



St Joseph's  
Catholic Primary School

# Year 3 Prayer Book

Name

Love and Learn in the Footsteps of Christ



# Overview of Prayer Progression

## FOUNDATION 1

- Learn to sing/say morning, end-of-day prayer and grace.
- Bless themselves by making the Sign of the Cross.

## FOUNDATION 2

- Continue building on F1 and introducing the above to new children.
- Learning to focus their prayer in a spontaneous way - giving thanks and praise - praying for friends and family.
- Learn traditional prayers and responses at Mass: 'Our Father', 'And with your Spirit' and the 'Alleluia' when welcoming the Gospel.

## YEAR 1

- Learning to make up their own prayers.
- Learn traditional prayer: 'Hail Mary'.
- Responses at Mass: 'Lord have mercy - Christ have mercy'.

## YEAR 2

- Learn traditional prayer: 'Glory Be' and 'Hail Holy Queen'.
- Introduce simple scripture verses to help the children use them to pray.
- Prayers at Mass and prayers of intercession ('Lord in your mercy - Hear our prayer').

## 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

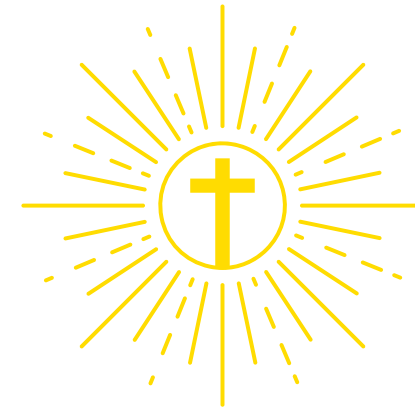
- Learning to use traditional prayer methods and adapt them to their needs e.g. the Rosary and litanies.
- Learn traditional prayer: 'Magnificat'.
- Prayers at Mass: 'Lamb of God' and 'Rite of Dismissal (Thanks be to God)'.

## YEAR 5

- Introduce images and symbols as a way into prayer using art, music, poetry and prose.
- Learn the traditional prayer of the 'Angelus'.
- Responses and prayers at Mass - 'Holy Holy' and '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' and 'Stations of the Cross'.
- Prayers and responses at Mass: Creed and Offertory prayers.



# School Prayers

## Morning Prayer

Father in Heaven, we give you today,  
All that we think and do and say.  
We offer it up, with all that was done,  
on Earth by Jesus Christ your son.

## Lunchtime Prayers

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.

## End of Day Prayer and Grace

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.

# Traditional Prayers

## Our Father

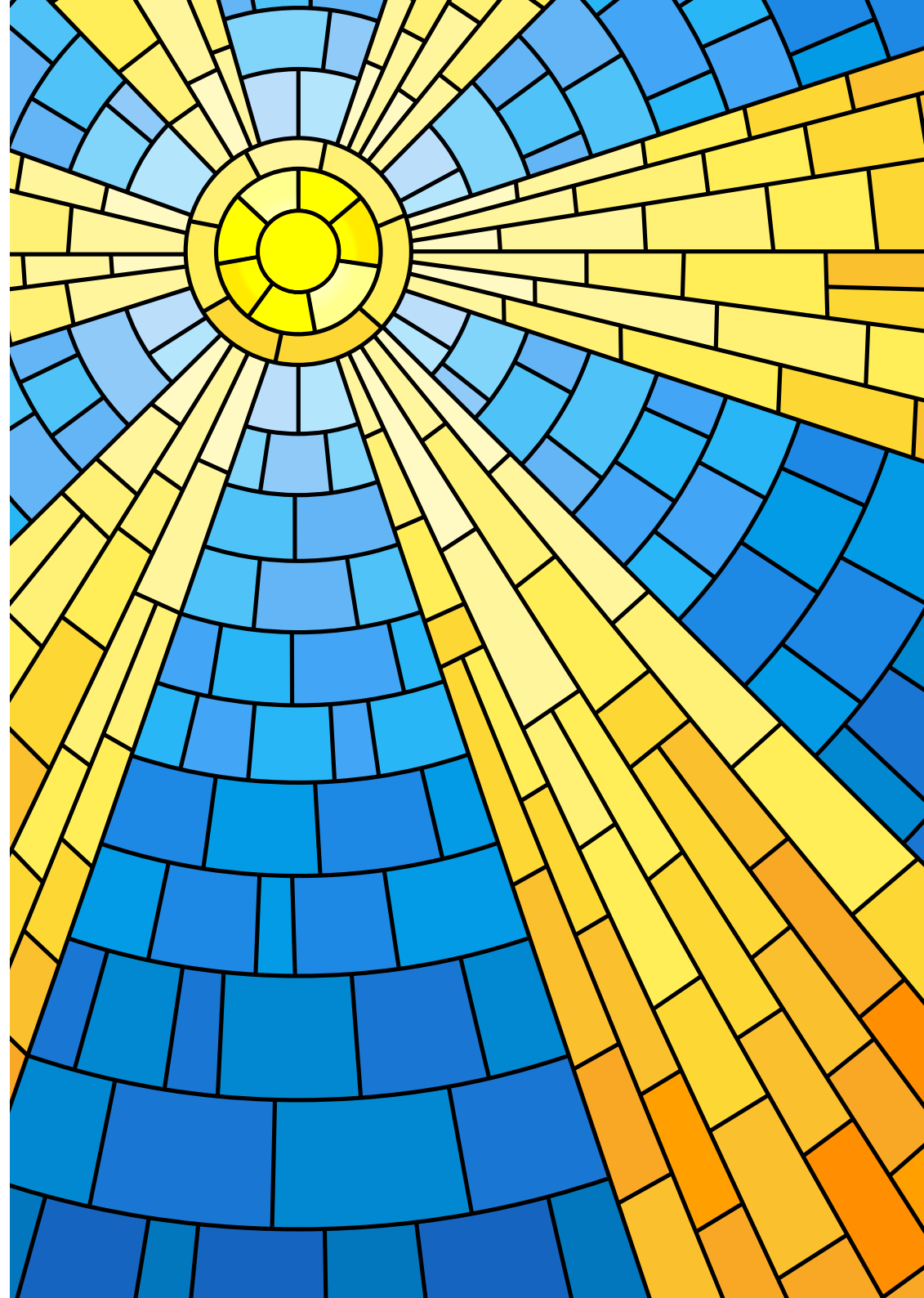
Our Father, Who art in heaven,  
Hallowed be Thy Name.  
Thy Kingdom come.  
Thy Will be done,  
on earth as it is in Heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
Amen.

## 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 forever shall be  
world without end.





## Hail, Holy Queen, Mother of Mercy

Hail, Holy Queen, Mother of Mercy,  
our life, our sweetness and our hope.

To you do we cry,  
poor banished children of Eve.

To you do we send up our sighs,  
mourning and weeping in this valley of tears

Turn then, most gracious advocate,  
your eyes of mercy toward us,

and after this exile  
show unto us the blessed fruit of thy womb,

Jesus.

O clement, O loving,  
O sweet Virgin Mary.

*Learning how to understand the examination of conscience as a  
positive way of showing our love for God and each other.*

## 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.

## Penitential Act Profession of Faith - 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,  
o pray for me to the Lord our God.

Amen.







ST JOSEPH'S  
CATHOLIC PRIMARY SCHOOL

---

# Catholic Social Teaching Prayers

---

LOVE AND LEARN  
IN THE FOOTSTEPS OF CHRIST





# Human Dignity

Loving God,  
We believe that each person is  
special because God made us all.  
Help us try to make sure all people  
are treated with respect and have what they need  
because God made them too.

Lord in your mercy  
*Hear our prayer*





## Justice

Loving God,  
We believe you want to bring your peace to our homes,  
our communities and our world.  
Help us to be peacemakers,  
listening to and loving each other.

Lord in your mercy  
*Hear our prayer*



## Option for the Poor

Loving God,  
We believe that when we  
serve the poor we serve you.  
Help us to take special care of  
those people most in need.

Lord in your mercy  
*Hear our prayer*



# Participation

Loving God,  
We believe that everyone has special gifts and talents.  
Thank you for the gifts you have given us.  
Help us to make sure everyone can use the talents you gave them.

Lord in your mercy  
*Hear our prayer*



# Peace

Loving God,  
We believe you want to bring your peace to our homes,  
our communities and our world.  
Help us to be peacemakers, listening to and loving each other.

Lord in your mercy  
*Hear our prayer*



## Solidarity

Loving God,  
We believe that we are one big human family.  
Help us to reach out to people who are suffering or sad,  
showing them the love you have shown to us.

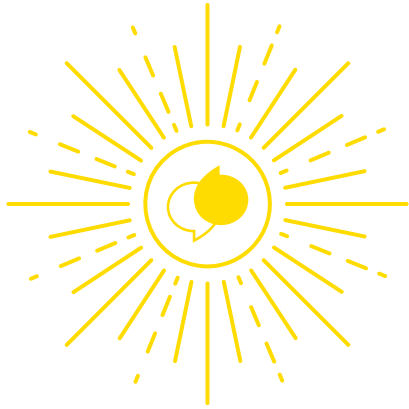
Lord in your mercy  
*Hear our prayer*



## Stewardship

Loving God,  
We believe that the world is for everyone.  
We thank you for the gift of Creation.  
Help us to take care of the planet and all people who live on it.

Lord in your mercy  
*Hear our prayer*



## Subsidiarity

Loving God,  
We believe that people who make decisions  
should listen to everyone.  
Help us make sure everyone is treated fairly  
and can have a say.

Lord in your mercy  
*Hear our prayer*



## The Common Good

Loving God,  
We believe that we are all brothers and sisters.  
Help us to think about what is good for everyone, not just ourselves.

Lord in your mercy  
*Hear our prayer*



**St Joseph's**  
Catholic Primary School

Ainsdale Road, South Oxhey, Watford WD19 7DW  
Tel: 0208 428 5371 | Email: [admin@stjosephs775.herts.sch.uk](mailto:admin@stjosephs775.herts.sch.uk)

[www.stjosephs775.herts.sch.uk](http://www.stjosephs775.herts.sch.uk)