my God I love you,  
You are with me night and day.  
I want to love you always,  
In all I do and all I say.  
I try to please you father,  
Bless me through the day.  
Amen



## Grace Before Meals

Bless us oh God as we sit  
together

Bless the food we eat today

Bless the hands that make the  
food

Bless us oh God

Amen



## Grace After Meals

Thank you God for the food we  
have eaten

Thank you God for our friends

Thank you God for everything

Thank you God

Amen



## Night Time Prayer

God our father we come to say  
Thank you for your love today  
Thank you for my family  
And all the friends you give to  
me  
Guard me through the dark of  
night  
And in the morning send  
your light  
Amen



## 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**



*The Lord's Prayer comes from the teachings of Jesus Christ, as recorded in the New Testament of the Bible. Jesus gave this prayer as a model for how believers should pray, focusing on honouring God, seeking His will, asking for daily needs, forgiveness, and deliverance from evil.*

## The 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

*The first part of the prayer comes from the Angel Gabriel's greeting to Mary at the Annunciation:*

***"Hail, full of grace, the Lord is with thee."*** (Luke 1:28)

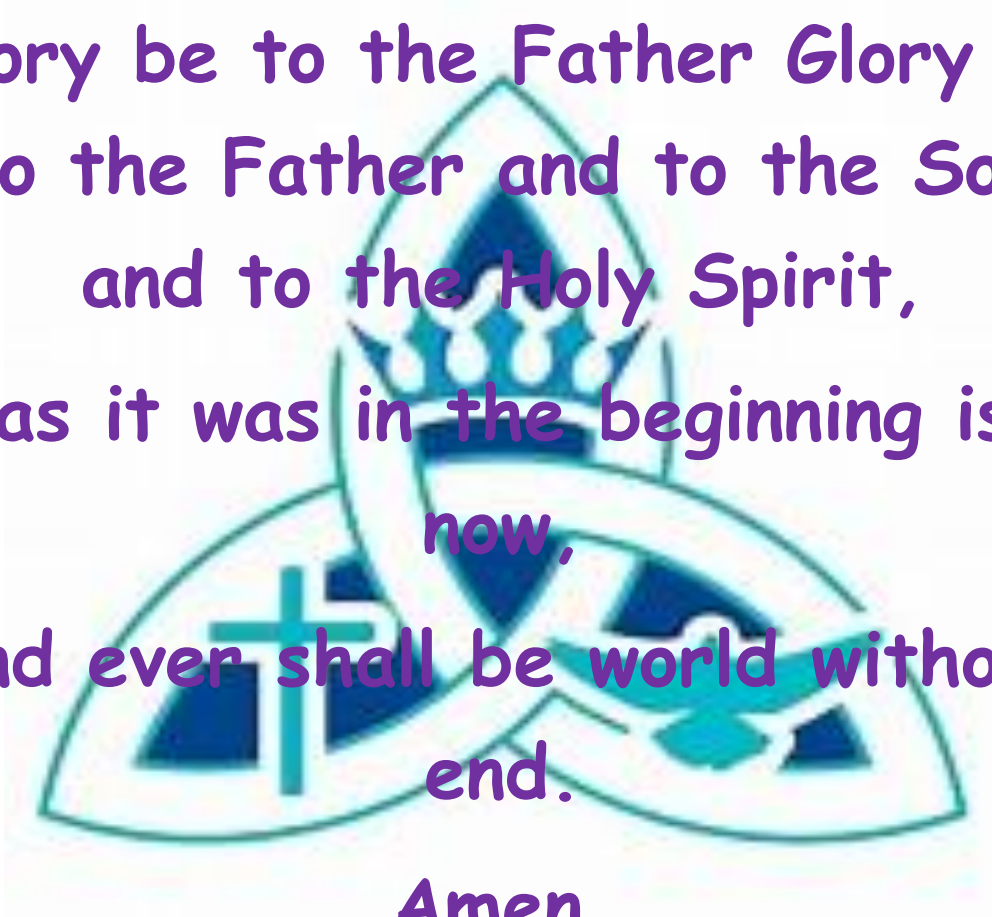
*The next portion comes from Elizabeth's exclamation when Mary visits her:*

***"Blessed art thou among women, and blessed is the fruit of thy womb."*** (Luke 1:42)



## Glory be

Glory be to the Father 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.



*The **Glory Be** is an ancient Christian prayer that praises the Holy Trinity—Father, Son, and Holy Spirit.*

## 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.



*The Apostles' Creed is an early statement of Christian belief that dates back to the 2nd century. It was not written directly by the Twelve Apostles, but it is called the Apostles' Creed because it summarizes the core teachings of the apostles.*

## Angel of God

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.



*The **Angel of God** prayer is a traditional Catholic prayer asking for the guidance and protection of one's **Guardian Angel**.*

## Eternal Rest

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

Amen



*The **Eternal Rest Prayer** is a Catholic prayer for the souls of the departed. It is commonly recited in remembrance of the deceased, especially during funerals, All Souls' Day, and personal prayers for the faithful departed.*

## 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.

*The Prayer of St. Richard of Chichester comes from St. Richard, a 13th-century English bishop known for his holiness and devotion. He served as the **Bishop of Chichester (England)** from 1245 to 1253.*



## 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.

Amen



*The Act of Contrition is a prayer expressing sorrow for sin and asking for God's forgiveness.*

## The Rosary

For each mystery or decade, one Our Father, ten Hail Marys and the Glory be is recited.

The Annunciation (Luke 1:26-38)

The Visitation (Luke 1:39-45)

The Nativity (Luke 2:1-7)

Common prayers 75 9.5

The Presentation in the Temple (Luke 2:22-35)

The Finding in the Temple (Luke 2:41-52)

The Mysteries of Light (Recited Thursday)

The Baptism of Jesus (Matthew 3:13-17)

The Wedding Feast of Cana (John 2:1-12)

The Proclamation of the Kingdom, with the call to Conversion (Mark 1:14-15; 2:3-12)

The Transfiguration (Luke 9:28-36)

The Institution of the Eucharist (Matthew 26:26-29)

The Sorrowful Mysteries (Recited Tuesday and Friday)

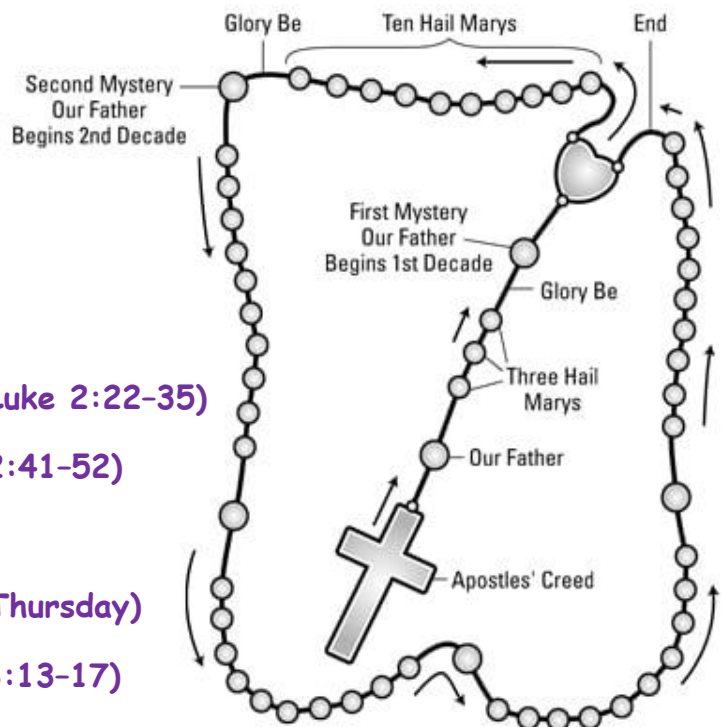
The Agony in the Garden (Mark 14:32-42)

The Scouring 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.

