

***You are young, you are precious, you are loved***

***St John Bosco***

# **Book of Special Prayers**



## **Years 3&4**

*Our Lady Help of Christians  
pray for us*

*St. Dominic Savio  
pray for us*

## Prayers for Early Years

### Sign of the Cross

In the Name of the Father, and of the Son, and of the Holy Spirit, Amen.



### Our School Prayer

God bless our school today, make it happy in every way, Amen.

### Morning Prayer

Father in heaven, you love me. You are 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

### 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 is my Shepherd

The Lord is my shepherd, I shall not want.

He makes me lie down in green pastures.

He leads me beside still waters;

He restores my soul.

He guides me in paths of righteousness for his name's sake.

Your rod and your staff comfort me.

You prepare a table before me in the presences of my enemies.

You anoint my head with oil.

My cup overflows.

Surely goodness and love shall follow me all the days of my life.

And I shall live in the house of the Lord forever.

Amen.



### **Nunc Dimittis**

Now, Lord, you have kept your word:  
let your servant go in peace.

With my own eyes I have seen the salvation  
which you have prepared in the sight of every people:  
a light to reveal you to the nations  
and the glory of your people Israel.  
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.

*(Links to units 4A and 4C)*

### **Our Parish Prayer**

Help us, Lord to receive you with an open heart this day.  
May our community receive your grace and deepen its  
faith in you.  
Make us lights to shine forth with your love, giving life and  
hope to those who have fallen away or who have never  
known you.  
Amen.



### **Grace Before Meals**

Bless us O God as we sit together, bless the food we eat to-  
day, bless the hands that make the food, bless us O 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, Amen.

### **The Hail Mary**

Hail, Mary! Full of grace, the Lord is with thee;  
Blessed are 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.



### **The 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 trespass-  
es, as we forgive those who trespass against us; and lead us  
not into temptation, but deliver us from evil.  
Amen.



## Prayers for Years 1&2

### Glory Be To The Father

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.

### Prayer to the Guardian Angel

Angel sent by God to guide me,

Be my light and walk beside me;

Be my guardian and protect me;

On the paths of life direct me.



### Act of faith, hope and love

Jesus, I believe in you.

Jesus, I hope in you.

Jesus, I love you.



### The Benedictus

Blessed be the Lord, the God of Israel;  
he has come to his people and set them free.

He has raised up for us a mighty saviour,  
born of the house of his servant David.

Through his holy prophets he promised of old  
that he would save us from our enemies,  
from the hands of all who hate us.

He promised to show mercy to our fathers  
and to remember his holy covenant.

This was the oath he swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship him without fear,  
holy and righteous in his sight all the days of our life.  
You, my child, shall be called the prophet of the Most High;

for you will go before the Lord to prepare his way,  
to give his people knowledge of salvation  
by the forgiveness of their sins.

In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow  
of death, and to guide our feet into the way of peace.  
Glory to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and will be forever.

Amen

*(Links to Advent unit 4C)*



## The Angelus

**The Angel of the Lord declared to Mary: and she conceived of the Holy Spirit.**

*Hail Mary full of grace, the Lord is with thee....*

**Behold the handmaid of the Lord: be it done to me according to your word.**

*Hail Mary full of grace, the Lord is with thee....*

**And the Word was made flesh: and dwelt among us**

*Hail Mary full of grace, the Lord is with thee....*

**Pray for us, O holy Mother of God. That we may be made worthy of the promises of Christ.**

**Let us pray:**

**Pour forth, we beseech you, O Lord,  
your grace into our hearts,  
that we to whom the incarnation of Christ, your Son,  
was made known by the message of an angel,  
may be brought by his passion and cross  
to the glory of his resurrection,  
through Christ our Lord. Amen.**



## Eternal Rest

Eternal rest give unto them, O Lord.  
And let perpetual light shine upon them.  
May they rest in peace.  
Amen



## Prayer of St Francis of Assisi

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive,  
it is in pardoning that we are pardoned,



## The Rosary

Sign of the Cross,

Our Father,

3 Hail Marys,

Glory be to the Father



## O Sacrament Most Holy

O Sacrament most holy, o Sacrament divine,

All praise and all thanksgiving

Be every moment thine (x3)



## The Benedictus (short version)

Blessed be the Lord, the God of Israel;

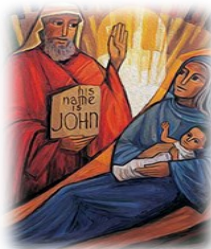
he has come to his people and set them free.

He has raised up for us a mighty saviour,

born of the house of his servant David.

Amen

*This links to the Advent unit 2C.*



## The Joyful Mysteries

*The Annunciation:* The Archangel Gabriel "announces" to Mary that she shall conceive the Son of God.

*The Visitation:* Mary visits her cousin Elizabeth, who is pregnant with John the Baptist.

*The Nativity:* Jesus is born.

*The Presentation:* Mary and Joseph "present" Jesus in the Temple where they meet Simeon.

*The Finding in the Temple:* After losing Him, Mary and Joseph find young Jesus teaching the Rabbis in the Temple.

## The Luminous Mysteries

*The Baptism in the Jordan:* The voice of the Father declares Jesus the beloved Son.

*The Wedding at Cana:* Christ changes water into wine, his first public miracle.

*The Proclamation of the Kingdom:* Jesus calls to conversion (cf. Mk 1:15) and forgives the sins of all who draw near to him.

*The Transfiguration:* The glory of the Godhead shines forth from the face of Christ.

*The Institution of the Eucharist:* Jesus offers the first Mass at the Last Supper with his apostles, establishing the sacramental foundation for all Christian living.

## The Sorrowful Mysteries

*The Agony in the Garden:* Jesus sweats water and blood while praying the night before his passion.

*The Scourging at the Pillar:* Pilate has Jesus whipped.

*The Crowning with Thorns:* Roman soldiers crown Jesus' head with thorns.

*The Carrying of the Cross:* Jesus meets His mother and falls three times on the way up Calvary.

*The Crucifixion:* Jesus is nailed to the cross and dies before His mother and His apostle John.

## The Glorious Mysteries

*The Resurrection:* Jesus rises from the dead.

*The Ascension:* Jesus leaves the Apostles and bodily "ascends" to heaven.

*The Descent of the Holy Spirit:* The Apostles receive the Holy Spirit in tongues of fire in the upper room with Mary.

*The Assumption:* Mary is taken bodily--assumed--into heaven by God at the end of her life here on earth



### **The Magnificat**

My soul glorifies the Lord,  
My spirit rejoices in God, my Saviour.  
He looks on his servant in her loneliness;  
henceforth all ages 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 rich away  
empty.  
He protects Israel, his servant,  
remembering his mercy, the mercy promised to our fathers,  
to Abraham and his sons for ever.

### **Prayer to St. Dominic Savio**

O Saint Dominic Savio,  
a model of purity, penance and apostolic zeal for youth;  
grant that, through your intercession, we may serve God in  
our ordinary duties with fervent devotion,  
and attain the grace of holy joy on earth,  
that we may one day love God forever in Heaven.  
Amen



### **Prayer to Blessed Laura Vicuna**

Blessed Laura Vicuna, little flower of purity, you who fol-  
lowed Jesus Christ to the point of heroism, hear our prayer.  
Help us to love and serve God with joy. Accompany us on  
our journey to holiness.

Amen.





## Prayers for Years 3&4

### Hail Holy Queen (Salve Regina)

Hail, Holy Queen, Mother of Mercy;  
Hail, 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.

### ***Pray for us, o holy Mother of God***

that we may be made worthy of the promises of Christ.

### Act of Love

O my God, I love you with my whole heart and above all things  
because you are infinitely good and perfect,  
and I love my neighbour as myself, for love of you.  
Grant that I may love you more and more in this life,  
and in the next for all eternity.  
Amen.

LOVE 

### Act of Contrition

O my God, because you are so good,  
I am very sorry that I have sinned  
against you.  
And with your help, I will not sin again.  
Amen.



### Prayer To The Guardian Angel

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



### Prayer of St. Richard of Chichester

Day by day, O dear Lord, three things I pray:  
to see you more clearly,  
love you more dearly,  
follow you more nearly,  
day by day, by day, by day.  
Amen.