

St Elizabeth's Prayer Book



‘Love One Another as I Have Loved You’

John 13:34

What is prayer?

We pray when we talk and listen to God.

There are many different prayers we can use.

We can pray privately on our own or we can pray with our family.

Where can we pray?

We can pray anywhere: in church, at home, at school or any other place such as while travelling or waiting somewhere.

God is always ready to listen and talk to us.



Sign of the Cross

In the name of the Father and of the Son and of the Holy Spirit.

Amen

The sign of the cross is our most special Christian sign. We make the sign of the cross at the beginning and end of prayers and in many things we do.

The sign of the cross is both an action and a statement of faith. A physical reminder of our redemption in the cross and an expression of faith in the Trinity.

School Prayers

Morning Prayer

My God I offer up to thee
My heart and soul, thine own to be
And all I do, or think, or say
And all my work, and all my play
Amen

KS1 Prayer before lunch

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

KS2 Prayer before lunch

Bless us, O Lord,
And these, Thy gifts,
Which we are about to receive from Thy bounty.
Through Christ, our Lord.
Amen.

Prayer after lunch

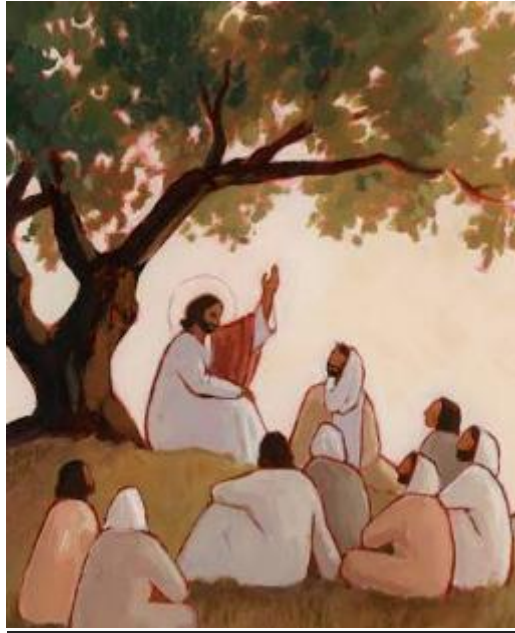
Thank you, God, for the food we have eaten,
Thank you, God, for all our friends,
Thank you, God, for everything,
Thank you, God,
Amen.

Home time 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's Prayer

*When one of the disciples asked Jesus how to pray, He taught us
the Our Father 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 deliver us from evil.
Amen

Hail Mary

The first part of the Hail Mary was said for the first time by the Angel Gabriel. The second part was said by Elizabeth when Mary went to visit her.

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

In this prayer, we praise the Holy Trinity: God the Father, God the Son, and God the Holy Spirit.

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 for Peace

God our Father,
lover of all nations, we pray for peace:
peace in our hearts and in our homes,
peace among nations and in our world.
Amen

Angel of God

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.

Eternal Rest

In this prayer, we pray for all those people who have died.

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

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Sorry Prayer

Act of Contrition

We say this prayer to show God we are sorry for the times we have not done the right thing.

My God,
Thank you for loving me,
I am sorry for all my sins,
for not loving others and not loving you.
Help me to live like Jesus and not to sin again.

Amen

The Confiteor

This is another prayer we say to show God we are sorry. It is said during Mass.

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 in 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



Prayer to the Holy Spirit

In Confirmation, we receive the gifts of the Holy Spirit. We ask the Holy Spirit to come upon us.

Come, Holy Spirit,
fill the hearts of your faithful,
and kindle 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 by the light of the Holy Spirit,
did instruct the hearts of your faithful,
grant that by that same Holy Spirit,
we may be truly wise, and ever rejoice in your consolation,
Through Christ our Lord.
Amen.



Apostles' Creed

The creed is a statement which lists all that we believe in as Christians. The word “Creed” means “I believe”.

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 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



Prayer of St Richard of Chichester

The Prayer of St Richard of Chichester is a famous 13th-century Christian prayer focused on gratitude, devotion, and discipleship.

Thanks be to you, my Lord Jesus Christ, for all the benefits which you have given me,

for all the pains and insults which you have borne for me.

O most merciful Redeemer,

friend and brother,

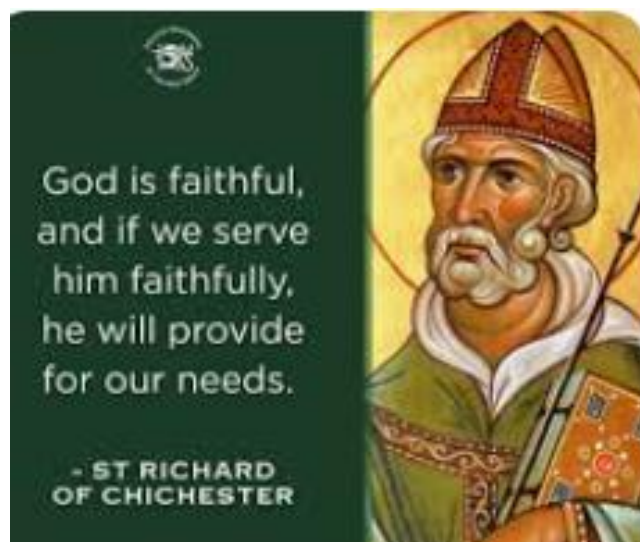
may I know you more clearly,

love you more dearly,

and follow you more nearly,

day by day.

Amen.



The Rosary

The Rosary is a prayer where we reflect upon Mary and Jesus' life. It consists of 5 decades, each beginning with a short thought about one of the mysteries.

In each decade we say 1 Our Father, 10 Hail Marys, and 1 Glory Be. We can use the Rosary beads to help counting. There are 4 sets of Mysteries.



THE JOYFUL MYSTERIES

1. The Annunciation to Mary.
2. The Visitation to Elizabeth.
3. The Nativity (Birth of Jesus).
4. The Presentation of Jesus in the Temple.
5. The finding of Jesus in the Temple.

THE LUMINOUS MYSTERIES

1. The Baptism of Jesus in the River.
2. The Wedding at Cana.
3. The Proclamation of God's Kingdom.
4. The Transfiguration of Jesus.
5. The Institution of the Eucharist.

THE SORROWFUL MYSTERIES

1. The Agony in the Garden.
2. The Scourging at the Pillar.
3. The Crowning with Thorns.
4. The Carrying of the Cross.
5. The Crucifixion.

THE GLORIOUS MYSTERIES

1. The Resurrection of Jesus.
2. The Ascension of Jesus.
3. The Coming of the Holy Spirit.
4. The Assumption of Mary.
5. The Crowning of Mary.

The Magnificat

The Magnificat is the Blessed Virgin Mary's canticle of praise, which she recited when she visited her cousin Elizabeth. This prayer is strongly and explicitly linked to Catholic Social Teaching (CST) and acts as an inspiration for social justice and a model for working towards a transformed world.

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour,
for he has looked with favour on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.
He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.
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.



The Angelus

**This prayer reminds us of when the Angel Gabriel was sent to Mary to tell her that she was going to have baby Jesus - the son of God.
Some people say the Angelus three times a day: morning, noon and night.**

The Angel of the Lord declared unto Mary:
And she conceived of the Holy Spirit.
Hail Mary, full of grace ...

Behold the handmaid of the Lord:
Be it done to me according to thy word.
Hail Mary, full of grace ...

And the Word was made flesh:
And dwelt among us.
Hail Mary, full of grace ...

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



The prayers called the Acts of Faith, Hope, and Love are short prayers that express the three virtues in Christianity.

Act of Faith

My God,
I believe in you
and all that your Church teaches,
because you have said it,
and your word is true.

Act of Hope,

My God, I hope in you,
for grace and for glory,
because of your promises,
your mercy and your power.

Act of Love

My God, because you are so good,
I love you with all my heart,
and for your sake,
I love your neighbour as myself

The Stations of the Cross

In the Stations of the Cross we walk with Jesus carrying the cross to Mount Calvary. We think of what he went through when he suffered and died to save us from sin.

1. Jesus is condemned to death.
2. Jesus accepts his cross.
3. Jesus falls for the first time.
4. Jesus meets his mother
5. Simon helps carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls for the second time.
8. Jesus speaks to the women.
9. Jesus falls for the third time.
10. Jesus is stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.



