



Prayer Development

“My little children, your hearts are small but prayer stretches them ...” St John Vianney

To love You more dearly: The Prayer and Liturgy Directory for Catholic Schools, Academies and Colleges in England and Wales

7.1. Introduction

The Catholic tradition encompasses many different forms of prayer and liturgy. These range from times of reflective prayer and devotion to services built around the scriptures, to the celebration of Mass. These forms of prayer and liturgy are a rich resource for schools, and by virtue of their breadth they provide flexible models which can be adapted to fit different needs and occasions. It is important for schools to experience the richness and diversity of the Church's prayer and liturgy. To offer a limited range risks narrowing the school community's access to opportunities for spiritual growth and experience of the Catholic tradition.

In this section, we consider basic structures of prayer and liturgy; the starting point of reference is a celebration of the word built around the proclamation of scripture. There is an overview of the Mass, which is the central act of Catholic liturgy. This is followed by Reconciliation and then various forms of prayer and devotion, concluding with a consideration of individual prayer.

7.7. Other times of prayer

Throughout the day there are opportunities for short times of prayer. These often mark the time of day and the rhythm of the school timetable.

Beginning and ending of the day

To begin and end each school day in prayer helps to put the whole day into perspective. There are three basic models of prayer. Each usually begins and ends with the sign of the cross and includes a pause for silence. Always consider the current liturgical season and how it might affect the prayer. The three basic models are:

- A single prayer, suitable for the time of day (such as the Morning Offering), or one which may be drawn from the writings of Saints (e.g., Saint Teresa of Avila or Saint John Henry Newman) and prayed from memory.
- A simple structured pattern of prayer, with perhaps a short reading or psalm verse, prayer for others and a concluding prayer.
- A time of prayer which has some more spontaneous elements, such as improvised prayers or intercessions.

Grace before and after meals

This is a good Catholic tradition thanking God for the food provided and remembering those in need. There are many resources available.

	Key Stage 1 (5-7 years)	Lower Key Stage 2 (7-9 years)	Upper Key Stage 2 (9-11 years)
Common Prayers (Ref To love You more dearly Section 7.1, 7.7 and pages 72-76)	<ul style="list-style-type: none">• The Sign of the Cross• The Lord's Prayer• Hail Mary• Glory be• Grace before meals• Grace after meals	<ul style="list-style-type: none">• The Apostles' Creed• An Act of Contrition• Angel of God• Come, Holy Spirit• The Prayer of St Richard of Chichester	<ul style="list-style-type: none">• Morning Offering• The Rosary• The Magnificat• Act of Faith• Act of Hope• Act of Love



Prayer Development

“My little children, your hearts are small but prayer stretches them ...” St John Vianney

Key Stage 1

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.



CORPUS CHRISTI CATHOLIC PRIMARY SCHOOL

ONE BODY, MANY PARTS

Prayer Development

“My little children, your hearts are small but prayer stretches them ...” St John Vianney

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	Grace after meals
Bless us O God as we sit together. Bless the food we eat today, Bless the hands that make our food, Bless us O God. Amen	Thank you God for the food we have eaten, Thank you God for all my friends Thank you God for everything, Thank you God. Amen

School prayers which mark the time of day and the rhythm of the school timetable

Morning prayer	Home time 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 to please you Father, Bless me through the day. Amen	God our Father, we 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.



Prayer Development

“My little children, your hearts are small but prayer stretches them ...” St John Vianney

Lower Key Stage 2

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



Prayer Development

“My little children, your hearts are small but prayer stretches them ...” St John Vianney

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.



Prayer Development

“My little children, your hearts are small but prayer stretches them ...” St John Vianney

Upper Key Stage 2

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.
Amen

Act of Faith	Act of Hope	Act of Love
My God, I believe in you and all that your Church teaches, because you have said it, and your word is true. Amen	My God, I hope in you, for grace and for glory, because of your promises, your mercy and your power. Amen	My God, because you are so good, I love you with all my heart, and for your sake, I love your neighbour as myself. Amen



Prayer Development

“My little children, your hearts are small but prayer stretches them ...” St John Vianney

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 Mysteries of Light (Recited Thursday)	The Sorrowful Mysteries (Recited Tuesday and Friday)	The Glorious Mysteries (Recited Wednesday and Sunday)
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 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 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 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 (Salve Regina)- KS3

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.

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

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

V. 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.



Prayer Development

“My little children, your hearts are small but prayer stretches them ...” St John Vianney

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.