



**Prayer
Progression
At
Our Lady
of
Good Counsel**



Age Phase Prayers

5-7 (KS1)

The sign of the cross

The Lord's prayer

Hail Mary

Glory be

Grace before meals

Grace after meals

Morning prayer

Evening prayer

Angel of God

7-9 (Lower KS2)

The Apostles' Creed

Act of Contrition

Trust Prayer

9-11(Upper KS2)

The Nicene Creed

Come, Holy Spirit



The sign of the cross

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

A physical reminder of our redemption in the cross and an expression of faith in the Trinity



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

*The doxology is a short expression of praise of the Trinity dating back to the early Church. It is
used extensively in the Liturgy of the Hours and in devotions such as the Rosary*

Our Father

Our Father who are in heaven, hallowed be they
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.

The Lord's Prayer 'is truly the summary of the whole of the Gospel.'



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

The first part of the Hail Mary is biblical, drawn from Gabriel's greeting to Mary at the Annunciation and Elizabeth's greeting at the Visitation. The second part of the prayer has its origins in 15th century Italy.



Grace before Meals

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



Grace after meals

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

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.

Based on baptismal documents of the 8th century but related to texts of an earlier origin.

Act of Contrition

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

One of the forms of the Penitent's Prayer of Sorrow found in the Rite of Penance

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 prayers is based on one by Reginald of Canterbury in the early 12th century



Trust Prayer

God Our Father,
Give us strength so that, guided by Our Lady's
example,
we can have the courage to say yes to you.
Help us to love like she loves, have faith like she
has
and follow Jesus' example in all that we do.
Inspire in all of us a sense of togetherness, so
that we can use
the gifts you have given us for the good of all in
our community
and bring support and healing to those less
fortunate than ourselves.
We ask Our Lady to guide us, just as she guided
St Bernadette,
as we seek to bring Jesus' message of love
and forgiveness to others.
We ask this through Jesus Christ, your Son,
Our Lord.
Amen



Our Lady of Lourdes, pray for us
St Thérèse of Lisieux, pray for us

Morning Prayer

God our Father, to you we pray,
To guide us in our work and play,
To show we love, to show we care,
To those at school and everywhere,
Let us do right in every way
As we Love, Live and Learn in Christ each day.
Amen



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

