


ST. BEDE'S



CATHOLIC ACADEMY



St. Bede's Prayer Book

**'Together with Christ, we grow in Faith and
Knowledge.'**

At St. Bede's praying is an essential part of our school community. We have included some of the main prayers we say in school to help you with praying at home as a family.

Prayer is a shared experience and a special conversation with God. At St. Bede's we recognise that we all have our own way of being close to God. There is no right or wrong way to pray.

We regularly say traditional prayers both in our school parish community and in our school. Please help your child to become familiar with the prayers and enjoy the experience of praying together at home as a family.

We hope you enjoy praying with your children at home as much as we do in our school community.



The Sign of the Cross

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

School Prayer

O Lord bless our school,
May we live happily together,
May our school be full of joy,
May love dwell here among us every day,
Love one another,
Love of all people everywhere,
Love of life itself,
And love of God.
Let us remember that as many hands build a house,
So every child can make St. Bede's a better place.

The Sign of The Cross



1. With your right hand, touch your forehead and pray, "In the name of The Father."

2. Touch the center of your chest and pray, "and of The Son."



3. Touch your left shoulder and pray, "and of The Holy..."



4. Touch your right shoulder and pray, "Spirit, Amen."

Morning Prayer

O my God 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

Grace before meals

Bless us, O Lord,
and these Thy gifts, which we are about to receive from Thy bounty,
through Christ our Lord. Amen.

Grace After Meals

Thank you, *God*,
for the food we have eaten.
Thank you, *God*,
for all our friends. Thank you, *God*,
for everything,
Thank you, *God*.
Amen.

Evening Prayer

God our Father,
I 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



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.

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.



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

Act of sorrow

O my God,

I thank you for loving me.

I am sorry for all my sins, for not loving others and not loving you.

Help me to live like Jesus and not sin again.

Amen



Home Time Prayer

God our Father, I 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.

Eternal Rest (to remember those dear to us that have died)

Eternal rest give unto them O Lord

And let perpetual light shine upon them.

May they rest in peace.

Amen.

Prayers at home

Night time 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. Encourage your child to talk to God about whatever is on his or her mind. God loves to hear prayers for bike rides, a frog in the garden or even a successful tea party with dolls. We hope you enjoy the experience of praying with your child.