

My Prayer Book

Year 3 and 4



**St. Teresa's Catholic
Primary School**

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

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 every shall be,
World without end,
Amen

Morning Prayer

O my God, you love me
You are 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

Grace before meals

Bless us, O Lord, and these your gifts
which we are about to receive from your bounty.
Through Christ our Lord.
Amen.

Grace after meals

We give you thanks, Almighty God,
for all your benefits,
who live and reign, world without end.
Amen.

End of the Day Prayer

Dear 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 Apostle's 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;
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

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.

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, to rule
and guide. Amen.

Come, 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.

R. And you will renew the face of the earth.

Let us pray

O God, who by the light of the Holy Spirit,
did instruct the hearts of your faithful,
grant that by that same Holy Spirit,
we may be truly wise, and ever rejoice in your consolation,
Through Christ our Lord.

Amen.

The 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.



