



St. Paul's Prayer Book





School Mission Statement

Learning from the example of Jesus

Our school will be a place

Where everyone feels loved

Valued and encouraged

To be and do the best they can

Our School Creed

This is our school,

Let peace dwell here.

Let the room be full of contentment.

Let Love abide here.

Love of one another,

Love of mankind,

Love of life itself,

And love of God.

Let us remember that,

that as many hands build a house,

so, many hearts make a school.



The Morning Offering

O God my father
may this day be yours,
all that I do and say and think.

My work and enjoyment,
the hard things and the happy things,
everything.

May your son Jesus, my friend and
brother,
be with me throughout the day.

Amen

Grace Before Meals

Bless us O God as we sit together.

Bless the food we eat today.

Bless the hands that made the food.

Bless us O God.

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



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.
Amen.

The Evening 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.

Guard me in the dark of night
and in the morning send your light.

Amen



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.

Hail Mary

Hail Mary, Full of Grace,
The Lord is with thee.
Blessed art 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.



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 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.



Act of Contrition

O my God, I am very sorry
that I have sinned against you,
because you are so good
and by the help of your grace
I will try not to sin again.

Amen

Come, Holy Spirit

V. Come, Holy Spirit, fill the hearts of your faithful.

R. And kindle in them the fire of your love.

V. Send forth your Spirit and they shall be created.

R. And you will renew the face of the earth.

Let us pray

*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.



The Magnificat

My soul proclaims the greatness of the Lord,
and my spirit rejoices in God my Saviour,
for he has looked upon his handmaid in her
lowliness;

for behold, from this day forward,
all generations will call me blessed.

For the Almighty has done great things for me,
and holy is his name.

His mercy is from age to age
for those who fear him.

He has made known the strength of his arm,
and has scattered the proud in their conceit of heart.

He has cast down the mighty from their thrones
and has exalted those who are lowly.

He has filled the hungry with good things,
and has sent the rich away empty.

He has helped his servant Israel,
mindful of his mercy,
even as he promised to our fathers,
to Abraham and his descendants 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.



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.



Prayer of St Richard of
Chichester

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.



Praying the Rosary

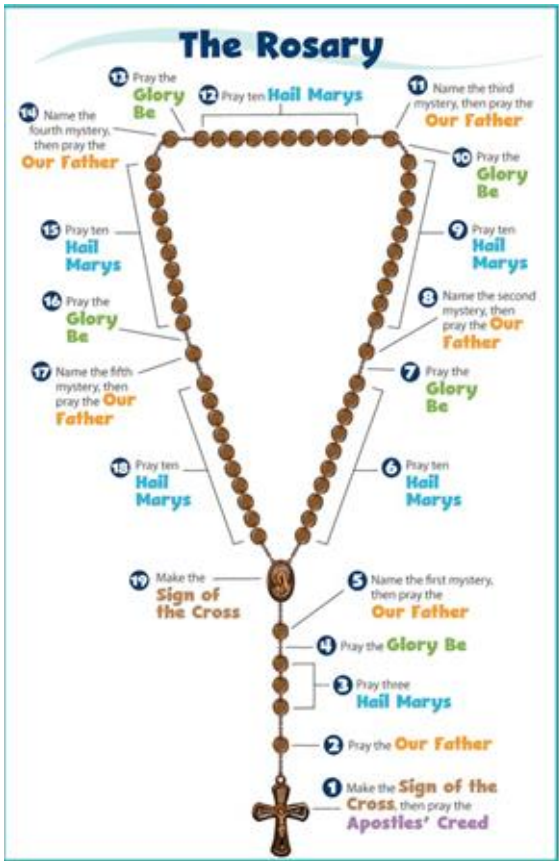
The Rosary is a meditative prayer that reflects upon the life, ministry, and death of Jesus and also on His Blessed Mother. As we repeat the familiar prayers, we allow our minds to think about the lives of Jesus and Mary here on earth – a mystery. This resource was created to be used in the classroom, but you may wish to use it to help you pray the Rosary at home with your child(ren).

The Mysteries

There are four parts to the rosary, known as 'mysteries':

- The Luminous Mysteries
- The Sorrowful Mysteries
- The Glorious Mysteries
- The Joyful Mysteries

For each set of mysteries, we are introduced to five different elements or 'snapshots' of the lives of Jesus and Mary. Each snapshot taken from Scripture is an opportunity to reflect and pray. To respond, we pray a set of prayers, which together with the reflection is called a 'decade'. The prayers we say as part of this set begin with one **Our Father**, followed by **ten Hail Marys** and one **Glory Be** to finish. We use the beads of the Rosary to keep track of our prayers!



Choose one set of 'snapshots' from Scripture on the following pages to reflect upon as you pray the 'Our Father', then the ten 'Hail Marys' and then the 'Glory Be'.

Many people use rosary beads to help them remember how many prayers to say. We can just use our fingers to count. The Rosary beads contain all the 'snapshots' of Scripture, but we will just do one decade in each prayer session.

Remember, this is not a race, it is a form of medative prayer. Say the prayers together, but slowly and thoughtfully.

Prayers used in
worship



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.

Hail Mary

Hail Mary, Full of Grace,
The Lord is with thee.
Blessed art 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.

Together, we say: One 'Our Father', Ten 'Hail Mary's', One 'Glory Be', whilst meditating on these parts of Scripture.

Joyful Mysteries (Mondays and Saturdays)

As we pray the Hail Mary over and over again, we think about happy times in Mary's life. We call these the Joyful Mysteries.



The Annunciation
The angel Gabriel asks Mary to be the Mother of Jesus.



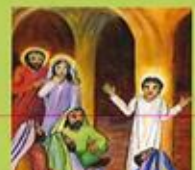
The Visitation
Mary visits her cousin Elizabeth. Elizabeth's baby (St. John the Baptist) recognizes Mary's Baby (Jesus) in the womb!

The Nativity
Mary gives birth to Jesus in a manger.



The Presentation
Mary and Joseph take Jesus to the Temple, and Simeon and Anna recognize Jesus as the Messiah.

The Finding in the Temple
Mary and Joseph fear Jesus is lost. They find Him teaching in the Temple.



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 ever shall be. Amen

Prayers used in worship



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.

Hail Mary

Hail Mary, Full of Grace,
The Lord is with thee.
Blessed art 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.

Together, we say: One 'Our Father', Ten 'Hail Mary's', One 'Glory Be', whilst meditating on these parts of Scripture.

Luminous Mysteries

(Thursdays)

As we pray our Hail Marys, we think about times in Jesus' life. We call these the Luminous Mysteries. Luminous means light. Light helps us to understand.



The Baptism of Jesus
Jesus is baptized by John the Baptist in the Jordan River.

The Wedding at Cana
Jesus turns water into wine at a wedding celebration.



The Proclamation of the Kingdom
Jesus talks about putting God first in our lives.

The Transfiguration
Jesus takes Peter, James, and John up on a mountain. He talks with Moses and Elijah. He is shining.



The Giving of the Eucharist
Jesus gives us His Body and Blood for the first time at the Last Supper.

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 ever shall be. Amen



The Lord's Prayer

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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,
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Amen.

Hail Mary

Hail Mary, Full of Grace,
The Lord is with thee.
Blessed art 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.

Together, we say: One 'Our Father', Ten 'Hail Mary's, One 'Glory Be', whilst meditating on these parts of Scripture.

Sorrowful Mysteries

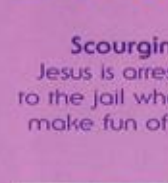
(Tuesdays and Fridays)

As we pray the Hail Mary over and over again, we think about the very difficult times in Jesus' life. We call these the Sorrowful Mysteries.



The Agony in the Garden

Jesus prays in the Garden of Gethsemane, but His disciples fall asleep.



The Scourging at the Pillar

Jesus is arrested and taken to the jail where the soldiers make fun of Him and whip Him.



The Crowning of Thorns

The soldiers take a thorny vine, wind it in circles, and press it on Jesus' head.



The Carrying of the Cross

Jesus is forced to carry the heavy wood of the Cross.



The Crucifixion

Jesus is nailed to the cross.



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 ever shall be. Amen



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.
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Amen.

Hail Mary

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The Lord is with thee.
Blessed art 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.

Together, we say: One 'Our Father', Ten 'Hail Mary's, One 'Glory Be', whilst meditating on these parts of Scripture.

Glorious Mysteries

(Wednesdays and Sundays)

As we pray the Hail Marys, we think about the wonderful times in Jesus' life and in Mary's life after the crucifixion. We call these the Glorious Mysteries.



☞ **The Resurrection**
Jesus rises from the dead.

☞ **The Ascension**
Jesus ascends to heaven after telling His disciples that He will be with them in Spirit forever.



☞ **The Descent of the Holy Spirit**
The Holy Spirit comes as a wonderful gift from Jesus to reach our hearts and minds about God.

☞ **The Assumption**
Mary is taken up into heaven, body and soul.



☞ **The Coronation**
God gives Mary a special place in heaven, crowning her as Queen of Heaven and Earth.

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 ever shall be. Amen