



**Jesus is the centre of our lives,  
Our learning and friendships,  
In a safe, happy and caring community  
Where all are welcome**

# **Holy Cross Progression in Prayer Document 2025**

## **E.Y.F.S.**

### **The sign of the Cross**

#### **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

#### **Morning Prayer**

Oh my God you love me –

You're with me night and day.

I want to love you always – in all I do or say.

I'll try to please you Father –

bless me through the day.

Amen

### Grace before meals

Bless us O Lord as we sit together,  
bless the food we eat today.  
Bless the hands that made the food,  
bless us O Lord.  
Amen

### Grace after meals

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

### End of the School Day

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

## YEAR 1

Prayers to be learned, in addition to the previous year

### Holy Cross School Prayer

This is our school,  
Let peace live here.  
Let the rooms be full of happiness.  
Let love be all around,  
Love of one another,  
Love of all people,  
And love of life and living.  
Let us remember,  
That as many hands build a house,  
So many hearts build our school.  
In Jesus's name.  
Amen

### 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

### 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

### Prayer of St. Richard of Chichester

Day by day,  
O dear Lord,  
three things I pray:  
to see you more clearly,  
love you more dearly,  
follow you more nearly,  
day by day,  
by day, by day.  
Amen

### Prayer to my Guardian Angel

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

## Act of Faith, Hope and Love

Jesus, I believe in you.

Jesus, I hope in you.

Jesus, I love you.

## YEAR 2

**Prayers to be learned, in addition to the previous years**

### Prayer for St. Francis of Assisi

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Master, grant that I may not so much seek

to be consoled as to console,

to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life.

Amen

## YEAR 3

Prayers to be learned, in addition to the previous years

### The Angelus

### The Rosary all four Mysteries

### The Penitential Act

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.

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.

## YEAR 4

Prayers to be learned, in addition to the previous years

### The Apostles' Creed

I believe in God,  
the Father Almighty,  
Creator of heaven and earth,  
and in Jesus Christ, His only Son, our Lord, (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.

## Come, Holy Spirit

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.

*Let us pray.*

O God, who have taught the hearts of the faithful  
by the light of the Holy Spirit,  
grant that in the same Spirit we may be truly wise  
and ever rejoice in his consolation.

Through Christ our Lord.

Amen

## YEAR 5

### **Prayers to be learned, in addition to the previous years**

#### 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.

#### Grace before meals UKS2

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 UKS2

We give you thanks, Almighty God,  
For all your benefits,  
Who live and reign, world without end.  
Amen.

### Act of Faith

My God, I believe in you  
and all your Church teaches,  
because you have said it  
and your word is true.

Amen

### Act of Hope

My God, I hope in you,  
for grace and for glory,  
because of your promises,  
your mercy and power.

Amen

### Act of Love

O my God, I love you with my whole heart  
and above all things  
because you are infinitely good and perfect,  
and I love my neighbour as myself  
for love of you.  
Grant that I may love you more and more in this life,  
and in the next for all eternity.

Amen

### 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 6

**Prayers to be learned, in addition to the previous years**

### Stations of the Cross

#### 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