

**St Michael  
Class  
Prayer Book**



### **Sign of the Cross**

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

### **School Prayer**

Father in heaven,  
We give you today, all that we think, and do, and say,  
And we join it with all that was done by Jesus Christ, Your Son.  
Amen.

### **Morning Prayer**

Good morning Lord,  
We praise Your Holy name,  
And thank You for giving us this lovely new day.  
Amen.

### **Grace before meals**

Bless us O Lord as we sit together.  
Bless the food we eat today.  
Bless the hands that made the food.  
Bless us O Lord.  
Amen.

### **End of Day Prayer**

Lord our day is ending now, stay close to us we pray.  
Keep us safely in Your love and guide us in Your way.  
Amen.

## 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.

*When one of the disciples asked  
Jesus how to pray, He taught us  
the Our Father prayer.*

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 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 in 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.*



## 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.

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

*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.

## **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.

## **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.



## 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.

## 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.

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

## Stations of the Cross

1. Jesus is condemned to death.
2. Jesus accepts his cross.
3. Jesus falls for the first time.
4. Jesus meets his mother
5. Simon helps carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls for the second time.
8. Jesus speaks to the women.
9. Jesus falls for the third time.
10. Jesus 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.



*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.*

## The Rosary

### The Joyful Mysteries

1. The Annunciation to Mary.
2. The Visitation to Elizabeth.
3. The Nativity (Birth of Jesus).
4. The Presentation of Jesus in the Temple.
5. The finding of Jesus in the Temple.

### The Luminous Mysteries

1. The Baptism of Jesus in the River.
2. The Wedding at Cana.
3. The Proclamation of God's Kingdom.
4. The Transfiguration of Jesus.
5. The Institution of the Eucharist.

### The Sorrowful Mysteries

1. The Agony in the Garden.
2. The Scourging at the Pillar.
3. The Crowning with Thorns.
4. The Carrying of the Cross.
5. The Crucifixion.

### The Glorious Mysteries

1. The Resurrection of Jesus.
2. The Ascension of Jesus.
3. The Coming of the Holy Spirit.
4. The Assumption of Mary.
5. The Crowning of Mary.



*The Rosary is a prayer to Mary. It consists of 5 decades, each beginning with a short thought about one of the mysteries. In each decade we say 1 Our Father, 10 Hail Marys and 1 Glory Be. We can use the Rosary beads to help counting. There are 4 sets of Mysteries.*

### **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 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.

*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.*

