



Prayers at Holy Cross Catholic Primary Academy

At Holy Cross Catholic Primary Academy prayer is a very important part of our school life and children are encouraged to pray to God, to Jesus, The Holy Spirit and to Holy Mary our Mother, from their hearts. We want our children to understand that there are many reasons why we pray, to give thanks, to ask for help and intercession, to ask for guidance and to show love to others, as but a few reasons. We encourage the children to pray in the silence of their hearts and minds in quiet reflection and we also pray together as a class and as a school. We want our children to talk to God our Father in spontaneous prayer along with common prayers which the children learn off by heart.

Children should know the following prayers by a certain age (as a minimum) and we encourage our families to pray these prayers together at home:

Age phase	5–7 (KS1)	7–9 (Lower KS2)	9–11 (Upper KS2)	11–14 (KS3)
Prayers	<ul style="list-style-type: none"> • The Sign of the Cross • The Lord's Prayer • Hail Mary • Glory be • Grace before meals • Grace after meals 	<ul style="list-style-type: none"> • The Apostles' Creed • An Act of Contrition • Angel of God • Come, Holy Spirit • The Prayer of St Richard of Chichester 	<ul style="list-style-type: none"> • Morning Offering • The Rosary • The Magnificat • Act of Faith • Act of Hope • Act of Love 	<ul style="list-style-type: none"> • The Benedictus • The Angelus • Hail Holy Queen • The Memorare • Jesus, Mary and Joseph, I give you • Eternal Rest

All Children to know these prayers by the end of Year 2 and beyond

The Sign of the Cross

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

The sign of the cross is both an action and a statement of faith. A physical reminder of our redemption in the cross and an expression of faith in the Trinity.

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.*

The Lord's Prayer 'is truly the summary of the whole of the Gospel'. (CCC 2761.)



The 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.

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.

Grace before meals

*Bless us, O Lord, and these your gifts which we
are about to receive from your bounty.
Through Christ our Lord.
Amen.*

Grace after meals

*We give you thanks, Almighty
God, for all your benefits, who live
and reign, world without end.
Amen.*



In addition to the above prayers all children to know these prayers by the end of Year 4 and beyond:

The Apostles' Creed

*I believe in
God, the
Father
almighty
Creator of heaven and earth, and in
Jesus Christ, his only Son, our Lord,*

At the words that follow, up to and including the Virgin Mary, all bow.

*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 prayer is based on one by Reginald of Canterbury in the early 12th century.

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.*

This prayer is a compilation of a number of liturgical texts drawn from the Mass and Office of Pentecost and the Votive Mass of the Holy Spirit.

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.*

In addition to the above prayers all children to know these prayers by the end of Year 6 and beyond:

Morning Offering

*O Jesus,
through the most pure heart of Mary, I offer
you all my prayers, thoughts, works and
sufferings of this day for all the intentions of
your most Sacred heart.*



The Rosary (At Holy Cross Catholic Primary Academy, all pupils pray the Rosary in October and May)

For each mystery or decade, one Our Father, ten Hail Marys and the Glory be is recited.

The Joyful Mysteries

(Recited Monday and Saturday)

The Annunciation (Luke 1:26–38)

The Visitation (Luke 1:39–45)

The Nativity (Luke 2:1–7)

The Presentation in the Temple (Luke 2:22–35)

The Finding in the Temple (Luke 2:41–52)

The Mysteries of Light

(Recited Thursday)

The Baptism of Jesus (Matthew 3:13–17)

The Wedding Feast of Cana (John 2:1–12)

The Proclamation of the Kingdom, with the call to Conversion (Mark 1:14–15; 2:3–12)

The Transfiguration (Luke 9:28–36)

The Institution of the Eucharist (Matthew 26:26–29)

The Sorrowful Mysteries

(Recited Tuesday and Friday)

The Agony in the Garden (Mark 14:32–42)

The Scourging at the Pillar (Matthew 27:15–26)

The Crowning with Thorns (Matthew 27:27–31)

The Carrying of the Cross (John 19:15–17; Luke 23:27–32)

The Crucifixion (Luke 23:33–38, 44–46)

The Glorious Mysteries

(Recited Wednesday and Sunday)

The Resurrection (Matthew 28:1–8)

The Ascension (Acts 1:6–11)

The Descent of the Holy Spirit (Acts 2:1–12)

The Assumption (1 Thessalonians 4:13–19)

The Coronation of Mary Queen of Heaven and Earth (Revelation 12:1; 14:1–5; Isaiah 6:1–3)



Prayer concluding the Rosary

[Hail, Holy Queen, etc. as above]

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

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

Let us pray.

*O God, whose only-begotten Son, by his
life, death and resurrection,
has purchased for us the rewards of eternal life,
grant, we beseech thee, that meditating on these
mysteries
of the most holy Rosary of the Blessed Virgin Mary,
we may imitate what they contain and
obtain what they promise, through the
same Christ our Lord. 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.*

Hail, Holy Queen (Salve Regina)

*Hail, Holy Queen, Mother of Mercy,
Hail our life, our sweetness and our hope!
To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of
tears! Turn, then, most gracious Advocate,
thine eyes of mercy toward us, and after
this, our exile,
show unto us the blessed fruit of thy womb,
Jesus. O clement, O loving, O sweet Virgin Mary.*



At Holy Cross Catholic Primary Academy, all pupils from Years 3-6 pray the Angelus Every day.

The 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 unto me according to thy 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.

The Angelus is traditionally said three times a day: at 6am, 12 noon, and 6pm.

At Holy Cross Catholic Primary Academy, we also pray at certain times, the Magnificat and the Memorare

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.

Mary's song of praise was first sung to her cousin Elizabeth (Luke 1:46–55). It is sung daily at Evening Prayer.

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother.

To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Please also see the Prayer and Liturgy Directory which is available on our school website or to download:

[file:///dc-svr2/Home\\$/Staff/Alison.Kerrell/Pictures/Prayers/New%20Prayer%20and%20Liturgy%20Directory%202023.pdf](file:///dc-svr2/Home$/Staff/Alison.Kerrell/Pictures/Prayers/New%20Prayer%20and%20Liturgy%20Directory%202023.pdf)