



## Prayer and Worship

At St. Joseph's Catholic Primary School, the children are taught traditional Catholic prayers in each year groups. These prayers can be used at home to support parents in developing their children's knowledge of prayer and to continue to develop their children's understanding of what the words mean to us as Christians today. 10-15 minutes a day is dedicated to prayer in KS2/ KS1 and slightly shorter time for younger children in the Foundation Stage.

Various forms and styles of prayer are taught, such as traditional prayers, spontaneous prayer, praying with scripture, contemplation, mantra, silent and reflective meditation, hymns, litanies. Our Eucharistic and non-Eucharistic liturgies will prepare our pupils for the liturgical life of the Church.

### Daily

Each class shares the morning, lunch and end of day school prayers.

### Weekly

Each class also engages in some form of meditation, spontaneous prayer and traditional prayers. Spontaneous prayers are written in the class prayer book and answers to previous prayers are reflected on.

F1	Learn to sing/say morning, end of day prayer & grace. Bless themselves making the sign of the cross
F2	Continuing building on F1 & introducing above to new children. Learning to focus their prayer in a spontaneous way- giving thanks and praise -praying for friends & family. Learn traditional Prayer -Our Father Responses at mass – And with your Spirit. Greet the Gospel- Alleluia-
Year 1	Learning to make up their own prayers. Learn traditional prayer - Hail Mary. Responses at mass- <i>Lord have mercy- Christ have mercy</i>
Year 2	Learn traditional prayer - Glory Be. Introduce simple scripture verses to help the children use them as a way of praying. Prayers at mass- Prayers of intercession [ <i>Lord in your mercy- Hear our prayer</i> ].
Year 3	Learning how to understand the examination of conscience as a positive way of showing our love for God and each other. Learn traditional prayer- Act of Contrition. Prayers at mass- I confess.
Year 4	Learning to use traditional methods of prayer and to adapt them to their needs e.g. Rosary, litanies. Learn traditional prayer Magnificat. Prayers at mass –Lamb of God & Rite of dismal [Thanks be to God]
Year 5	Introduce images and symbols as a way into prayer using art, music, poetry and prose. Learn the traditional prayers Angelus. Prayers at mass – Holy Holy & Glory to God
Year 6	Introduce the concept of making our lives a prayer. Learning that everything that we do can be given to God. Learn traditional prayers –Eternal rest & Stations of the Cross. Prayers at mass- Creed & Offertory prayers



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## School Prayers

### Morning Prayer

Thank you God for this new day, in our school to work and play.  
Please be with us all day long, in every story game and song.  
May all the happy things we do, make you our Father happy too. Amen

### Sung Morning Prayer

Good morning Lord we praise your Holy name,  
and thank you for giving us this lovely new day.  
Good morning Lord we praise your Holy name,  
and thank you for giving us this lovely new day

### Grace

Bless us Oh God as we sit together. Bless the food we eat today.  
Bless the hands that make the food. Bless us, Oh God. Amen

### End of Day Prayer

God my 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

### Sung End of Day Prayer

Now the day is over we lift our hands and say,  
thank you heavenly Father for today.  
We're sorry for the wrong things but glad about the right.  
Keep us heavenly Father in your love tonight.

### Sung Meditation start prayer

Jesus open our ears to hear your voice, open our eyes to see your face,  
open our mouths to say your words, open our hearts to your love. [Repeat]

### Sung Meditation Final Blessing

We call on you oh God and on Jesus Christ your son,  
by the power of the Spirit that makes us truly one.  
We ask you to bless us and lead us in your ways,  
as you guide us on our journey every day.



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## **Traditional Prayers**

### **Our Father [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 devil 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 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 forever shall be  
world without end. Amen

### **Act of Contrition**

O my God, I am very sorry for all my sins,  
because they offend you who are so good,  
and with your help I will not sin again. Amen

### **Eternal Rest**

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



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### Penitential Rite [I confess]

I confess to almighty God  
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 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. Amen

### Gloria

Glory to God in the highest,  
and on earth peace to people of good will.  
We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.  
Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High  
Jesus Christ, with the Holy Spirit,  
in the glory of God the Father. Amen

### Lamb of God

Lamb of God, you take away the sins of the world, have mercy on us.  
Lamb of God, you take away the sins of the world, have mercy on us.  
Lamb of God, you take away the sins of the world, grant us peace.



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### Holy Holy

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

### Creed [Profession of Faith]

I believe in one God

the Father almighty

maker of heaven and earth,

of all things visible and invisible.

I believe in one Lord Jesus Christ,

the Only Begotten Son of God,

born of the Father before all ages.

God from God, Light from Light,

true God from true God,

begotten, not made, consubstantial with the Father;

through him all things were made.

For us men and for our salvation

he came down from heaven,

and became man, and by the Holy Spirit was incarnate of the Virgin Mary,

and became man.

For our sake he was crucified under Pontius Pilate,

he suffered death and was buried

and rose again on the third day

in accordance with the Scriptures.

He ascended into heaven

and is seated at the right hand of the Father.

He will come in glory

to judge the living and the dead

and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,

who proceeds from the Father and the Son,

who with the Father and the Son is adored and glorified,

who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one Baptism for the forgiveness of sins

and I look forward to the resurrection of the dead

and the life of the world to come, Amen



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### The Apostle's Creed

I believe in God,  
the Father Almighty,  
Creator of Heaven and earth;  
and in Jesus Christ, His only Son, Our Lord,  
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 arose 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 the life everlasting. Amen

### The Magnificat

My soul glorifies the Lord,  
my spirit rejoices in God my saviour.  
He looks on his servant in her lowliness;  
henceforth all generations will call me blessed.  
The Almighty works marvels for me.  
Holy his name!

His mercy is from age to age,  
on those who fear him. He puts forth his arm in strength  
and scatters the proud hearted.  
He casts the mighty from their thrones  
and raises the lowly.  
He fills the starving with good things,  
sends the riches away empty.  
He protects Israel, his servant,  
remembering his mercy,  
the mercy promised to our fathers,  
to Abraham and his sons 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



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### Rosary

The Rosary begins with the Apostles Creed,  
followed by one Our Father, three Hail Marys & a Glory Be.  
Next come five mysteries, each consisting of one Our Father, ten Hail Marys, a Glory Be.  
Conclude with the Hail Holy Queen.

### Hail Holy Queen

Hail, holy Queen, Mother of mercy, 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

### Angelus

V. The Angel of the Lord declared unto Mary.  
R. And she conceived of the Holy Spirit.  
*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*  
V. Behold the handmaid of the Lord.  
R. Be it done unto me according to thy word.  
*Hail Mary, etc.*  
V. And the Word was made Flesh.  
R. And dwelt among us.  
*Hail Mary, etc.*  
V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the promises of Christ.  
LET US PRAY  
Pour forth, we beseech Thee, O Lord,  
Thy grace into our hearts,  
that we to whom the Incarnation of Christ,  
Thy Son, was made known  
by the message of an angel,  
may by His Passion and Cross  
be brought to the glory of His Resurrection.  
Through the same Christ Our Lord. Amen.



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## Guidelines for prayer

St Paul says that we do not know how to pray but the Spirit prays within us  
***“ the love of God flooding our inmost heart through the Holy Spirit he has given us”***  
[Romans 6:5]

### Spontaneous Prayer

A simple but effective prayer time can centre around a candle, as a focal point. After the stilling time, invite the children to pass the candle around the circle and pray for anything they want – an asking prayer, a prayer of praise, a sorry prayer, a thanks giving prayer. If they do not feel able to pray aloud invite them just to hold the candle in silent prayer and pass it on.

### Litanies

These provide a semi-structure for spontaneous prayer. As they use refrains such as-:

‘For .....We thank you, God’  
‘.....Pray for us’  
‘ For the times.....We are sorry Lord’  
‘When ..... I will show I care, Jesus’

### Praying with Scripture

Instil in the children a sense of reverence for the Bible. Raise it up high and all sing Alleluia.

Choose a line of scripture for the prayer time like those mentioned below. Read it aloud from the Bible and then pass the Bible round so each child holds it and each one repeats the line.

*“Your Word, O Lord, is a light to guide me”*  
*“Be still and know that I am God”* [Psalm 46:10]  
*“Your words are spirit, Lord, and they are light”*  
*“ Where two or three are gathered in my name, I am there with them”* [Matthew 18:20]  
*“Let the children come to me”*  
*“Peace be with you”*  
*“ The Lord is my Shepherd”*  
*“Remember I am always with you”*

### Praying with a Mantra

A mantra is a holy word or phrase which is repeated such as -:

‘Jesus, I love you’ ‘Light of the world’ ‘Come, Lord, Jesus’ ‘Rest in me’ ‘Peace’  
‘Hope’ ‘Abba’



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## Meditation

There are various forms of meditation here are a few examples:

**Silent Meditation** This is the act of simply being silent and still and just being. One minute of meditation per year of chronological age. Refer to wheel of prayer in **Appendix 5**.

**Guided Meditation** This is another way of praying with Scripture. Choose a Scripture. Do a stilling exercise. Read passage and ask children to try to imagine they are someone in the story. Ask anyone if they would like to share what happened- What did they see, hear, did Jesus speak to them, what he was doing etc.

**Praying with the other artefacts** Imaginative prayer acknowledges the gift and power of the Holy Spirit at work in each one of us. If we believe we can find God in all things, everything and every situation can be a source of prayer. Nurture in children wonder, awe, reverence, praise or joy. Begin with a relaxation exercise. Focus on object chosen e.g. stone, leaf, cross, shell, mirror, statues, incense, box etc. Ask them to feel it, look at colours etc. Ask what does it make them think of? Does it tell you anything about God? Does it tell you anything about yourself? Invite children to go into their heart space and talk to Jesus about anything that has come to their minds and hearts.

### Praying with Icons, Pictures, Photos & Posters

One icon, picture or poster can be used as the focus [or even a power point]. Bring children to stillness and invite them to gaze at the picture for a few minutes in silence. Ask them to ask themselves: What do I see? What do I feel? What do I like? – They can then either silently talk to God about what they feel or pray aloud spontaneously about anything that strikes them.

### Praying with Music

St Augustine said that ‘the person who sings prays twice.’ Music can be used to sing prayers or to reflect/meditate upon. Instrumental or music with words can be played to be reflected on. Ask children: How the music or song made them feel? Did they picture anything?

### Praying through Dance, Movement, Action & Gesture

Simply holding hands during prayer or passing on a sign of peace by a squeeze of the hand is an easy way to start. Raising hands slowly during a response then lowering them to a litany such as: ‘For the sea and sky ... we give thanks with our whole selves’ Write the name God or Jesus in the air to music. Use actions to Lord’s Prayer. Use sign language. Use action songs. Pass on a blessing – lay hands on head and say ‘May God Bless you.’

### Prayer Books

Read aloud and after a silence ask children to prayerfully share a word or phrase that struck them.



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