

St Bernadette's Catholic Primary School

Prayer Book



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Prayer is integral to all that we do.

It is used daily to thank God, to say sorry, to praise God and to ask God to intercede and appeal to His goodness.

At our school, with Jesus in our hearts , we have:

The passion to love

The courage to fail

The strength to love

As a federation, we follow the charism gifts given to the patron saints of our two schools, St Bernadette and St Patrick.

We want to learn and be guided by their lives and experiences. We should live out these charism gifts they have given us in our day-to-day lives.

Courage - We face our fears and worries

Compassion - We help people who are suffering

Forgiveness - We let go of negative feelings

Perseverance - We keep going when things are tough



Our Daily Prayers

We begin our prayers with the Sign of the Cross. We touch our forehead, chest and each shoulder with our right hand. This reminds us of Christ's Cross by which he redeemed us.

The Sign of the Cross

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

Morning Prayer

Father in heaven, you love me,
you're with me night and day.

I want to love you always in all I do and
say.

I'll try and please you, Father, bless me through the day. Amen.

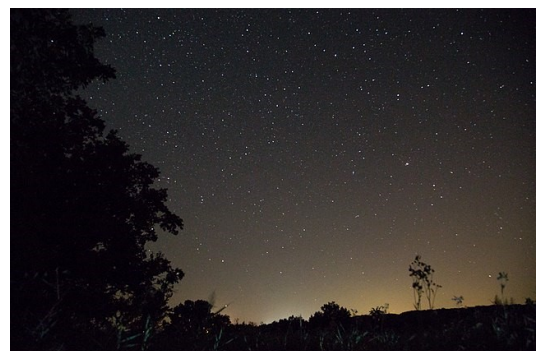


Night Prayer

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.



Grace before meals

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



Prayers of the Universal Church

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.

*In this prayer, we praise the
Holy Trinity: God the Father,
God the Son and God the
Holy Spirit.*

Glory Be (bow head)

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 Hail Mary

Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou amongst 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 was said for the first time by the Angel Gabriel. The second part was said by Elizabeth when Mary went to visit her.

God gave each one of us an angel to look after us. We cannot see the angel but we can pray to them. This is a prayer to your Guardian angel.

Prayer to Your 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, Rule and guide.
Amen.

Prayers used during Mass

This is a prayer we say to show God we are sorry. It is said during Mass.

The Confiteor (I Confess)

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned
in my thoughts and in my words,
in what I have done,
and in what I have failed to do;
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

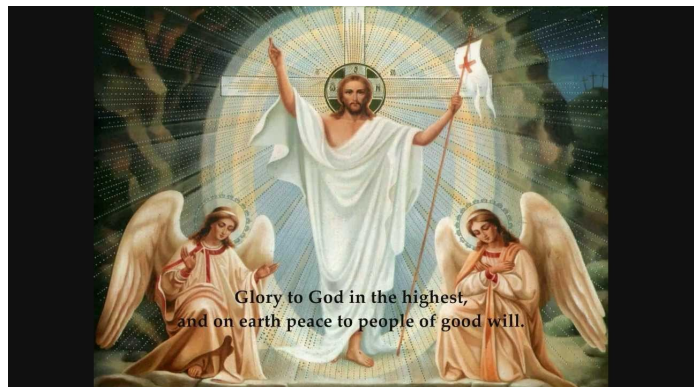


The Gloria

Glory to God in the highest,
and on earth peace to people of good will.

We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.



The creed is a statement which lists all that we believe in as Christians. The word “Creed” means “I believe”.

Apostles 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.

Nicene Creed

(Bow head from by the power of the Holy Spirit ...became man)

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

And in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.

For us men and for our salvation, he came down from heaven, and *by the power of the Holy Spirit was incarnate of the Virgin Mary, and became man.*

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the Prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come.

Amen.

The Sanctus ("Holy, Holy, Holy") is the most important of all the people's acclamations at Mass. It is meant to be a cheer, a joyful shout of thanks and praise to God.

The Sanctus

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory,

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

The Lamb of God

Lamb of God, you take away the sins of the world;
have mercy on us.

Lamb of God, you take away the sins of the world;
have mercy on us.

Lamb of God, you take the sins of the world;
grant us peace.



Other popular prayers

We say this prayer to show God we are sorry for the times we have not done the right thing.

Act of Contrition

O my God,
Because you are so good
I am very sorry that I have sinned
against you
and by the help of your grace
I will not sin again. Amen.



In these prayers, we pray for all those people who have died.

Eternal Rest

Eternal rest grant to them, O Lord,
And let perpetual light shine upon them.
May they rest in peace. Amen

May the souls of the faithful departed,
Through the mercy of God,
Rest in peace. Amen.



The Stations of the Cross

In the Stations of the Cross we walk with Jesus carrying the cross to Mount Calvary. We think of what he went through when he suffered and died to save us from sin.

*We especially focus on the stations of the cross during **Lent**.*

You will find the stations of the cross on the walls of your local church and within our prayer garden. Take time to stop at each station and think about what happened.

Station 1: Jesus is condemned to death

Jesus is scourged and crowned with thorns having been unjustly condemned by Pontius Pilate to die on the cross.

Station 2: The cross is laid on Jesus

Jesus accepts His Cross and in making this journey with it on his shoulders, thought of us, and offered to his Father the death he was about to undergo.

Station 3: Jesus falls the first time

When Jesus falls for the first time, he is so weakened he could scarcely walk. Yet he has to carry the great load of the Cross upon his shoulders.

Station 4: Jesus meets his Mother

When Jesus meets his mother, their looks became like so many arrows to wound those hearts which love each other so tenderly.

Station 5: Simon of Cyrene helps Jesus to carry his cross

Seeing Jesus was on the point of expiring, his tormentors, wishing him to die the shameful death of the Cross, constrained Simon of Cyrene to carry the Cross.

Station 6: Veronica wipes the face of Jesus

The holy woman named Veronica, seeing Jesus so ill-used, and bathed in sweat and blood, wiped his face with a towel.

Station 7: Jesus falls the second time

Consider the second fall of Jesus under the Cross; a fall which renews the pain of all the wounds in his head and members.

Station 8: Jesus meets the women of Jerusalem

The women wept with compassion at seeing Jesus in such a pitiable state, streaming with blood as he walked along.

Station 9: Jesus falls the third time

When he fell the third time, Jesus was weak in the extreme as his cruel executioners tried to hasten his steps when he could scarcely move.

Station 10: Jesus is stripped of his garments

Jesus was stripped by the executioners. His inner garments adhered to his torn flesh, and they dragged them off so roughly that the skin came with them.

Station 11: Jesus is nailed to the cross

Jesus, having been placed upon the Cross, extended his hands and offered to his eternal Father the sacrifice of his life for our salvation.

Station 12: Jesus dies on the Cross

Our Lord Jesus, after three hours of agony on the cross, abandoned himself to the weight of his body, bowed his head and died.

Station 13: Jesus is taken down from the Cross

Consider how, after Our Lord had expired, two of his disciples, Joseph and Nicodemus, took him down from the Cross, and placed him in the arms of his afflicted Mother.

Station 14: Jesus is laid in the tomb

Consider how the disciples, accompanied by his holy Mother, carried the body of Jesus to bury it. They closed the tomb, and all came sorrowfully away.

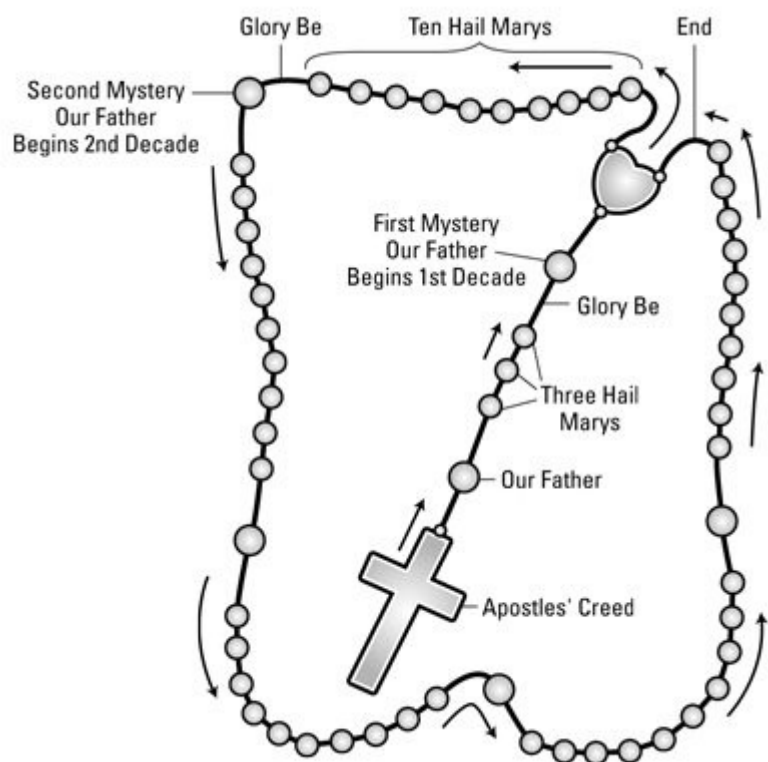


The Rosary

Prayed at anytime but especially through October and May.
This has been encouraged by Pope Francis.

How to pray the Rosary

1. Make the Sign of the Cross and say the “Apostles’ Creed”
2. Say the “Our Father”
3. Say three “Hail Marys” for Faith, Hope, and Charity
4. Say the “Glory Be”
5. Announce the First Mystery and then say the “Our Father”
6. Say ten “Hail Marys” while meditating on the Mystery
7. Say the “Glory Be”
8. Announce the Next Mystery; then say the “Our Father” and repeat these steps (6 through 8) as you continue through the remaining Mysteries.
9. Say the closing prayers: the “Hail Holy Queen” and “Final Prayer”
10. Make the “Sign of the Cross”



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).

THE TEN COMMANDMENTS OF GOD

- 1 I am the Lord your God; you shall not have strange gods before me.
- 2 You shall not take the name of the Lord your God in vain.
- 3 Remember to keep holy the Lord's day
- 4 Honour your father and your mother.
- 5 You shall not kill.
- 6 You shall not commit adultery.
- 7 You shall not steal.
- 8 You shall not bear false witness against your neighbour.
- 9 You shall not covet your neighbour's wife.
- 10 You shall not covet you neighbour's goods.

The Angelus

This prayer reminds us of when the Angel Gabriel was sent to Mary to tell her that she was going to have baby Jesus - the son of God. Some people say the Angelus three times a day: morning, noon and evening.

V: The Angel of the Lord declared unto Mary:

R: And she conceived of the Holy Spirit.

Hail Mary, full of grace ...

V: Behold the handmaid of the Lord:

R: Be it done to me according to thy word.

Hail Mary, full of grace ...

V: And the Word was made flesh:

R: And dwelt among us.

Hail Mary, full of grace ...

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

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



The Memorare

This is a prayer to help us remember how important and special Mary is to us in our lives.

Remember, O most loving Virgin Mary,
that it is a thing unheard of,
that anyone ever had recourse to your protection,
implored your help,
or sought your intercession,
and was left forsaken.

Filled therefore with confidence in your
goodness
I fly to you, O Mother, Virgin of virgins.
To you I come, before you I stand,
a sorrowful sinner.

Despise not my poor words,
O Mother of the Word of God,
but graciously hear
and grant my prayer.
Amen



The Magnificat

This is Mary's special prayer of praise to God. She prayed this when she was told she was going to be the mother of Jesus.

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 forever.



Nunc Dimittis

This prayer was said by Simeon when he saw Jesus in the temple. Simeon was an old man who desperately wanted to see the Messiah. When Mary and Joseph brought Jesus into the temple, Simeon was overjoyed and prayed this prayer.

At last, all powerful Master,
you give leave to your servant to go in peace,
according to your promise.

For my eyes have seen your salvation
which you have prepared for all nations,
the light to enlighten the Gentiles
and give glory to Israel, your people.

Give praise to the Father almighty,
to his Son, Jesus Christ, the Lord,
to the Spirit, who dwells in our hearts,
both now and forever.

Amen



The Benedictus

Elizabeth's husband, Zechariah, prayed this prayer of praise to God when he found out that he was to have a son, John the Baptist.

Blessed be the Lord, the God of Israel!

He has visited his people and redeemed them.

He has raised up for us a mighty saviour in the house of David
his servant,

As he promised by the lips of holy men, those who were his
prophets from of old.

A saviour who would free us from our foes, from the hands of
all who hate us.

So his love for our fathers is fulfilled and his holy covenant re-
membered.

He swore to Abraham our father to grant us, that free from fear,
and saved from the hands of our foes, we might serve him in
holiness and justice all the days of our life in his presence.

As for you, little child, you shall be called a prophet of God, the
Most High.

You shall go ahead of the Lord to prepare his ways before him.

To make known to his people their salvation through for-
giveness of all their sins, the loving-kindness of the heart of our
God who visits us like the dawn from on high.

He will give light to those in darkness, those who dwell in the
shadow of death, and guide us 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

POPE FRANCIS' FIVE FINGER PRAYER

1.) THE THUMB IS THE CLOSEST FINGER TO YOU. SO START PRAYING FOR THOSE WHO ARE CLOSEST TO YOU. THEY ARE THE PERSONS EASIEST TO REMEMBER. TO PRAY FOR OUR DEAR ONES IS A "SWEET OBLIGATION."

2.) THE NEXT FINGER IS THE INDEX. PRAY FOR THOSE WHO TEACH YOU, INSTRUCT YOU AND HEAL YOU. THEY NEED THE SUPPORT AND WISDOM TO SHOW DIRECTION TO OTHERS. ALWAYS KEEP THEM IN YOUR PRAYERS.

3.) THE FOLLOWING FINGER IS THE TALLEST. IT REMINDS US OF OUR LEADERS, THE GOVERNORS AND THOSE WHO HAVE AUTHORITY. THEY NEED GOD'S GUIDANCE.

4.) THE FOURTH FINGER IS THE RING FINGER. EVEN THAT IT MAY SURPRISE YOU, IT IS OUR WEAKEST FINGER. IT SHOULD REMIND US TO PRAY FOR THE WEAKEST, THE SICK OR THOSE PLAGUED BY PROBLEMS. THEY NEED YOUR PRAYERS.

5.) AND FINALLY WE HAVE OUR SMALLEST FINGER, THE SMALLEST OF ALL. YOUR PINKIE SHOULD REMIND YOU TO PRAY FOR YOURSELF. WHEN YOU ARE DONE PRAYING FOR THE OTHER FOUR GROUPS, YOU WILL BE ABLE TO SEE YOUR OWN NEEDS BUT IN THE PROPER PERSPECTIVE, AND ALSO YOU WILL BE ABLE TO PRAY FOR YOUR OWN NEEDS IN A BETTER WAY.



