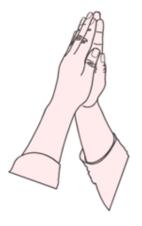
Prayer Progression At Our Lady of Good Counsel



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

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, 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