

Appendix 2

Prayer Progression Holy Family RC Primary School

Age Phase	5-7 (KS1)	7-9 (Lower KS2)	9-11 (Upper KS2)
Prayers	The Sign of the Cross The Lord's Prayer Hail Mary Glory be Our School Prayer Diocesan Prayer Morning Prayer Prayer before Lunch Grace before Meals Prayer after Lunch Grace after Meals Prayer at the end of the day	The Apostles' Creed An Act of Contrition Angel of God Come, Holy Spirit The Prayer of St Richard of Chichester	Morning Offering The Rosary The Magnificat Act of Faith Act of Hope Act of Love

Holy Family RC Primary School

‘Through Work, Through Worship, Through Witness...’



Prayer Book

The Sign of the Cross

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

Our School Prayer

Jesus, Jesus live in me, so that everything I do, is done by you. AMEN

Diocesan Prayer

Stay with us Lord on our Journey

Grace before Meals

Bless us, O Lord, as we sit together. Bless the food we eat today. Bless the hands that made the food. Bless us O God. Amen.

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. 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.

Night 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. Amen.

The Apostles' Creed

I believe in God, the Father almighty
Creator of heaven and earth, and in Jesus Christ, his only Son, 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

An 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.

Prayer to the Guardian Angel

Angel of God, my guardian dear, to whom God's love commits me here. Ever this day/night be at my side to light and guard, to rule and guide. Amen.

Eternal Rest

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

Prayer to the 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,

V. and you shall renew the face of the earth.

Let us pray. O God who has taught the hearts of the faithful, by the light of the Holy Spirit, Grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in his consolation. Through Jesus 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

Hail Holy Queen

Hail Holy Queen, Mother of Mercy. Hail 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 vale of tears. Turn them most Gracious Advocate, thine eyes of mercy towards us; and after this, our exile, show unto us the Blessed Fruit of Thy Womb, Jesus. O clement, O loving, O sweet Virgin Mary.

The Mysteries of the Rosary

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 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 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)

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

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.