



# Traditional Prayers and Responses of the Catholic Church

*Pupil Progression from Nursery – Year 6*



# *Nursery*

## **Prayers**

- Sign of the Cross
- Simple morning and evening prayers
- Grace before meals

## **Mass Prayers and Responses**

- Simple responses: *Amen, Alleluia*



## Grace Before Meals

Bless us oh God as we sit together,  
Bless the food we eat today,  
Bless the hands that made the food,  
Bless us oh God,  
Amen.





# *Reception*

## **Prayers**

- Daily School Prayers (Morning, Grace before Meals, Evening)
- Glory Be

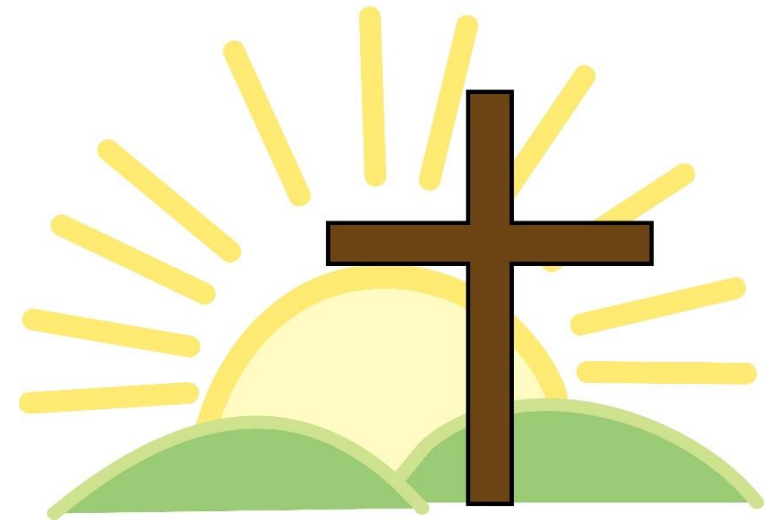
## **Mass Prayers and Responses**

- Simple responses: *Amen, Thanks be to God, And with your spirit*

# Morning Prayer



Oh my God, I give to you,  
All that I think, say and do.  
All my learning and all my play,  
I will give to you today.



# Grace Before Meals



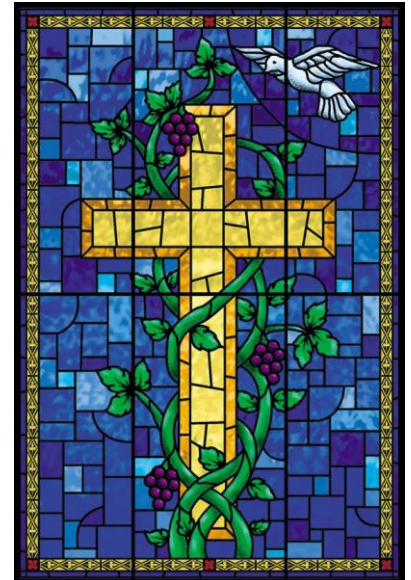
Bless us oh God as we sit together,  
Bless the food we eat today,  
Bless the hands that made the food,  
Bless us oh God,  
Amen.



# Evening Prayer



Oh my God, I've 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.



# 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,  
world without end.  
Amen





# Year 1

## Prayers

- Hail Mary
- Our Father

## Mass Prayers and Responses

- The 'Litany of Mercy' (*Lord, have mercy. Christ, have mercy. Lord, have mercy.*)
- The Sign of Peace

# Hail Mary



Hail Mary, full of grace,  
the Lord is with you.

Blessed are you among women,  
and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God,  
pray for us sinners, now and at the hour of our death.  
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.

Amen.



# Year 2



## Prayers

- Act of Sorrow

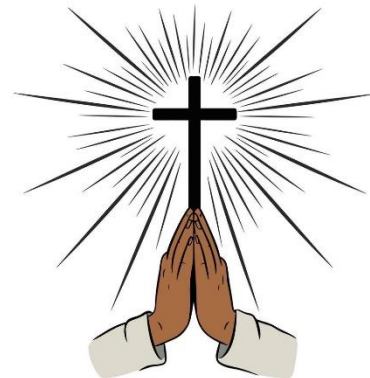
## Mass Prayers and Responses

- Sanctus (Holy, Holy, Holy Lord God of Hosts...)
- Prayer at the Breaking of the Bread (Lamb of God, you take away the sins of the world...)



## Act of Sorrow

O my God, I 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 sin again.  
Amen.



# Year 3



## Prayers

- Act of Contrition (traditional)
- Prayer of Thanksgiving after Communion
- Guardian Angel Prayer

## Mass Prayers and Responses

- Orate Fratres response (*May the Lord accept the sacrifice at your hands...*)



## Act of Contrition

O my God, I am heartily sorry  
for having offended You.

And I detest all my sins  
because of Your just punishments;  
but most of all because they have offended You,  
my God,  
who are all good and deserving of all my love.

I firmly resolve, with the help of Your grace,  
to sin no more and to avoid the near occasion of  
sin.

Amen





## Prayer of Thanksgiving After Communion

O Sacrament most holy!

O Sacrament divine!

All praise and all thanksgiving be every moment thine.





## Guardian Angel Prayer

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



# Year 4



## Prayers

- Eternal Rest prayer
- Prayer to the Holy Spirit

## Mass Prayers and Responses

- Response to Invitation to Communion (*Lord, I am not worthy that you should enter under my roof...*)



## Eternal Rest Prayer

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



## Prayer to the Holy Spirit



O 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 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.





# *Year 5*

## **Prayers**

- Apostle's Creed

## **Mass Prayers and Responses**

- Mystery of Faith (all three versions)
- The Confiteor

## 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 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.





# *Year 6*

## **Prayers**

- Nicene Creed
- The Magnificat

## **Mass Prayers and Responses**

- Gloria

## The Nicene 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.

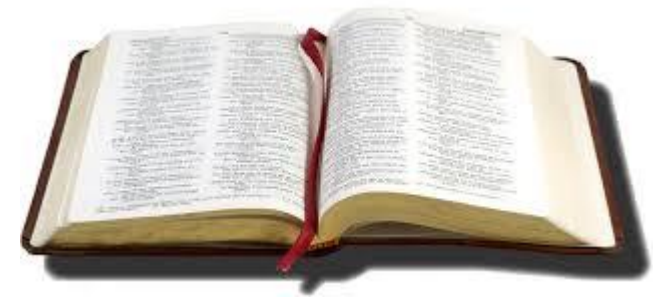


He ascended into heaven and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead  
and his kingdom will have no end.

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.





## 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.

Amen.

