

my
prayer
book



What is Prayer?

We pray when we talk and listen to God.

There are so many different prayers we can use.

*We can pray privately, that is on our own
and we can pray with others in a group.*

*We can pray within our family
or with our friends.*

Where can we pray?

We can pray anywhere.

*We can pray 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.*



Contents

The Sign of the Cross	4
The Our Father/The Lord's Prayer	4
Morning Prayer	5
Night Prayer	5
Grace Before Meals	6
Grace After Meals.	6
Glory Be	6
The Sorry Prayer	7
To My Guardian Angel	7
The Angelus	8
Hail Mary	9
Hail Holy Queen	10
The Act of Faith	11
The Act of Hope	11
The Act of Love	11
I Confess	12
The Gloria	13
The Apostles Creed	14
The Precepts of the Church	14
The Ten Commandments	15
The Mysteries of the Rosary	16
The Seven Sacraments	18
Prayer for the Dead	18
The Stations of the Cross	19
My Prayer to Jesus	20

Sign of The Cross

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



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

The Our Father *(The Lord's 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.



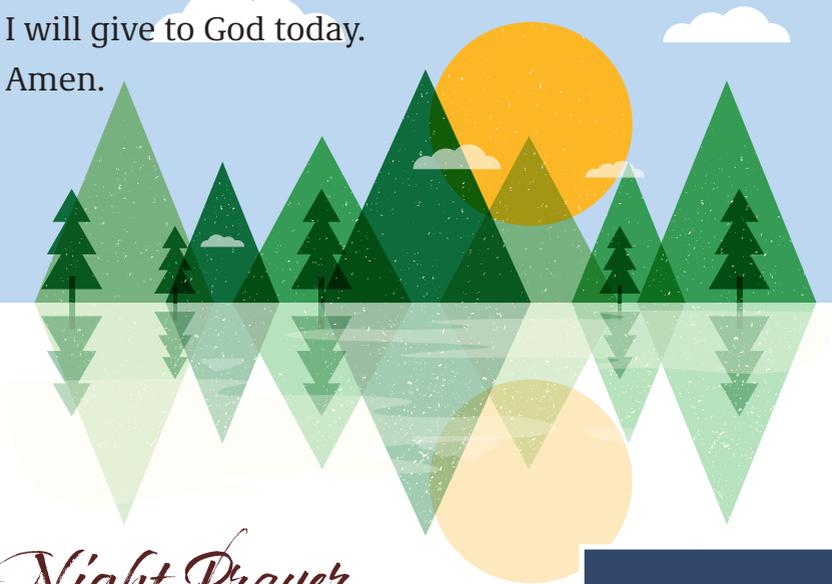
*Jesus himself
taught us the
Our Father when
one of his disciples
asked him to teach
them how to pray.*

Morning Offering

O my God I give to you
all that I think or say or do.

All my work
and all my happy play,
I will give to God today.

Amen.



Night Prayer

God our father, we come to say,
Thank you for your love today.
Thank you for my family
and all the friends you give to me.
Guide me in the dark of night;
in the morning send your light.
Amen.



Grace before Meals

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



Glory Be

*In this prayer we praise
and glorify the Holy Trinity.*

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.



Sorry Prayer

In the sorry prayer we show how sorry we are for the times we have done things that go against what God wants.

O my God I am very sorry
that I have sinned against you,
but with the help
of your grace
I will not sin again.
Amen.

To My Guardian Angel

*God gave each one of us
an angel to look after
us. We cannot see him
but we can pray to him.
This is a prayer to your
Guardian Angel.*

O 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.



The Angelus

“The Angelus” is a prayer that 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. Many say the Angelus three times a day: morning, noon and evening.

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.*

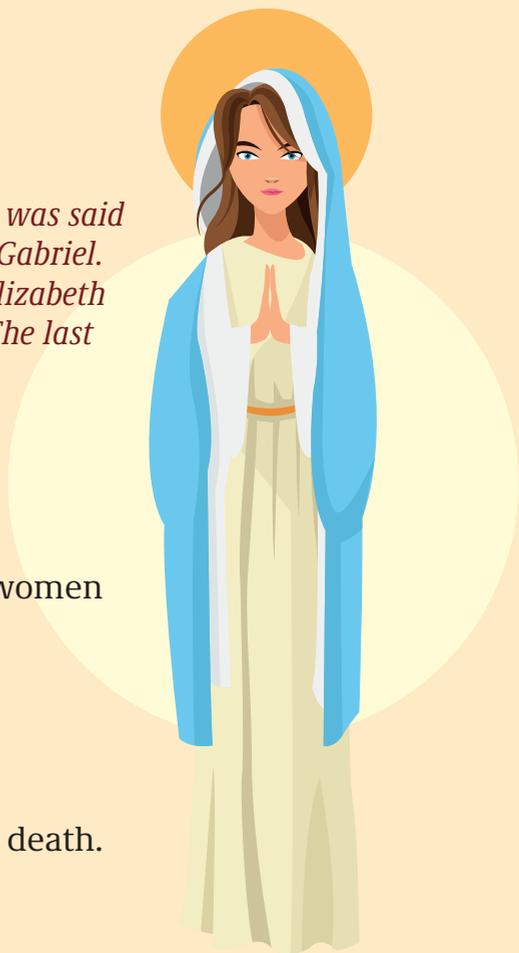
Let us Pray:
Pour forth, we beseech you, O Lord,
your grace into our hearts, that we,

to whom the birth of Christ your Son,
was made known by the message of an angel,
may, by his suffering and cross,
be brought to the glory of his resurrection,
through the same Christ our Lord.
Amen.

The 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. The last part was added later.

Hail Mary full of grace,
the Lord is with thee;
blessed are 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.



Hail Holy Queen

The Hail Holy Queen is an old prayer in which we praise Mary, we honour her as our Queen and we ask her to be with us and help us in our daily life.

Hail, holy Queen,
mother of mercy;
hail, 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 towards us;
and after this our exile,
show unto us the blessed fruit
of your womb, Jesus.
O clement, O loving,
O sweet Virgin Mary.



In these three short prayers we say to God that we believe in him, we hope in his promises and we love him more than anything else. We can use these prayers at any time when we want to show how important God is for us.

Act of Faith

O my God I believe in you and all your Church teaches because you have said it and your word is true. Amen.



Act of Hope

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



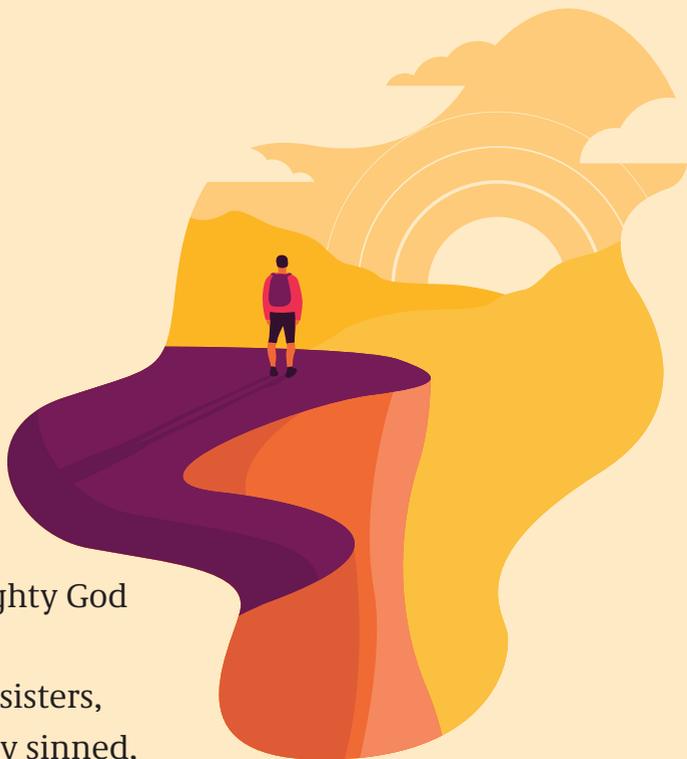
Act of Love

O my God I love you with all my heart and for your sake I love my neighbour as myself. Amen.



I Confess

*This is another
'Sorry Prayer'
that we usually
say in church
during the Mass.
We acknowledge
we have sinned
and ask others
to pray for us.*



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.

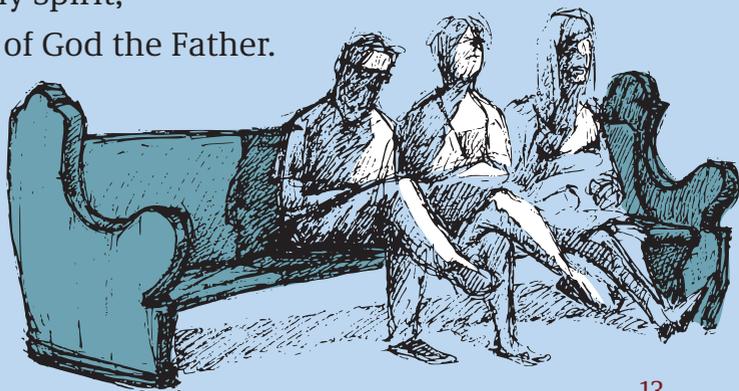
Gloria

This is a prayer of praise to God. We also say this prayer at Mass on Sundays.

Glory to God in the highest,
and on earth peace to people of good will.
We praise you, we bless you, we adore you,
we glorify you, we give you thanks for your great glory,
Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on us;
you take away the sins of the world, receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One, you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.



The 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.

The Precepts of the Church

The Precepts of the Church are a set of 5 rules set by the authorities of the Catholic Church. These are aimed at helping us grow in the love of God and our neighbour.

1. To attend Mass on Sundays and other holy days of obligation and to refrain from work.
2. To confess your sins and receive the sacrament of Reconciliation at least once a year.

3. To receive the sacrament of the Eucharist at least during the Easter season.
4. To abstain from eating meat and to observe the days of fasting established by the Church.
5. To help to provide for the material needs of the Church according to your ability.

(from COMPENDIUM of the Catechism of the Catholic Church -2005)

The Ten Commandments

God gave the Ten Commandments to Moses who then gave them to the people. These are the rules we must follow to be good Christians and do what God wants of us.



I am the Lord your God:

1. You shall not have strange gods before me.
2. You shall not take the name of the Lord in vain.
3. Remember to keep holy the Sabbath Day.
4. Honour your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbour.
9. You shall not covet your neighbour's wife.
10. You shall not covet your neighbour's goods.

The Mysteries of the Rosary

The Rosary is a prayer to Mary. It consists of five decades, each beginning with a short thought about one of the mysteries. In each decade we say one Our Father, ten Hail Marys and one Glory Be. We can use the Rosary beads to help counting. There are four 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

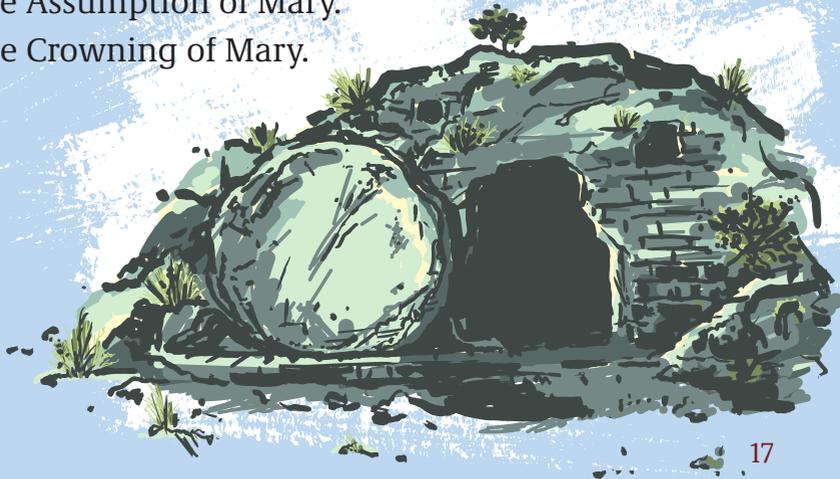
1. The Baptism of Jesus in the River.
2. The Wedding at Cana.
3. The Proclamation of God's Kingdom.
4. The Transfiguration of Jesus.
5. The Institution of the Eucharist.

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 Seven Sacraments

*The Seven Sacraments were given to us by Jesus.
They are very special celebrations in our Christian life.*

1. Baptism.
2. Confirmation.
3. Holy Communion.
4. Reconciliation.
5. Anointing of the Sick.
6. Holy Orders.
7. Marriage.

Prayer for the Dead

*We pray for those who died but are not yet in heaven.
They are waiting in purgatory.*

Eternal rest
grant unto them, o Lord,
and may perpetual light
shine upon them.
May they rest in peace.
Amen.



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 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.



