

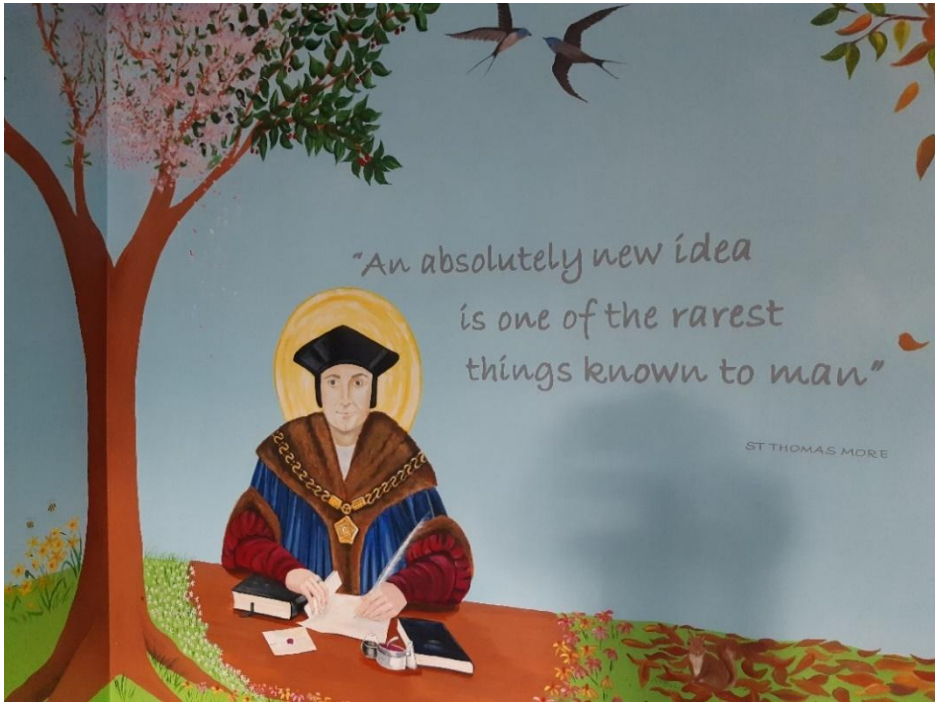
St Thomas More Catholic Primary School



School Prayer Book

Year 4





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



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*



The Memorare

The Memorare is a prayer to help us remember how important and special Mary is to us in our lives.

*Remember, O most loving Virgin Mary,
that it is a thing unheard of,
that anyone ever had recourse to your protection,
implored your help,
or sought your intercession,
and was left forsaken.*

*Filled therefore with confidence in your
goodness*

I fly to you, O Mother, Virgin of virgins.

*To you I come, before you I stand,
a sorrowful sinner.*

*Despise not my poor words,
O Mother of the Word of God,
but graciously hear
and grant my prayer.*

Amen

The Rosary

The Rosary is a prayer to Mary. It consists of 5 decades, each beginning with a short thought about one of the mysteries. In each decade we say 1 Our Father, 10 Hail Marys and 1 Glory Be. We can use the Rosary beads to help counting. There are 4 sets of Mysteries.

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 lives.

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



The Prayer of Richard Chichester

Day by day, oh dear Lord,
Three things I pray;
To see you more clearly;
To love you more dearly,
Follow you more nearly,
Day by day
By day by day.
Amen



Stations of the Cross

In the Stations of the Cross, we walk with Jesus carrying the cross to Mount Calvary. We think of what he went through when he suffered and died to save us from sin.

1. Jesus is condemned to death.
2. Jesus accepts his cross.
3. Jesus falls for the first time.
4. Jesus meets his mother
5. Simon helps carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls for the second time.
8. Jesus speaks to the women.
9. Jesus falls for the third time.
10. Jesus stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.



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.