

St George's Catholic Primary School

At St George's we grow in Body,
Mind and Spirit.

School Prayer Book



Upper KS 2

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.



Morning Prayer

I am promising, dear Jesus,
To follow you today,
To obey your every word,
In all I do and say,
To always be a loving child,
Helpful, Kind and Sweet,
To give the love you give to me,
To everyone I meet,
But if this promise I shall break,
Or if I bring you sorrow,
Then help me to begin again,
And keep my promise tomorrow,
Amen

The Morning Offering

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

Prayer before lunch

Bless us, O God
as we sit together,
Bless the food we eat today.
Bless the hands that make the food
Bless us, O God
Amen

Home time Prayer

Oh my Lord,
I come to say,
Thank you for your love today,
Thank you for my family,
And all the friends that you give to me,
Guide me through the dark of night,
And in the morning , send your light ,
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 JOYFUL MYSTERIES

1. The Annunciation to Mary.
2. The Visitation to Elizabeth.
3. The Nativity (Birth of Jesus).
4. The Presentation of Jesus in the Temple.
5. The finding of Jesus in the Temple.

THE LUMINOUS MYSTERIES

1. The Baptism of Jesus in the River.
2. The Wedding at Cana.
3. The Proclamation of God's Kingdom.
4. The Transfiguration of Jesus.
5. The Institution of the Eucharist.

THE SORROWFUL MYSTERIES

1. The Agony in the Garden.
2. The Scourging at the Pillar.
3. The Crowning with Thorns.
4. The Carrying of the Cross.
5. The Crucifixion.

THE GLORIOUS MYSTERIES

1. The Resurrection of Jesus.
2. The Ascension of Jesus.
3. The Coming of the Holy Spirit.
4. The Assumption of Mary.
5. The Crowning of Mary.



The Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior,
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,

the promise he made to our fathers,
to Abraham and his children forever.
Glory to the Father and to the Son and to the Holy
Spirit,
as it was in the beginning, is now, and will be forever.
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.

