

EYFS - 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.



EYFS - 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.



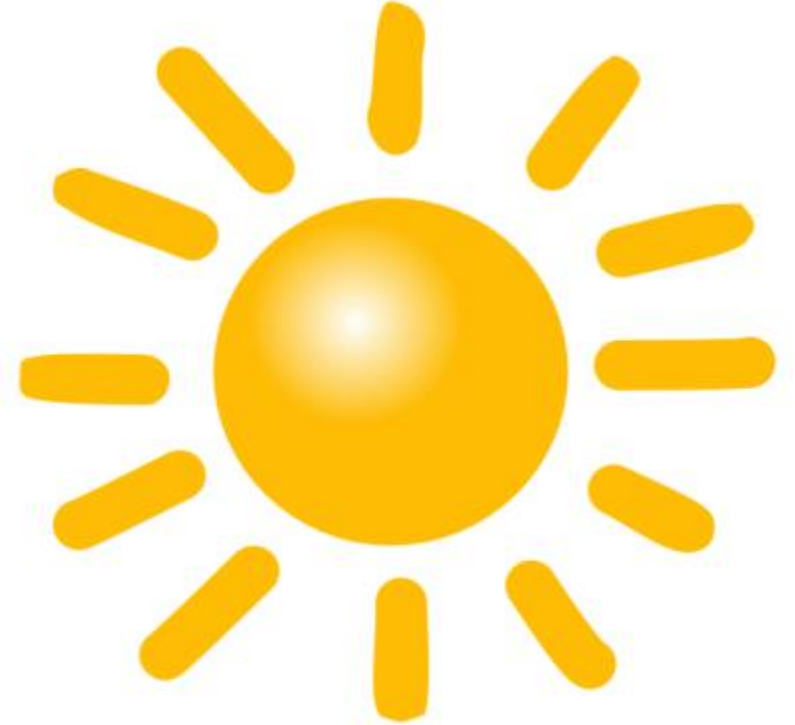
EYFS - Hail Mary

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.



EYFS - Morning Prayer

Father in heaven, 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.



EYFS - Prayer at the end of the day

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.



EYFS - 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.

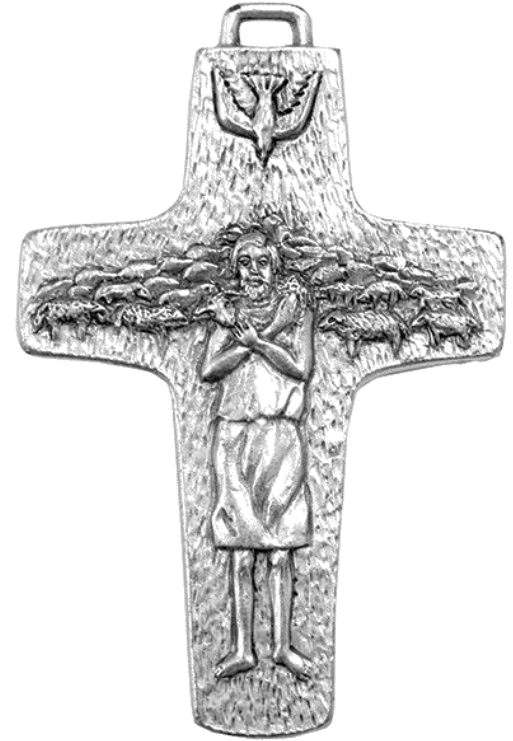
And lead us not into temptation,
but deliver us from evil.

Amen.



EYFS - Sign of the Cross

In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.



Year I - Act of Faith, Hope and

Jesus, I believe in you.
Jesus, I hope in you.
Jesus, I love you.



Year I - 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 ever shall be,
world without end.
Amen.



Year I - Prayer to the 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.



Year 2 - Act of Faith

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

Amen

FAITH 



Year 2 - Act of Hope

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



Year 2 - Eternal Rest

Eternal rest give unto them, O Lord,
and let perpetual light shine upon them.
May they rest in peace.
Amen.



Year 2 - Prayer of St. Francis

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.



Year 2 – Joyful Mysteries

- Mondays and Saturdays
- They remind us of Christ's birth
- The Annunciation (Luke 1:26-38)
- The Visitation (Luke 1:39-56)
- The Nativity (Luke 2:1-21)
- The Presentation (Luke 2:22-38)
- The Finding of the Child Jesus in the Temple (Luke 2:41-52)



O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.



Year 3 - Act of Love

O my God, I love you with my whole heart
and above all things
because you are infinitely good and perfect,
and I love my neighbour as myself
for love of you.

Grant that I may love you more and more in this life,
and in the next for all eternity.

Amen.



Year 3 - Act of Sorrow

O my God, I thank you for loving me.
I am sorry for all my sins:
for not loving others
and not loving you.
Help me to live like Jesus
and not sin again.
Amen.



Year 3 - The Angelus

The Angel of the Lord declared to Mary: **and she conceived of the Holy Spirit.**

Hail Mary... **Holy Mary...**

Behold the handmaid of the Lord: **be it done to me according to your word.**

Hail Mary... **Holy Mary...**

And the Word was made flesh: **and dwelt among us**

Hail Mary... **Holy Mary...**

Pray for us, O holy Mother of God **that we may be made worthy of the promises of Christ.**



Let us pray:
Pour forth, we beseech you, O Lord,
your grace into our hearts,
that we to whom the incarnation of Christ, your Son,
was made known by the message of an angel,
may be brought by his passion and cross
to the glory of his resurrection,
through Christ our Lord. Amen.



Year 3 – Luminous Mysteries



- Thursdays
- Luminous Mysteries/Mysteries of Light
- The Baptism in the River Jordan (Matthew 3:13-16)
- The Wedding Feast at Cana (John 2:1-11)
- The Preaching of the coming of the Kingdom of God (Mark 1:14-15)
- The Transfiguration (Matthew 17:1-8)
- The Institution of the Holy Eucharist (Matthew 26)

Year 4 - Prayer to the Guardian Angel

Angel sent by God to guide me,
be my light and walk beside me;
be my guardian and protect me;
on the paths of life direct me.



Year 4 - Prayer of St. Richard of Chichester

Day by day,

O dear Lord,

three things I pray:

to see you more clearly,

love you more dearly,

follow you more nearly,

day by day,

by day, by day.

Amen.

Year 4 - The Memorare

Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to your protection,
implored your help or sought your intercession,
was left unaided.



Inspired with this confidence, I fly unto you,
O Virgin of virgins, my Mother.
To you I come, before you I stand,
sinful and sorrowful;
O Mother of the Word Incarnate,
despise not my petitions, but in your mercy
hear and answer me.
Amen.



Year 5 - Regina Caeli

Queen of Heaven, rejoice. Alleluia!

For he whom you were made worthy to bear. Alleluia!

Has risen as he said. Alleluia!

Pray for us to our God. Alleluia!

Rejoice and be glad, O Virgin Mary. Alleluia!

For the Lord has risen indeed. Alleluia!

Let us pray;

God, who through the resurrection of your Son, our Lord Jesus Christ,
has made glad the whole world, grant us, we pray,
that through the intercession of the Virgin Mary, his mother,
we may attain the joys of everlasting life.

Through the same Christ our Lord.

Amen.



Year 5 - The Magnificat

My soul glorifies the Lord,
My spirit rejoices in God, my Saviour.
He looks on his servant in her loneliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy his name!
His mercy is from age to age,
on those who fear him.



He puts forth his arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty.
He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever. Amen.



Year 5 - Diocesan Prayer for Vocations

Lord Jesus, send labourers into your harvest.

Inspire, in the hearts of your people,

vocations to the priesthood and religious life.

Bless our families with a spirit of generosity.

May those whom you call to the priesthood and religious life

have the courage to give themselves to your Church

as co-operators in your work.

St. John Vianney: Pray for us



Year 5 – Glorious Mysteries



- Wednesdays and Sundays
- Focus on the resurrection of Jesus and the glories of heaven
- The Resurrection (John 20:1-29)
- The Ascension (Luke 24:36-53)
- The Descent of the Holy Spirit (Acts 2:1-41)
- The Assumption of Mary into heaven
- The Coronation of Mary in heaven

Year 6 - Hail Holy Queen (Salve Regina)



Hail, Holy Queen, Mother of Mercy;
Hail, our life, our sweetness and our hope!
To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears!
Turn, then, most gracious Advocate,
thine eyes of mercy toward us,
and after this, our exile,
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving,
O sweet Virgin Mary.

Year 6 - Prayer to the Holy Spirit

O Come, Holy Spirit,
fill the hearts of your faithful,
and kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And you shall renew the face of the earth.
O God, who has taught the hearts of the faithful
by the light of the Holy Spirit,
grant that by the gift of that same Spirit
we may be always truly wise
and ever rejoice in his consolation.
Amen.



Year 6 – Rosary

Mondays and Saturdays:

The Joyful Mysteries remind the faithful of Christ's birth: The Annunciation (Luke 1:26–38); The Visitation (Luke 1:39–56); The Nativity (Luke 2:1–21); The Presentation (Luke 2:22–38); The Finding of the Child Jesus in the Temple (Luke 2:41–52)

Tuesdays and Fridays:

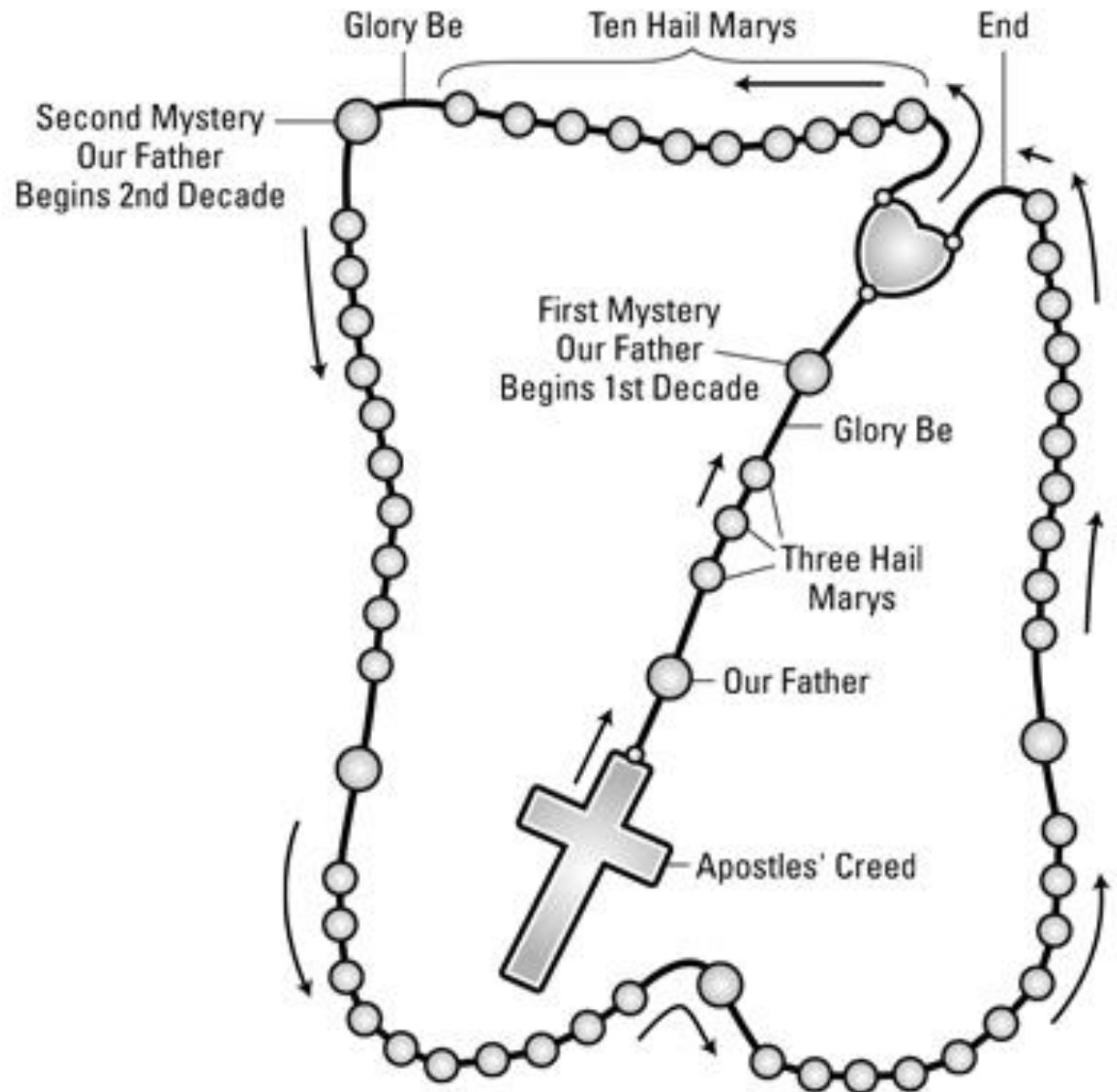
The Sorrowful Mysteries recall Jesus' passion and death: The Agony of Jesus in the Garden (Matthew 26:36–56); The Scourging at the Pillar (Matthew 27:26); The Crowning with Thorns (Matthew 27:27–31); The Carrying of the Cross (Matthew 27:32); The Crucifixion (Matthew 27:33–56).

Wednesdays and Sundays:

The Glorious Mysteries focus on the resurrection of Jesus and the glories of heaven: The Resurrection (John 20:1–29); The Ascension (Luke 24:36–53); The Descent of the Holy Spirit (Acts 2:1–41); The Assumption of Mary, the Mother of God, into heaven; The Coronation of Mary in heaven.

Thursdays:

Pope John Paul II added The Mysteries of Light, also known as the Luminous Mysteries, in 2002: The Baptism in the River Jordan (Matthew 3:13–16); The Wedding Feast at Cana (John 2:1–11); The Preaching of the coming of the Kingdom of God (Mark 1:14–15); The Transfiguration (Matthew 17:1–8); The Institution of the Holy Eucharist (Matthew 26).



Year 6 – Stations of the Cross

1st Station: Jesus is condemned to death.

2nd Station: Jesus accepts the cross.

3rd Station: Jesus falls the first time.

4th Station: Jesus meets His mother.

5th Station: Simon of Cyrene helps Jesus carry His cross.

6th Station: Veronica wipes the face of Jesus.

7th Station: Jesus falls the second time.

8th Station: Jesus meets the women of Jerusalem

9th Station: Jesus falls a third time.

10th Station: Jesus is stripped of His clothes.

11th Station: Jesus is crucified.

12th Station: Jesus dies on the cross.

13th Station: The body of Jesus is taken down from the cross.

14th Station: Jesus is laid in the tomb.