





## Prayers for home

We believe that prayer is a shared experience, a conversation with God. We all have our own way of 'talking and listening to God'. There is no right or wrong way to pray.

We believe the traditional prayers we say regularly in our school parish community are important to pass on to our children.

We have included the main prayers we say to help your child to become familiar with them and enjoy the experience of praying together at home.



The church teaches that family is prayer is about family life and it involves: "joys, sorrows, hopes and disappointments, birth and birthday celebrations, wedding anniversaries..."

Pope John Paul II

#### The Sign of the Cross

In the name of the Father, And of the Son, And of the Holy Spirt, 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 to please you Father, Bless me through the day. Amen



## Prayer before 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



## **Prayer after Meals**

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

#### Home Time Prayer

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 fark of night and
in the morning send your light.
Amen.



## **Lords 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.





#### 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.

## 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.



#### **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.



# Confiteor

I confess to God Almighty
and to you, 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.

#### <u>Home</u>

'Our home is just a little house...but God knows where we live'
Bless this house as we all come and go,
Bless our home as the children to and fro,
Bless our family as they gather here,
In home or thoughts keep family and friends near.

Grandparents are a treasure, they are the guarantors of the affection and tenderness which every human being needs to give and receive.

# Pope Benedict XVI



Night prayer is important too. The end of the day is an opportunity to share a quiet time with your child or children and to thank God for the challenges of the day. We hope you enjoy the experience of praying with your child.

A family prays in Leeds Diocese...
"We pray with our children every night and have developed this formular at the moment which works before bedtime.

Each person in turn thanks God for one thing that dayfor instance going swimming or a special person.

Finally a shared Our Father or Hail Mary.

Each night a different person leads the prayers in turn. (This is a good thing for children and adults to experience before bedtime!)"

**Eternal Rest** (to remember those dear to us who have died)

Eternal rest, grant unto them, O Lord, and let the perpetual light shine upon them, may they rest in peace. Amen.



#### Guardian Angel

Angel or God, my guardian dear, to whom God's love commits me here, ever this day (or night) be at my side, to light and guard, to rule and guide, Amen

# **God Hear My Prayer**

God in heaven hear my prayer, Keep me in thy loving care. Be my guide in all I do, Bless all those who love me too. Amen.

