



**St Francis**  
Catholic Primary School

## Prayers

Here are some of the prayers we say at school that you might like to say with your children/ parents. Some ideas for praying with children are also to be found in this booklet.



Age appropriate

\*EY

\*#KS1

\*#+KS2

There is a section on teaching your child(ren) to pray near the back of this booklet.

Our RE programme, 'Come and See', lists traditional prayers that are introduced to children at different ages. We expect that children will be able to say **some** of the prayers from memory, indicated by the \*#or + (age appropriate).

The grid -at the end of this booklet-shows the expectations for each age group. Prayers the children have already learnt in reception and KS1 will be continued throughout KS2.

In addition to traditional prayers we encourage children to write their own prayers and offer spontaneous prayers



# \*Sign of the cross

We make the sign of the cross at the beginning and at the end of each prayer.  
As we do so, we say these words:

Beginning:

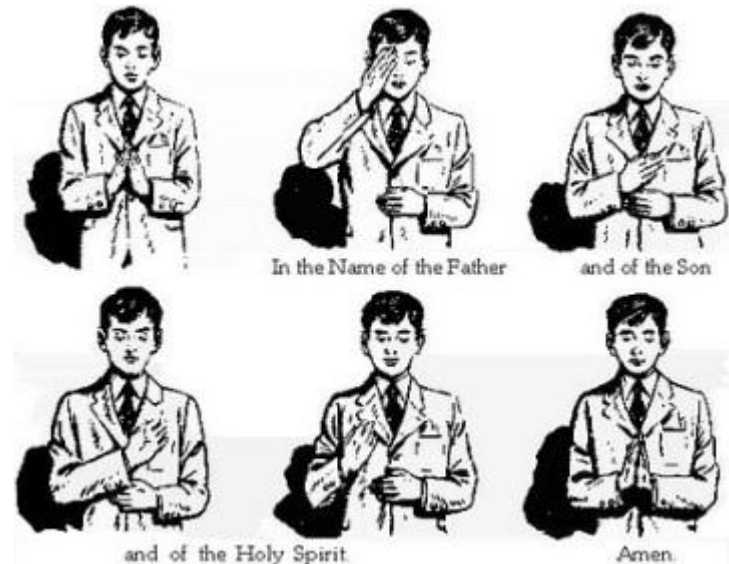
**In the name of the Father, and of the Son, and of the Holy Spirit,  
Amen**

End (EY/KS1):

**\* From my head to my heart, from shoulder to shoulder, I belong to you  
Lord Jesus,**

**Amen**

(these words help the children to learn the sign of the cross)



## **\*Lord's Prayer (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 you.

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.



\*

## **A Morning Offering**

**Oh 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 will try to please You Father.  
Bless me through this day.  
Amen**

## **A Morning Offering**

**Dear God, we offer You this day,  
all that we think, or do, or say;  
our work, our play, our joy, our fun.  
Bless us, through Jesus Christ your Son.  
Amen**



**\*Going Home Prayer-Evening Prayer**

**Oh My God**

**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**



### Grace

**Bless us, oh Lord,  
As we'll sit together.  
Bless the food we'll eat today,  
Bless the hands that made our food.  
Bless us, oh Lord.  
Amen**



## **#Glory Be to the Father (Doxology)**

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.



## **A Prayer for the Dead**

Our Christian belief does not view death as an ending. As we pray in the Mass for the Dead, “Indeed for your faithful, Lord, life is changed not ended, and, when this earthly dwelling turns to dust, an eternal dwelling is made ready for them in heaven.

” Because life is changed, not ended, we continue to have communion with all those who have gone before us in death.

Our prayers for those who have died and their prayers for us are the way we celebrate this relationship.

**Eternal rest grant to them O Lord  
and let perpetual light shine upon  
them.**

**May they rest in peace.**

**Amen**



## Guardian Angel Prayer

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.

That every [individual soul](#) has a guardian [angel](#) has never been [defined](#) by the [Church](#), and is, consequently, not an [article of faith](#); but it is the "mind of the [Church](#)", as [St. Jerome](#) expressed it: "how great the dignity of the [soul](#), since each one has from his birth an [angel](#) commissioned to guard it." (Comm. in Matt., xviii, lib. II).

## When a Pet Dies

### A Child's Prayer

Gentle St. Francis,

I love my pet, \_\_\_\_\_ . You know how I  
feel because you love animals, too. My pet  
died. I am so sad. I miss my pet very much.

Please watch over my pet in heaven. May God  
bless and take care of all animals.

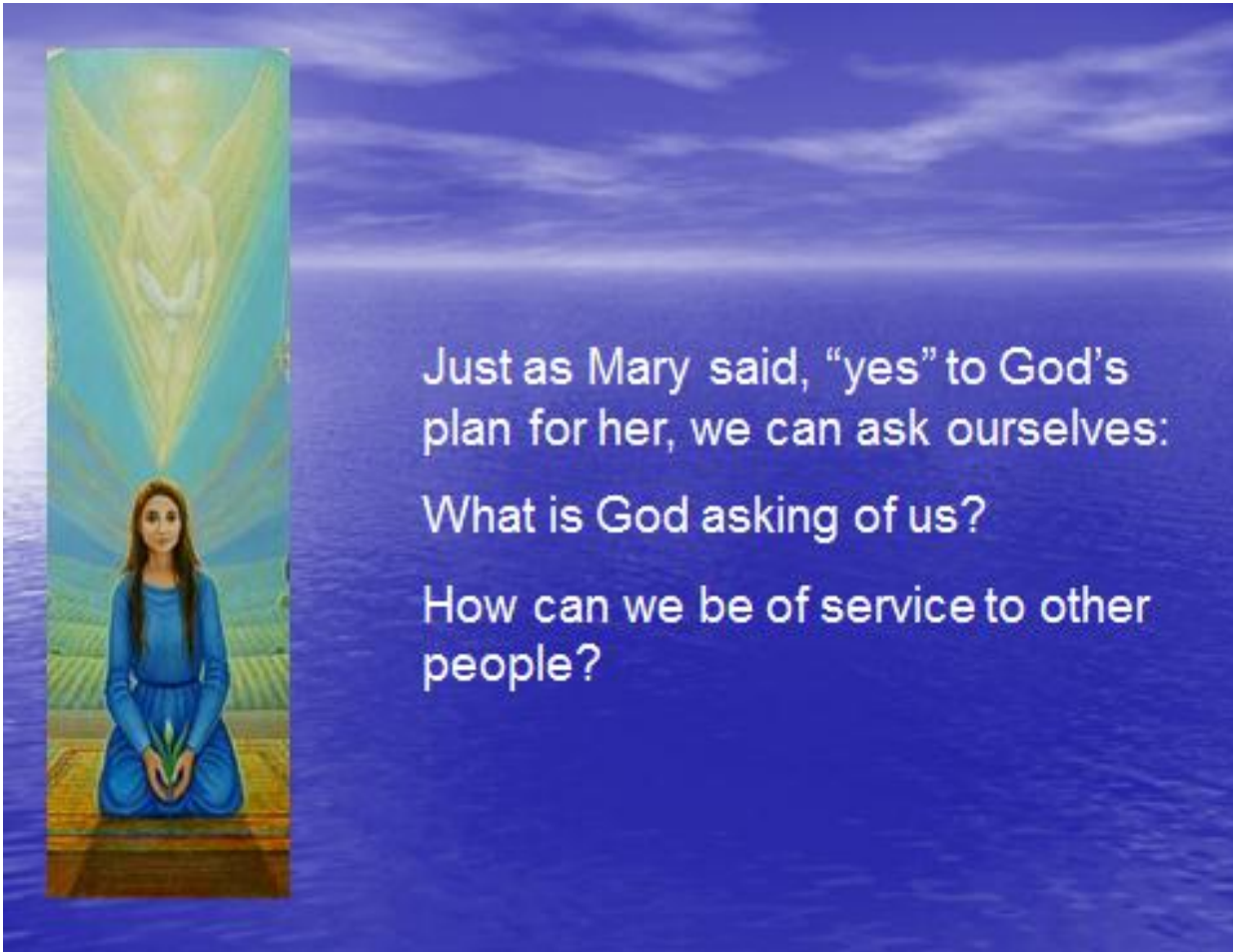
Amen.





The 'Angelus' is prayed by people all over the world especially at 12 o'clock lunchtime. The Pope prays this prayer every Sunday with the crowds who gather in Rome.





Just as Mary said, “yes” to God’s plan for her, we can ask ourselves:

What is God asking of us?

How can we be of service to other people?



Ask yourself:

“What are the qualities you see in others that you would most like to have yourself?”

What kind of person would you really like to be?”

**Let us pray The Angelus:**

# The Angelus Style Prayer for EY and KS1

The Angel Gabriel told Mary that she had been chosen to have a very special baby.

**\*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.**

Mary agreed to the plan. She said, 'Let it happen to me as you have said.'

**Hail Mary . . .**

And Jesus was born and lived among us.

**Hail Mary . . .**

Holy Mary, please pray for us,  
that our love for Jesus may grow stronger every day.

Let us pray:

**\*O Lord,  
fill our hearts with your love  
warming our hearts and  
brightening our way.**

**May Christ our Saviour bring light and life  
into this world, and to us,  
as we wait for his coming.**

**Amen**





# The Angelus

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

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.

Behold the handmaid of the Lord:  
*Be it done unto me according to Thy word.*

Hail Mary . . .

And the Word was made Flesh:  
*And dwelt among us.*

Hail 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 Thee, O Lord,  
Thy grace into our hearts;  
that we, to whom the incarnation of Christ,  
Thy Son,  
was made known by the message of an angel,  
may by His Passion and Cross  
be brought to the glory of His Resurrection,  
through the same Christ Our Lord.

Amen.

#



#

**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**

**Amen**

(We promise to try not to make the same bad choice again.)

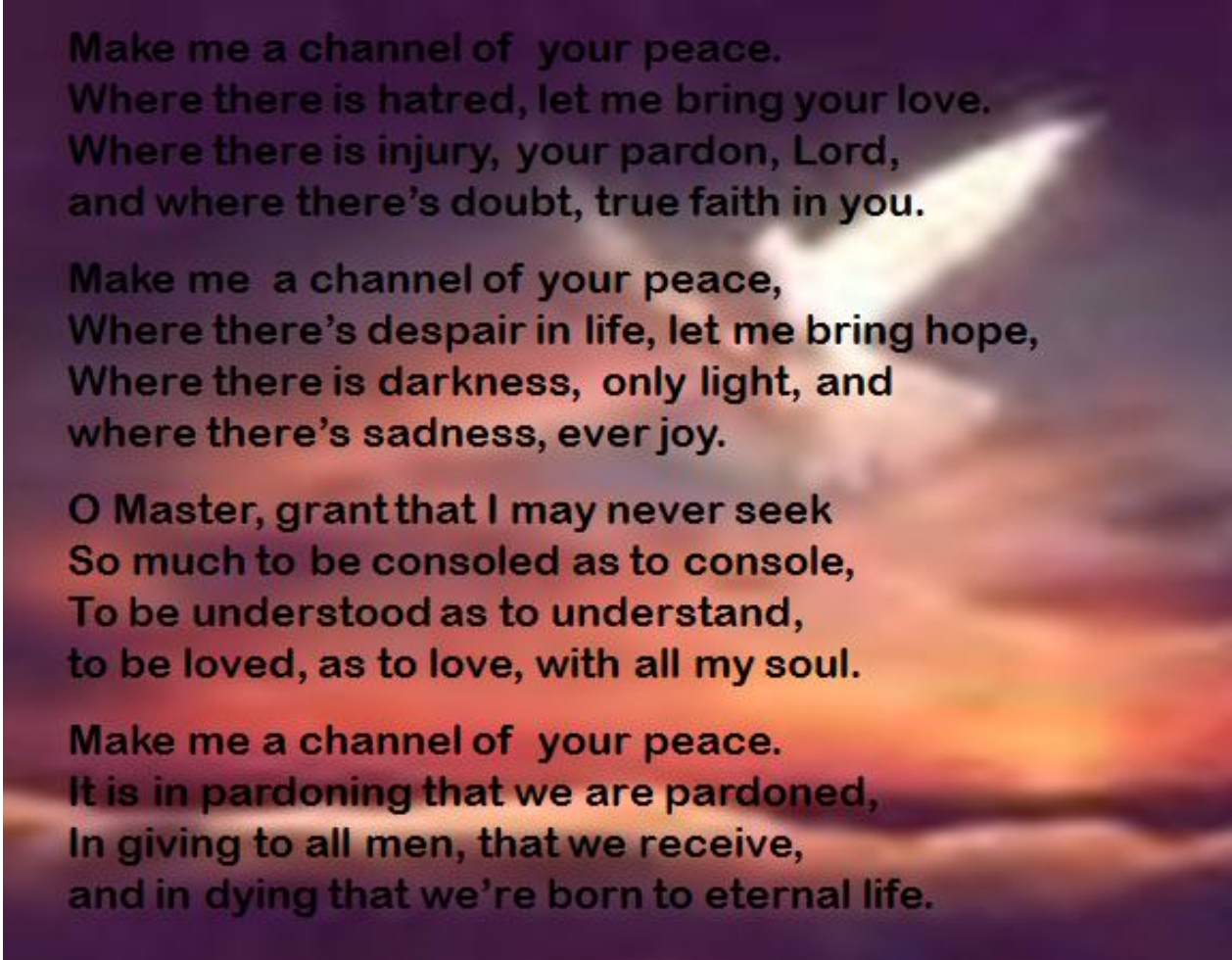
# Canticle of the sun

**Almost at the end of his life, Francis went blind. It was then that he wrote his beautiful prayer, the Canticle of the Sun.**



*Be praised, my Lord, through all your creatures,  
especially through my lord Brother Sun,  
who brings the day;  
and you give light through him.  
And he is beautiful and radiant in all his splendour!  
Of you, Most High, he bears the likeness.  
Be praised, my Lord,  
through Sister Moon and the stars;  
in the heavens you have made them,  
precious and beautiful.*

# St Francis Prayer



Make me a channel of your peace.  
Where there is hatred, let me bring your love.  
Where there is injury, your pardon, Lord,  
and where there's doubt, true faith in you.

Make me a channel of your peace,  
Where there's despair in life, let me bring hope,  
Where there is darkness, only light, and  
where there's sadness, ever joy.

O Master, grant that I may never seek  
So much to be consoled as to console,  
To be understood as to understand,  
to be loved, as to love, with all my soul.

Make me a channel of your peace.  
It is in pardoning that we are pardoned,  
In giving to all men, that we receive,  
and in dying that we're born to eternal life.

**Prayer of Saint Richard of Chichester (*Adapted  
for Children*)**

Thank you, Jesus.

My friend! My brother!

Help me know you more clearly.

Help me love you more dearly.

Help me follow you more nearly.

Amen.



# Prayer

Teaching children to pray is a vital part of introducing them to Jesus and reinforcing their relationship with God. Our Lord gave us prayer so we could communicate with him directly, and getting children comfortable with prayer helps them to understand that God is always close and accessible.



# Prayer

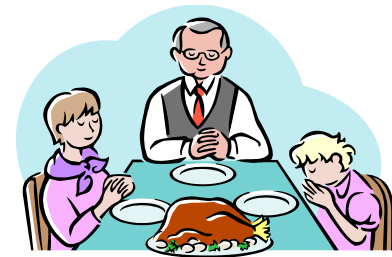
Be sure that children understand that prayer is simply a [conversation with God](#), one that is held with respect for his unending love and power, but that is spoken in our own words. In prayer we can and should speak to God in our own words. The best way to begin teaching your children about prayer is to pray in their presence. Look for opportunities to practice prayer in front of them, just as you would seek out instances to teach them about manners or good sportsmanship.

While praying in the [morning](#) or [before bed](#) is a common and valuable practice, God wants us to come to him with all things and at any time, so let your children see you praying throughout the day for a variety of needs.

When praying, try to keep the details and words appropriate to your child's age level.

Prayers for a good day at school, for pets, friends, and local, national and world events are perfect ideas for children of any age.

Show children that there is no correct length to prayer. Quick prayers such as asking for help with choices, for a happy birthday party or for protection and safe travels before going on a trip are ways to show children that God is interested in all aspects of our lives. Another type of quick prayer to model is as simple as saying something like, "Lord be with me," before getting into a challenging situation or, "Thank you, Father," when learning that a problem will be easier to work out than expected.





Longer prayers are better taught to older children who can sit still for a few minutes. These are a great way to teach them about God's all-encompassing greatness.

Here's a good way to model these prayers:

Start off by thanking God for being with you and for providing for your family, thank him for his great, [unconditional love](#), and express your reverence for all that he is.

Ask God to forgive your mistakes.

Then, either present your petitions to God, continue thanking and praising him for specific provisions and blessings, or do both.



## **Overcoming Shyness**

Some children will feel shy about praying out loud at first, and will say they can't think of anything to pray about. If this happens, you can first pray for something, then have the child finish your prayer. For example, thank God for grandma and grandpa and then your child can thank God for specific things about the grandparents, whether that's grandma's yummy cookies or a fishing trip with grandpa. Another way to overcome shyness is to simply have them repeat your prayers, but in their own words. For example, thank God for keeping people safe during a storm and ask him to help people who have lost their homes. Then, have your child pray for the same thing, but not parroting your words.

## **Be Supportive**

Reinforce that we can come to God with all things, and no request before God is too small or insignificant. Prayers are very personal, and a child's worries and concerns change at different ages. So, encourage your child to talk to God about whatever is on his or her mind. God loves to hear prayers for bike rides, a pet or a successful day



## Traditional Prayers are introduced to children as follows:

Aged 3 to 5-EY	KS1-aged 5 to 7 – all those listed in aged 3 to 5 and:	aged 7-11 – All those listed , and:
Sign of the cross	All those listed above, and:	I confess
Our Father	Sign of the cross	Angelus
Hail Mary	Our Father	Benedictus (Luke; 1:67-79)
Morning and Evening prayers	Hail Mary	Magnificent (Luke; 1:46-55)
Prayers before and after meals	Glory be to the Father	Eternal rest
Simple responses at Mass	Morning Offering	Act of Contrition
<ul style="list-style-type: none"> <li>• And with your spirit.</li> <li>• Peace be with you</li> <li>• Thanks be to God.</li> </ul>	Grace at Meals	The Mysteries of the Rosary
Greeting the Gospel (acclamation)	Act of Sorrow	Stations of the Cross Prayers at Mass: Penitential rite
Simple litanies of thanks and praise.	Mass responses	Glory to God (Gloria) Offertory prayers
Prayerful reflection on the day	Prayers at Mass	Eucharistic prayers for Masses with children
Prayers for the blessing of the Advent wreath	<ul style="list-style-type: none"> <li>• Lord have mercy,</li> <li>• Prayers of Intercession,</li> <li>• Children’s Eucharistic Prayer II)</li> </ul>	Holy holy, holy
Prayers for the lighting of the Advent candles	Prayers used at Baptism	Lamb of God
	Prayer for Lent (This is the wood of the cross)	Rite of dismissal
	Simple examination of conscience/ review of the day	Litany of the Saints
		Prayers used for sacramental rites Prayers from the liturgy for special feasts
		Funeral Mass prayers
		Blessing and giving of ashes
		Saints’ prayers, for example, St Teresa of Avila, St Francis of Assisi
		Some simple phrases from the psalms