

St Teresa's Primary School



Prayer Book

Our School Prayer



Written by the children themselves

God Our Father

Thanks for the many gifts you have given us:
Our families, our skills, our talents and each other.
Thank you for today and the planet we share.

Please help us when we have problems or fears.
Help us to respect every member of our school community.
Help us to work together and do our best every day.
Bless our school and help us light up the world with love.

Amen

Traditional Prayers



We say these at special times of day or on special days.

We can say them when we feel we need to talk to God but want some help with choosing words to say.

Sometimes we can just be still and listen to God or speak to him without words.
This is reflection or meditation.

Sometimes we need to pray with others so having a prayer we all know is very useful.

Sign of the cross



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

Amen

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.

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.

Morning Prayer



Heavenly Father,
I offer you this day
All that I do and think and say.
Uniting it with what was done
By Jesus Christ, your only Son.

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

Grace before meals



Bless us O Lord
Bless our food
Bless those who made it for us
And give food to the hungry

Amen

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.

I confess

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.

Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

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

V. Behold the handmaid of the Lord.

R. Be it done to me according to your word.

Hail Mary. . .

V. And the Word was made flesh.

R. And dwelt among us. Hail Mary. . .

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we
to whom the Incarnation of Christ Thy Son was made known by the message of an
angel, may by His Passion and Cross be brought to the glory of His Resurrection.

Through the same Christ Our Lord.

Amen.

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 savior,
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.

Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior,
for he has looked with favor 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.

Eternal rest

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May the souls of the faithful departed,
through the mercy of God, rest in peace.

Amen.

Glory to God

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.

Holy, holy, holy

Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

Lamb of God

Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
grant us peace.

Penitential Rite

Lord have mercy.
Lord have mercy.

Christ have mercy.
Christ have mercy.

Lord have mercy.
Lord have mercy.

Prayers by St Teresa of Avila



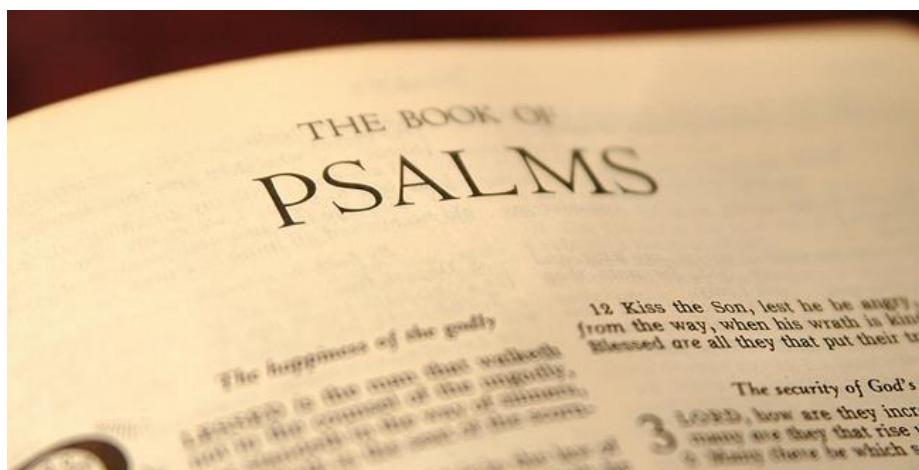
Christ has no body now, but yours.
No hands, no feet on earth, but yours.
Yours are the eyes through which he looks
With compassion on this world.

Let nothing disturb you.
Let nothing frighten you.
All things pass away:
God never changes.
Patience obtains all things.
Those who have God
Find they lack nothing;
God alone suffices.

If the heart can maintain
Serenity, joy and peace
In the midst of adversity - that is love.

Sadness and gloom
Have no place
In any house of mine.

Psalms



The book of Psalms in the Bible is a collection of prayers that were written as words to be sung. In a way they are lyrics to songs. They are like poems and contain some of the most beautiful prayers ever written. Some psalms praise God, others thank Him. Some psalms are about people feeling very sad or angry and asking God for help.

Psalm 22

The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me,
to revive my drooping spirit.

He guides me along the right path;
he is true to his name.
If I should walk in the valley of darkness
no evil would I fear.
You are there with your crook and your staff;
with these you give me comfort.

You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil;
my cup is overflowing.

Surely goodness and kindness shall follow me
all the days of my life.
In the Lord's own house shall I dwell
for ever and ever.

Psalm 148

ALLELUIA!

Praise the Lord from the heavens,
praise him in the heights.
Praise him, all his angels,
praise him, all his host.

Praise him, sun and moon,
praise him, shining stars.
Praise him, highest heavens
and the waters above the heavens.

Let them praise the name of the Lord.
He commanded: they were made.
He fixed them for ever,
gave a law which shall not pass away.

Praise the Lord from the earth,
sea creatures and all oceans,
fire and hail, snow and mist,
stormy winds that obey his word;

all mountains and hills,
all fruit trees and cedars,
beasts, wild and tame,
reptiles and birds on the wing;

all earth's kings and peoples,
earth's princes and rulers,
young men and maidens,
the old men together with children.

Let them praise the name of the Lord
for he alone is exalted.
The splendor of his name
reaches beyond heaven and earth.

He exalts the strength of his people.
He is the praise of all his saints,
of the sons of Israel,
of the people to whom he comes close.

ALLELUIA!

Carmelite Reflections

To sing your name Lord
Is my joy
The delight of my heart.

(St Peter Thomas)

Oh Jesus when I look at you
My love for you again lights up
And your heart moreover treasures me
Even as a special friend of yours.

Remain then with me Jesus
I was never so close to you
Stay with me, Jesus, my delight
Your presence here makes all things good.

(Blessed Titus Brandsma)

Where there is no love
Put love in
And you will draw love out.

(St John of the Cross)

