



St Joseph's
Catholic Primary School

Year 4 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

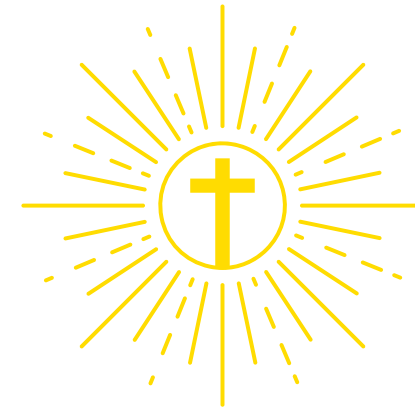
- Learning to use traditional prayer methods and adapt them to their needs e.g. the Rosary and litanies.
- Learn traditional prayer: 'Magnificat'.
- Prayers at Mass: 'Lamb of God' and 'Rite of Dismissal (Thanks be to God)'.

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.

*Introduce images and symbols as a way into prayer
using art, music, poetry and prose.*

Traditional Prayers

Our Father

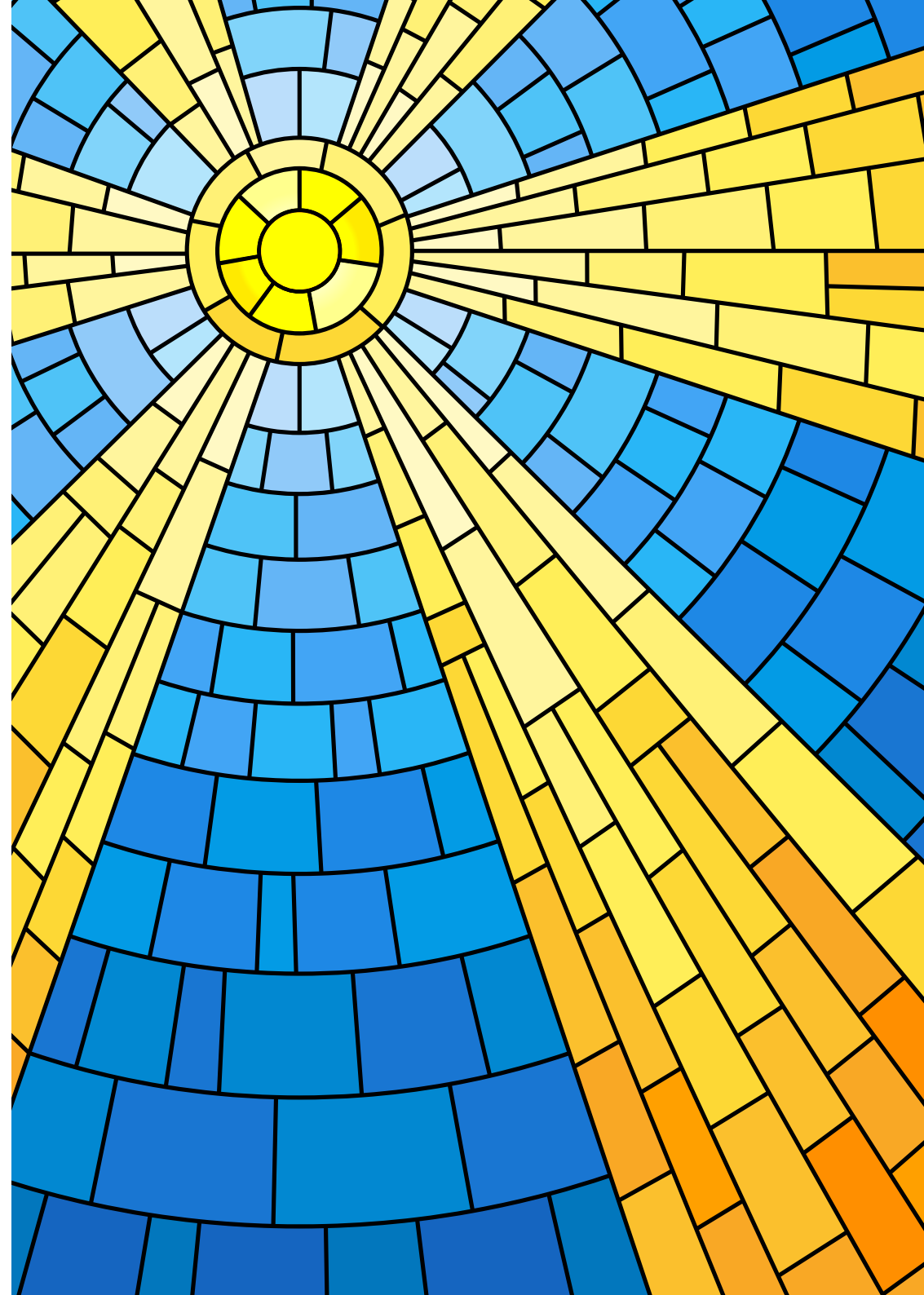
Our Father, Who art in heaven,
Hallowed be Thy Name.
Thy Kingdom come.
Thy Will be done,
on earth as it is in Heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
Amen.

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.

Prayers at Mass - 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.



Learning to use traditional methods of prayer and to adapt them to their needs e.g. Rosary and Litanies

The Rosary begins with the Apostles Creed, followed by one Our Father, three Hail Marys and 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.

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’

Learn Traditional Prayer 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.

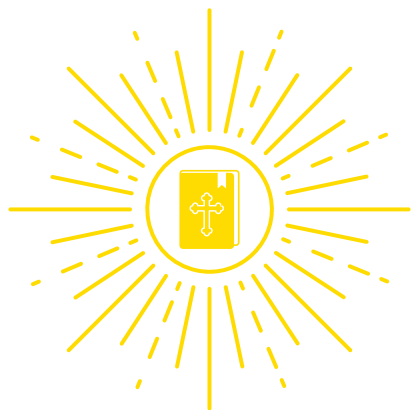
He protects Israel, his servant,
remembering his mercy,

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



Prayers at Mass

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.

Rite of Dismissal

Go in peace, glorifying the Lord by your life.
Thanks be to God.





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.

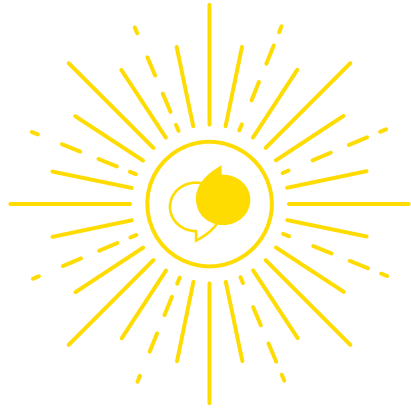
Lord in your mercy
Hear our prayer



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



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