



Year Three  
Prayer and progression  
Booklet

## Our Mission at St Wilfrid's

Working hand in hand with home, Parish and wider community, St Wilfrid's School family will nurture, respect and value each individual, as we learn and love on our journey with Jesus by living the Gospel in the Spirit of Love and Respect.

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

I give you today,

All that I think and do and say,

All my work and all my happy play,

I will give to you today.

Amen.

Lunchtime Prayer

Bless us Oh Lord ,

and these Thy gifts,

which we are about to receive

from Thy bounty,

through Christ our Lord,

Amen

Home time Prayer

Now the day is over,  
we lift our hands and say,  
Thank you Heavenly Father for today.

We are sorry for the wrong things,  
But glad about the right,  
Keep us Heavenly Father,  
In your love tonight.

Amen

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 every shall be,  
world without end.

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.

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 mass only)

For the kingdom,

the power and the glory are yours

now and forever

Amen

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.

Act of Sorrow

O my God, because you are so good,

I am very sorry that I have sinned against you

And with your help

I will try not to sin again

Amen.

Eucharistic Prayer

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.

Lamb of God

Lamb of God, you take away the sin of the world,

Have mercy on us.

Lamb of God, you take away the sin of the world,

Have mercy on us.

Lamb of God, you take away the sin of the world,

Grant us thy peace.