

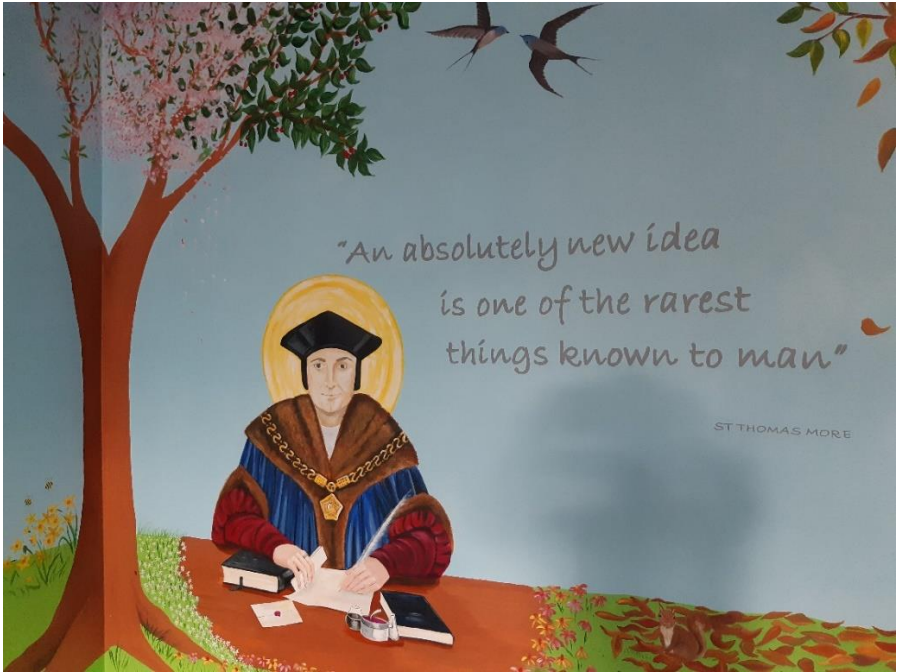
St Thomas More Catholic Primary School  
With Christ we **A**chieve, **B**elieve and **C**reate



School Prayer Book

Year 3





*"An absolutely new idea  
is one of the rarest  
things known to man"*

ST THOMAS MORE

## What is prayer?

We pray when we talk and listen to God.

There are many different prayers we can use.

We can pray privately on our own or we can pray with others in a group.

We can pray within our family or with our friends.

## Where can we pray?

We can pray anywhere: in church, at home, at school or any other place such as while travelling or waiting somewhere.

God is always ready to listen and talk to us



## Sign of the Cross

*The sign of the cross is our most special Christian sign. We make the sign of the cross at the beginning and end of many things we do.*

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

*Amen*



## Our School Prayer

We pray our school will be a place of great discovery,  
adventure and creativity.

May it be a place where we love to learn and where we  
learn to love.

A place where everyone is respected and all are deeply  
valued.

We ask all this through Jesus Christ, our Lord.

Amen

## Prayer of St Thomas More

O Lord, give us a mind that is humble, quiet,  
peaceable, patient and charitable,  
and a taste of your Holy Spirit  
in all our thoughts, words and deeds.

Amen

## Our Father

*When one of the disciples asked Jesus how to pray, He taught us the Our Father 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

*The first part of the Hail Mary was said for the first time by the Angel Gabriel. The second part was said by Elizabeth when Mary went to visit her.*

Hail Mary, full of grace, the Lord is with thee.  
Blessed art thou amongst 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

*In this prayer, we praise the Holy Trinity: God the Father,  
God the Son and God the Holy Spirit.*

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 Love

O my God, I love you above all things,  
with my whole heart and soul,  
because you are infinitely good and perfect.  
And I love my neighbour as myself, for love of you.  
Grant that I may love you more and more in this life,  
and in the next for all eternity.

Amen



### Act of Sorrow

O my God, I thank you for loving me.  
I am sorry for all my sins:  
for not loving others and for not loving you.  
Help me to live like Jesus and not sin again.

Amen



Act of Contrition

*We say this prayer to show God we are sorry for the times  
we have not done the right thing.*

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

## The Confiteor

*This is another prayer we say to show God we are sorry. It is said during Mass.*

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 in 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



## The Angelus

*This prayer reminds us of when the Angel Gabriel was sent to Mary to tell her that she was going to have baby Jesus - the son of God. Some people say the Angelus three times a*

The Angel of the Lord declared unto Mary:

*And she conceived of the Holy Spirit.*

Hail Mary, full of grace ...

Behold the handmaid of the Lord:

*Be it done to me according to thy word.*

Hail Mary, full of grace ...

And the Word was made flesh:

*And dwelt among us.*

Hail Mary, full of grace ...

Pray for us, O holy Mother of God.

*That we may be made worthy of the promises of Christ.*



## The Rosary

### Sign of the Cross

Pray - Our Father, three Hail Marys and Glory be to the Father

Choose one of the mysteries:

Joyful, Sorrowful, Glorious or Illuminous...

### The Joyful Mysteries

1. *The Annunciation*  
The Archangel Gabriel announces' to Mary that she has been chosen to be the mother of Jesus, son of God.
2. *The Visitation*  
Mary visits her cousin, Elizabeth, who is also pregnant - with John the Baptist. Elizabeth tells her that she will always be remembered.
3. *The Nativity*  
Jesus is born in a stable in Bethlehem.
4. *The Presentation*  
Mary and Joseph 'present' the infant Jesus in the Temple, to present him to God. They meet Simeon.
5. *The Finding of Jesus in the Temple*  
After losing Jesus, Mary and Joseph find him in the Temple discussing his faith and preaching to the Rabbis.

### The Luminous Mysteries

1. *The Baptism of Jesus in the River Jordan*  
God proclaims that Jesus is his beloved Son.
2. *The Wedding Feast at Cana*  
At Mary's request, Jesus performs his first miracle, changing water in to wine.

3. *The Proclamation of the Kingdom of God*  
Jesus calls all to conversion (cf. Mark 1:15) and forgives the sins of all that draw near to him.
4. *The Transfiguration of Jesus*  
The glory of Godhead shines forth from the father from the face of Jesus, as he is revealed in glory to Peter, James, and John.
5. *The Institution of the Eucharist*  
Jesus offers his Body and Blood at the Last Supper, the first Mass, establishing the the sacramental foundation for all Christian living

### *The Sorrowful Mysteries*

1. *The Agony in the Garden*  
Jesus prays in the Garden of Gethsemane, sweating blood and water, on the night before his passion.
2. *The Scourging at the Pillar*  
Pilate has Jesus whipped.
3. *The Crowning with Thorns*  
Jesus is mocked by the Roman soldiers and crowned with thorns.
4. *The Carrying of the Cross*  
Jesus carries the cross that will be used to crucify him, falling three times. He meets Simon, the Ladies of Jerusalem and His mother.
5. *The Crucifixion*  
Jesus is nailed to the cross and dies before His mother and His apostle John.

## The Glorious Mysteries

1. *The Resurrection*  
Jesus rises from the dead on the third day.
2. *The Ascension*  
Jesus leaves the Apostles and bodily 'ascends' to his Father in heaven.
3. *The Descent of the Holy Spirit*  
The Apostles receive the Holy Spirit in tongues of fire whilst in the upper room. The Holy Spirit brings new life to the disciples.
4. *The Assumption of Mary*  
At the end of her life on earth, Mary is taken body and soul - assumed - into heaven.
5. *The Coronation of Mary*  
Mary is crowned as Queen of Heaven and Earth.

Then say ...

Our Father, ten Hail Marys and Glory be to the Father





## Eternal Rest

*In this prayer, we pray for all those people who have died.*

Eternal rest

Grant unto them, O Lord,  
And let perpetual light shine upon them.

May they rest in peace.

Amen



## Prayer to my Guardian Angel

*God gave each one of us an angel to look after us. We cannot see him but we can pray to him. This is a prayer to your Guardian angel.*

*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*



## Prayer for Peace

God our Father,  
lover of all nations, we pray for peace:  
peace in our hearts and in our homes,  
peace among nations and in our world.

Amen





*We celebrate our Masses with our Parish Priest*

*Fr. Prem*

*Let us go in Peace and announce the Gospel of the Lord.*

*Thanks be to God.*