

St
Matthew's
Catholic
Primary
School



Prayer
Booklet

Common Prayers

Prayer is a vital part of daily life in a Catholic school, fostering a deep connection with God and nurturing a sense of faith, gratitude, and reflection among students.

Through regular prayer, children develop a spiritual foundation that guides their actions, strengthens their morals, and instils a sense of community within the school. As they grow, students should build up a repertoire of prayers, learning and reciting them with understanding and devotion. Key prayers such as the Our Father, Hail Mary, Glory Be, and the Act of Contrition should be integrated into daily routines, including Prayer and Liturgy, assemblies, and classroom reflections. By consistently practicing these prayers, children cultivate a lifelong habit of turning to God in both moments of joy and challenge, reinforcing the importance of faith in their everyday lives.

Age phase	5-7 (KS1)	7-9 (Lower KS2)	9-11 (Upper KS2)
Prayers	<ul style="list-style-type: none">• The Sign of the Cross• The Lord's Prayer• Hail Mary• Glory be• Grace before meals• Grace after meals	<ul style="list-style-type: none">• The Apostles' Creed• An Act of Contrition• Angel of God• Come, Holy Spirit• The Prayer of St Richard of Chichester	<ul style="list-style-type: none">• Morning Offering• The Rosary• The Magnificat• Act of Faith• Act of Hope• Act of Love



Receptio

n

and

KSI



The Sign of the Cross

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

Amen

Our Father

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.

Daily Prayers

Morning Prayer

Bless us O Lord

And bless this food you have
given us to share

With each other

Amen

Grace before meals

Bless us O Lord

And bless this food you have
given us to share

With each other

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.

Amen

Afternoon Prayer

Now the day is over, we lift our hands to say.

Thank you heavenly father for today.

We're sorry for the wrong things, but glad about the right.

Keep us heavenly father in your love tonight.

Amen



Lower
KS2

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; the third day He rose again from the dead;

He ascended into Heaven, and sitteth at the right hand of God, the Father almighty; from thence He shall 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

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,
Rule and guide.

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.

O, God, who by the light of the
Holy Spirit, did instruct the
hearts of the faithful, grant that
by the same Holy Spirit we may
be truly wise and ever enjoy His
consolations, Through Christ Our

Act of Contrition

My God, I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good,

I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

Our Saviour Jesus Christ suffered and died for us.

In His name. My God have mercy.

The Prayer of Richard of Chichester

Thanks be to you, our Lord Jesus Christ, for all the benefits which you have given us, for all the pains and insults which you have borne for us. Most merciful Redeemer, Friend and Brother, may we know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

Daily Prayers

Morning Offering

Oh my God I give to you,
All that I think and say and do.
In all my happy work and all my
happy play,
I will give to you today.
Amen

Grace Before Meals

Father bless our food we pray
And the people who prepare it.
And the friends with whom we
share it,
Your good gifts to us today.
Amen

Grace After Meals

Thank you for the food we have enjoyed

May we never be without nourishment we need

Help us to put an end to hunger in the world

Amen

Afternoon Prayer

God our Father

We've 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



U p p e r

K S 2



Rosary

The Rosary begins with the Apostles Creed, followed by one Our Father, three Hail Marys (traditionally offered for an increase in faith, hope, and charity for those praying the Rosary), then the Glory Be. Next come the five decades, each consisting of one Our Father, ten Hail Marys, a Glory Be, and the brief Fatima Prayer. Conclude with the Hail Holy Queen followed by a prayer for the Pope (traditionally, at least one Hail Mary).

The Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour,
for he has looked with favour on his lowly
servant.

From this day all generations will call me
blessed:

the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their
thrones,

and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.

Glory to the Father and to the Son and to
the Holy Spirit,

as it was in the beginning, is now, and will
be forever. Amen.

Act of Hope

O Lord God,
I hope by your grace for the
pardon
of all my sins
and after life here to gain
eternal happiness
because you have promised it
who are infinitely powerful,
faithful, kind,
and merciful.
In this hope I intend to live
and die.

Act of Love

O Lord God, I love you above
all things
I love my neighbour for your
sake
because you are the highest,
infinite and perfect good, worthy
of all my love.
In this love I intend to live and
die.

Act of Faith

O my God, I firmly believe
that you are one God in three
divine Persons,
Father, Son, and Holy Spirit.
I believe that your divine Son
became man
and died for our sins and that
he will come
to judge the living and the dead.
I believe these and all the
truths
which the Holy Catholic Church
teaches
because you have revealed them
who are eternal truth and
wisdom,
who can neither deceive nor be
deceived.

In this faith I intend to live
and die.

Amen.

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