

## Common prayers

Age phase	5–7 (KS1)	7–9 (Lower KS2)	9–11 (Upper KS2)	11–14 (KS3)
Prayers	<ul style="list-style-type: none"> <li>• The Sign of the Cross</li> <li>• The Lord’s Prayer</li> <li>• Hail Mary</li> <li>• Glory be</li> <li>• Grace before meals</li> <li>• Grace after meals</li> </ul>	<ul style="list-style-type: none"> <li>• The Apostles’ Creed</li> <li>• An Act of Contrition</li> <li>• Angel of God</li> <li>• Come, Holy Spirit</li> <li>• The Prayer of St Richard of Chichester</li> </ul>	<ul style="list-style-type: none"> <li>• Morning Offering</li> <li>• The Rosary</li> <li>• The Magnificat</li> <li>• Act of Faith</li> <li>• Act of Hope</li> <li>• Act of Love</li> </ul>	<ul style="list-style-type: none"> <li>• The Benedictus</li> <li>• The Angelus</li> <li>• Hail Holy Queen</li> <li>• The Memorare</li> <li>• Jesus, Mary and Joseph, I give you</li> <li>• Eternal Rest</li> </ul>

### The Sign of the Cross

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

The sign of the cross is both an action and a statement of faith.  
A physical reminder of our redemption in the cross and an expression of faith in the Trinity.

### 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.*

The Lord’s Prayer ‘is truly the summary of the whole of the Gospel’. (CCC 2761.)

### The 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.*

The first part of the Hail Mary is biblical, drawn from Gabriel’s greeting to Mary at the Annunciation and Elizabeth’s greeting at the Visitation. The second part of the prayer has its origins in 15th-century Italy.

## Glory be to the Father

*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.*

The doxology is a short expression of praise of the Trinity dating back to the early Church. It is used extensively in the Liturgy of the Hours and in devotions such as the Rosary.

## 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.*

## The Apostles' Creed

*I believe in God,  
the Father almighty  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,*

*At the words that follow, up to and including the Virgin Mary, all bow.*

*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.*

Based on baptismal documents of the 8th century but related to texts of an earlier origin.

## 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.*

One of the forms of the Penitent's Prayer of Sorrow found in the Rite of Penance.

## 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.*

The prayer is based on one by Reginald of Canterbury in the early 12th century.

## 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.*

This prayer is a compilation of a number of liturgical texts drawn from the Mass and Office of Pentecost and the Votive Mass of the Holy Spirit.

## 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 Rosary

For each mystery or decade, one Our Father, ten Hail Marys and the Glory be is recited.

### *The Joyful Mysteries*

*(Recited Monday and Saturday)*

The Annunciation (Luke 1:26–38)

The Visitation (Luke 1:39–45)

The Nativity (Luke 2:1–7)

The Presentation in the Temple (Luke 2:22–35)

The Finding in the Temple (Luke 2:41–52)

### ***The Mysteries of Light***

*(Recited Thursday)*

The Baptism of Jesus (Matthew 3:13–17)

The Wedding Feast of Cana (John 2:1–12)

The Proclamation of the Kingdom, with the call to Conversion (Mark 1:14–15; 2:3–12)

The Transfiguration (Luke 9:28–36)

The Institution of the Eucharist (Matthew 26:26–29)

### ***The Sorrowful Mysteries***

*(Recited Tuesday and Friday)*

The Agony in the Garden (Mark 14:32–42)

The Scouring at the Pillar (Matthew 27:15–26)

The Crowning with Thorns (Matthew 27:27–31)

The Carrying of the Cross (John 19:15–17; Luke 23:27–32)

The Crucifixion (Luke 23:33–38, 44–46)

### ***The Glorious Mysteries***

*(Recited Wednesday and Sunday)*

The Resurrection (Matthew 28:1–8)

The Ascension (Acts 1:6–11)

The Descent of the Holy Spirit (Acts 2:1–12)

The Assumption (1 Thessalonians 4:13–19)

The Coronation of Mary Queen of Heaven and Earth (Revelation 12:1; 14:1–5; Isaiah 6:1–3)

### ***Prayer concluding the Rosary***

*[Hail, Holy Queen, etc. as above]*

*V. Pray for us, O holy Mother of God.*

*R. That we may be made worthy of the promises of Christ.*

*Let us pray.*

*O God, whose only-begotten Son,  
by his life, death and resurrection,  
has purchased for us the rewards of eternal life,  
grant, we beseech thee,  
that meditating on these mysteries  
of the most holy Rosary of the Blessed Virgin Mary,  
we may imitate what they contain  
and obtain what they promise,  
through the same Christ our Lord.  
Amen.*

## 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.*

Mary's song of praise was first sung to her cousin Elizabeth (Luke 1:46–55).  
It is sung daily at Evening Prayer.

## 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 Benedictus

*Blessed be the Lord God of Israel:  
for he has visited his people and redeemed them;  
he has raised up for us a horn of salvation  
in the House of David his servant,  
as he spoke through the mouth of his holy ones,  
his prophets from ages past:*

*To grant salvation from our foes,  
and from the hand of all who hate us,  
showing mercy to our fathers,*

*remembering his holy covenant;*

*the oath he swore to Abraham our father,*

*To grant that freed from the hand of our foes, we  
may serve him without fear  
in holiness and righteousness all  
the days of our life.*

*And you, little child, will be called the  
Prophet of the Most High,  
for you will go before the Lord to  
make ready his ways:  
to grant knowledge of salvation to his people by  
the forgiveness of their sins;*

*Through the tender mercy of our God, the  
Dawn from on high will visit us,  
to shine on those who sit in darkness, and  
those in the shadow of death;  
to guide our feet into the way of peace.*

*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.*

The Canticle of Zechariah, father of John the Baptist, is taken from Luke's Gospel (Luke 1:68–79). It is sung daily at Morning Prayer.

## **The Angelus**

*V. The Angel of the Lord declared unto Mary. R.  
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.*

*V. Behold the handmaid of the Lord.  
R. Be it done unto me according to thy word.*

*Hail Mary.*

*V. And the Word was made flesh. R.  
And dwelt among us.*

*Hail Mary.*

*V. Pray for us, O holy Mother of God.  
R. 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.*

The Angelus is traditionally said three times a day: at 6am, 12 noon, and 6pm.

## 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.*

The Salve Regina is one of the Marian Anthems sung at Night Prayer.

## The Memorare

*Remember, O most gracious Virgin Mary,  
that never was it known that anyone who fled to thy protection,  
implored thy help, or sought thy intercession, was left unaided.  
Inspired by this confidence I fly unto thee,  
O Virgin of virgins, my Mother.  
To thee do I come, before thee I stand, sinful and sorrowful.  
O Mother of the Word Incarnate, despise not my petitions,  
but in thy mercy hear and answer me.  
Amen.*

A 16th-century version of a longer 15th-century prayer.

## Jesus, Mary and Joseph

*Jesus, Mary and Joseph, I give you my heart and my soul.  
Jesus, Mary and Joseph, assist me in my last agony.  
Jesus, Mary and Joseph, may I breathe forth my soul in peace with you.*

## Eternal Rest

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

Based on the Entrance Antiphon of the Mass for the Dead.

