

Traditional Prayer

KEY STAGE ONE



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.

MORNING PRAYERS

1. Good morning dear Jesus, this day is for you, I ask you to bless all I say think and do.

2. 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.



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.



GRACE BEFORE MEALS

Bless us, O God, 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.

ACT OF SORROW (1)

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 try not to sin again.

ACT OF SORROW (2)

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.

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.

Prayer to your Guardian Angel

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

The invocation of the holy name of Jesus is the simplest way of praying always.

(Catechism of the Catholic Church,#2668)