

# My Prayer Book

Year 5 and 6



**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.



## Morning Offering

O Jesus, through the most pure heart of Mary,  
I offer you all my prayers, thoughts, works and sufferings of this  
day for all the intentions of your most Sacred heart.

## The Magnificat

My soul proclaims the greatness of the Lord,  
and my spirit rejoices in God my Saviour,  
for he has looked upon his handmaid in her lowliness;  
for behold, from this day forward,  
all generations will call me blessed.

For the Almighty has done great things for me,  
and holy is his name. His mercy is from age to age  
for those who fear him.

He has made known the strength of his arm,  
and has scattered the proud in their conceit of heart.  
He has cast down the mighty from their thrones  
and has exalted those who are lowly.  
He has filled the hungry with good things,  
and has sent the rich away empty.

He has helped his servant Israel,  
mindful of his mercy,  
even as he promised to our fathers,  
to Abraham and his descendants for ever.

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 Faith**

My God, I believe in you  
and all that your Church teaches,  
because you have said it,  
and your word is true.

## **Act of Hope**

My God, I hope in you,  
for grace and for glory,  
because of your promises,  
your mercy and your power.

## **Act of Love**

My God, because you are so good,  
I love you with all my heart,  
and for your sake,  
I love your neighbour as myself.

## **THE ROSARY**

**The Joyful Mysteries**

**The Mysteries of Light**

**The Sorrowful Mysteries**

**The Glorious Mysteries**

