

You are young, you are precious, you are loved

St John Bosco

Book of Special Prayers



Years 5&6

*Our Lady Help of Christians
pray for us*

*St. John Bosco
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.



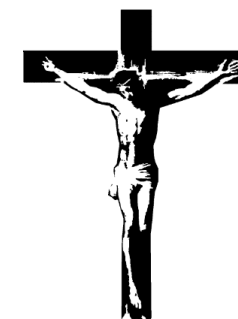
Amen

The Apostles' 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 Plate,
was crucified, died and was buried;
He descended into hell;
on the third day he rose 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 life everlasting.

Amen.



The Creed

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 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 again 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

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 trespasses, 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.



Prayer to St John Bosco

Friend of the young,

Teacher in the ways of God,

Your dedication to empowering the needy inspires us still.

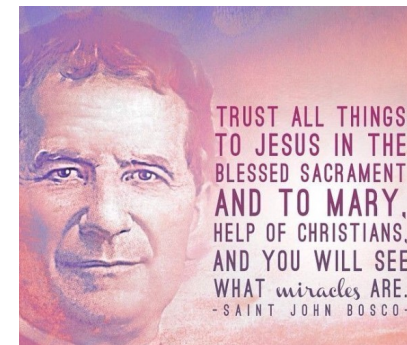
Help me to work for a better world where the young are given the chance to flourish, where the poor's dream for justice can come true, and where God's compassion is shown to be real. Intercede for me as

I bring my needs to you and to Our Heavenly Mother, the Help of Christians.

Amen

St John Bosco

Pray for us



Day Eight: Mary Mother of God

(29th January)

Don Bosco dedicated his every project and plan to Mary Help of Christians. Lord, may the silent presence of your mother bless and guide on our journey through life. At the Visitation Mary made the first move to reach out to her cousin and in that generous act the presence of God within her was awakened and recognised. In the same way we are called to make the first move in welcoming others. May we be ready to recognise the movement of the Spirit within other people.

Hail Mary..... Saint John Bosco, pray for us.



Day Nine: Compassion

(30th January)

The emptiness of young people's lives in Don Bosco's time resonate with the troubles of his own childhood. Compassion opens our eyes to the need for loving kindness in the lives of others. Pain, sadness and violence reveal an emptiness in life that will often find an echo in our own lives. Lord, help us not be afraid to express our compassion for those who struggle.

Hail Mary..... Saint John Bosco, pray for us.

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.



Day Six: Little Ones

(27th January)

Lord, help us to imitate Don Bosco in making the first move in responding to the needs of the vulnerable. Teach us to look beneath the brash bravado or the shrinking shyness of others to see your face. Help us to create opportunities for conversation, to engage in the world of the poor and abandoned and allow them to test the strength of our care.

Hail Mary..... Saint John Bosco, pray for us.

Day Seven: Self-Sacrifice

(28th January)

Don Bosco, often said to the young people of Turin: for you I study, for you I work, for you I live, for you I am ready even to give my life. Lord, help us to go the extra mile in the care and safeguarding of others, to witness to the sacredness of all human life. Help us to escape from self-centred thinking and move to the self-sacrifice that will give our lives meaning and direction.

Hail Mary..... Saint John Bosco, pray for us.



Day Four: Awakening the Family Likeness

(25th January)

Don Bosco emphasised the family spirit in his communities. Lord you remind us in the scriptures that ***everyone moved by the Spirit is a son or a daughter of God.*** So, it's as if we are recognising a family likeness in others, a likeness that makes each person a sacrament: an outward sign of your inner presence. Lord, help us to recognise that every gathering of two or three people is potentially a family reunion when viewed through the eyes of love.

Hail Mary..... Saint John Bosco, pray for us.



Day Five: The Eucharist

(26th January)

Lord, as we eat and drink at Holy Communion, your Body and Blood become one with us. You give of yourself that we may become, like Don Bosco, food for others. The intimacy of your risen presence moving in our lives goes beyond our understanding. Help us to try to live this mystery of intimacy with you, our Risen Lord, and allow it to shape our lives and deepen our friendships.

Hail Mary..... Saint John Bosco, pray for us.

Prayer to Blessed Laura Vicuna

Blessed Laura Vicuna, little flower of purity, you who followed 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.



Day Two: The Call to Belong

(23rd January)

Don Bosco calls us into a wider community and into a network of care for others. Everyone we meet is both our pupil and our teacher, whatever their age or status. Ours is a vocation to interdependence; to giving and receiving in a way that challenges the individualism of many cultures. Lord, may we never lose touch with the still small voice of your Spirit, and be aware of our need of others.

Hail Mary..... Saint John Bosco, pray for us.

Day Three: Hospitality

(24th January)

For Don Bosco, every Salesian house was a place of hospitality and welcome. Lord, help us to make every encounter a sacred space where people can feel safe, relax and be present just as they are. Lord, you said: whenever you welcome one of these little ones, you welcome me. So, we pray, that hospitality may for us become an act of faith in the unique spirit at the heart of each individual.

Hail Mary..... Saint John Bosco, pray for us.





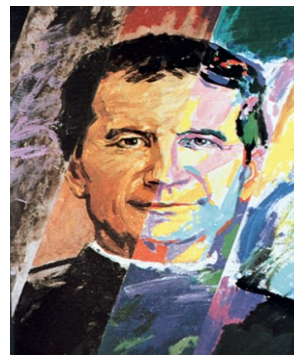
Novena to St John Bosco

Day One: Signs and Bearers of God's Love

(22nd January)

Lord, may we be so aware of our own brokenness that it may give us the compassion to care for others, as Don Bosco did. May we be driven by the call for justice through this inner spirit to make sacrifices for young people at risk. May we be called by compassion to live a healing gentleness among young people, our family and our friends. Let the spirit of justice and compassion move us so that, in our lives, we may become signs and bearers of your love.

Hail Mary..... Saint John Bosco, pray for us.



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.

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

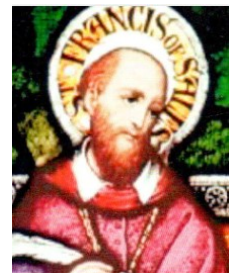


The Prayer of St. Francis de Sales

Be at peace.
Do not look forward in fear to the changes of life;
rather look to them with full hope as they arise.
God, whose very own you are,
will deliver you from out of them.
He has kept you and He will lead you safely through all
things;
And when you cannot stand it, God will bury you in his
arms.
Do not fear what may happen tomorrow;
the same everlasting Father, who cares for you today,
will take care of you then and every day.
He will shield you from suffering, or will give you unflinching
strength to bear it.
Be at peace, and put aside all anxious thoughts and imagi-
nation.

St Francis de Sales

Pray for us



Diocesan Prayer for Vocations

Lord Jesus, send labourers into your harvest.
Inspire, in the hearts of your people,
vocations to the priesthood and religious life.
Bless our families with a spirit of generosity.
May those whom you call to the priesthood and religious
life
have the courage to give themselves to your Church
as co-operators in your work.

St. John Vianney
Pray for us



Prayer to the Holy Spirit

O Come, Holy Spirit,
fill the hearts of your faithful,
and enkindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And you shall renew
the face of the earth.
O God, who has taught the hearts of the faithful
by the light of the Holy Spirit,
grant that by the gift of that same Spirit
we may be always truly wise
and ever rejoice in his consolation.
Amen



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 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.**



The Memorare

Remember, O most loving Virgin Mary,
that it is a thing unheard of,
that anyone ever had recourse to your protection,
implored your help,
or sought your intercession,
and was left forsaken
Filled therefore with confidence in your goodness
I fly to you, O Mother, Virgin of virgins.
To you I come, before you I stand, a sorrowful sinner.
Despise not my poor words,
O Mother of the Word of God,
but graciously hear and grant my prayer.
Amen.



Prayers for Years 5&6

Regina Caeli

Queen of Heaven, rejoice. Alleluia!
For he whom you were made worthy to bear. Alleluia!
Has risen as he said. Alleluia!
Pray for us to our God. Alleluia!
Rejoice and be glad, O Virgin Mary. Alleluia!
For the Lord has risen indeed. Alleluia!
Let us pray;
God, who through the resurrection of your Son, our Lord
Jesus Christ,
has made glad the whole world, grant us, we pray,
that through the intercession of the Virgin Mary, his mother,
we may attain the joys of everlasting life.
Through the same Christ our Lord.
Amen.



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)



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.



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 ene-
mies.
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.

