



Prayer Policy

"Prayer cannot be reduced to the spontaneous outpouring of interior impulse: in order to pray, one must have the will to pray. Nor is it enough to know what the Scriptures reveal about prayer: one must know how to pray".
 Catechism of the Catholic Church Ch2 2650

Aims of the policy

The desired outcome for pupils will be knowledge and understanding:

- of some of the traditional prayers of the Church
- how to pray together
- that they can speak to God in formal prayer and in their own words
- of the variety of forms of prayer in Church

Curriculum Directory for Catholic Schools

Prayers are to be introduced from the time the children enter the Nursery. It is hoped to build on the prayer life brought from home. However, this cannot be taken for granted and some children will not be familiar with even the most common said prayers.

Prayers in the Foundation Stage	Prayer to be introduced at Key Stage One	Prayers to be introduced at Key Sage Two
<ul style="list-style-type: none"> • The sign of the Cross N • Simple prayers N • Our Father R • Hail Mary R • Morning Offering R • Grace before and after Meals R • Glory Be R <p>(It is recognised that some of the above prayers will be adult led and children will learnt over time.)</p>	<ul style="list-style-type: none"> • Our Father 1 • Hail Mary 1 • Night prayer 1 • Trinity Prayer 1 • Glory Be 2 • The Act of Contrition 2 <p>(It is recognised that some of the above prayers will be adult led and children will learnt over time.)</p>	<ul style="list-style-type: none"> • The Confiteor • The Angelus 3 • Prayer to the Holy Spirit 4 • Prayer For the Faithful Departed 4 • The Gloria 5 • Hail Holy Queen 5 • The Apostles' Creed 6 • The Magnificat 6 • <i>Prayer for our Holy Father The Pope</i> 6

Children should learn the following prayers by heart by the end of Key Stage 2:

<ul style="list-style-type: none"> • Our Father • Hail Mary • Morning offering • Grace before and after Meals • Night prayer 	<ul style="list-style-type: none"> • Act of Sorrow • Prayer to the Holy Spirit • The Apostles' Creed • The Confiteor • The Gloria
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This list is not exhaustive. There are many beautiful prayers that can be said in the context of the Mass, liturgies and other prayer services. As Catholic teachers we must introduce the wide variety of prayers that are used in our worship and reflection.

There should also be time for the children to be involved in quiet, reflective prayer. This should involve guided meditation with the use of music, art work and photographs and slides.

Children will become familiar with Mass response through attendance at Mass and at school celebrations. Revision of the responses should take place before each school Mass.

The learning of prayers should take account of the child's development. Learning the prayers by heart is to be actively encouraged.

“For me, prayer is a surge of the heart; it is a simple look toward heaven, it is a cry of recognition and of love, embracing both trial and joy”

St. Theresa of Lisieux

Prayers

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

<p><u>Our Father</u> 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.</p>	<p><u>Hail, Mary</u> 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.</p>
<p><u>Glory Be</u> 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.</p>	<p><u>Morning Offering</u> O Jesus, through the most pure heart of Mary, I offer you all the prayers, thoughts, works and sufferings of this day. God, my Father, I give you today, all that I think, and do and say. And I unite with all that was done by Jesus Christ, your dearest Son. Amen.</p>
<p><u>Grace at meals</u> (suggested) Bless us, O Lord, and these your gifts which we are about to receive by your goodness through Christ our Lord Amen.</p>	<p><u>Grace after meals</u> (suggested) We give you thanks, O Almighty God, for all your benefits, who lives and reigns, world without end. Amen</p>
<p><u>Act of Contrition</u> 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 try not to sin again.</p>	<p><u>Prayer to the Guardian Angel</u> 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.</p>

<p><u>The Apostles Creed</u> I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. I believe in the Holy Spirit, the holy Catholic Church, and the communion of Saints, the resurrection of the body, and the life everlasting. Amen.</p>	<p><u>Gloria</u> Glory to God in the highest, and peace to his people on earth. Lord God, heavenly King, almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ; only Son of the Father: receive our prayer. 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 glory of God the Father. Amen.</p>
<p><u>For the Faithful Departed</u> (<i>The De Profundis</i>) Eternal rest grant unto them, O lord. And let perpetual light shine upon them. May they rest in peace. May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.</p>	<p>Prayer to 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.</p> <p>Night Prayer God our Father, I come to say Thank you for your love today Thank you for my family And all the love you give to me Guard me in the dark of night And in the morning send your light. Amen.</p>
<p>Prayer for our Holy Father the Pope Let us pray for our Holy Father the Pope. Heavenly Father, guide and strengthen Pope Benedict XVI chief pastor of your Church; grant that by word and example he may lead your people to everlasting life. Through Christ our Lord. Amen.</p>	<p><u>Prayer to the Holy Spirit</u> Come Holy Spirit, fill the hearts of your faithful, and enkindle 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. Let us pray: O God, who has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in his consolation.</p>

<p><u>The Angelus</u> The Angel of the Lord declared to Mary: and she conceived of the Holy Spirit. Hail Mary....</p> <p>Behold the handmaid of the Lord: be it done to me according to your word. Hail Mary....</p> <p>And the Word was made flesh: and dwelt among us. Hail Mary....</p> <p>Pray for us, O holy Mother of God. That we may be made worthy of the promises of Christ.</p> <p>Let us pray: our 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 the same Christ our Lord. Amen.</p> <p>May the divine assistance remain always with us and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.</p>	<p>Mysteries of the Rosary <i>Joyful Mysteries</i></p> <ol style="list-style-type: none"> 1. The Annunciation 2. The Visitation 3. The Birth of Jesus 4. The Presentation 5. Finding of the child Jesus in the Temple <p><i>Sorrowful Mysteries</i></p> <ol style="list-style-type: none"> 1. Agony in the Garden 2. Scourging at the pillar 3. Crowning with Thorns 4. Jesus carries his cross 5. The Crucifixion <p><i>Glorious Mysteries</i></p> <ol style="list-style-type: none"> 1. Resurrection of Jesus 2. Ascension of Jesus 3. The Descent of the Holy Spirit on the Apostles 4. Assumption of Mary 5. Crowning of Our Lady as Queen of heaven <p><i>Luminous Mysteries</i></p> <ol style="list-style-type: none"> 1. The Baptism in the Jordan 2. The Wedding at Cana 3. The Proclamation of the Kingdom 4. The Transfiguration 5. The Institution of the Eucharist
<p><u>Hail, Holy Queen</u> Hail, holy queen, mother of mercy; hail, our life, our sweetness, and our hope! To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this vale of tears. Turn, then, most gracious advocate, your eyes of mercy towards us; and after this our exile, show to us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God. That we may be made worthy of the promises of Christ.</p>	<p>The Confiteor</p> <p>I confess to almighty God, and to you my brothers and sisters, that I have sinned through my own fault in my thoughts and in my words, in what I have done and in what I have failed to do; and I ask the Blessed Mary, ever Virgin, all the angels and saints and you, my brothers and sisters, to pray for me to the Lord our God.</p>

Prayer of St. Francis of Assisi

Lord, make me an instrument of your peace:
where there is hatred let me sow peace,
where there injury let me sow pardon,
where there is doubt let me sow faith,
where there is despair let me give hope,
where there is darkness let me give light,
O Divine Master, grant that I may
not try to be comforted but to comfort,
not try to be understood but to understand,
not try to be loved but to love.
Because it is in giving that we receive,
it is in forgiving that we are forgiven,
and it is in dying that we are born to
external life.

Stations of the Cross

1. Jesus is condemned to death.
2. Jesus carries his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus speaks to the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.

The Magnificat

My soul magnifies the Lord,
And my spirit rejoices in God my Saviour.
For He has regarded the low estate of His handmaiden,
For behold, henceforth all generations shall call me blessed.
For He who is mighty has done great things for me, and holy is His name. And His
mercy is on those who fear Him from generation to generation.
He has shown strength with His arm:
He has scattered the proud in the imagination of their hearts.
He has put down the mighty from their thrones,
and exalted those of low degree.
He has filled the hungry with good things;
and the rich He has sent empty away.
He has helped His servant Israel, in remembrance of His mercy;
As He spoke to our fathers, to Abraham and to His posterity forever.
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