## *Home time prayers*

### *Infants*

*Now the busy day is done,*

*Bless us Father, every one.*

*Keep us safe all through the night*

*Until we see the morning light..*

### *Juniors*

*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.*

*Please guard me in the dark of night*

*and in the morning, send your light.*

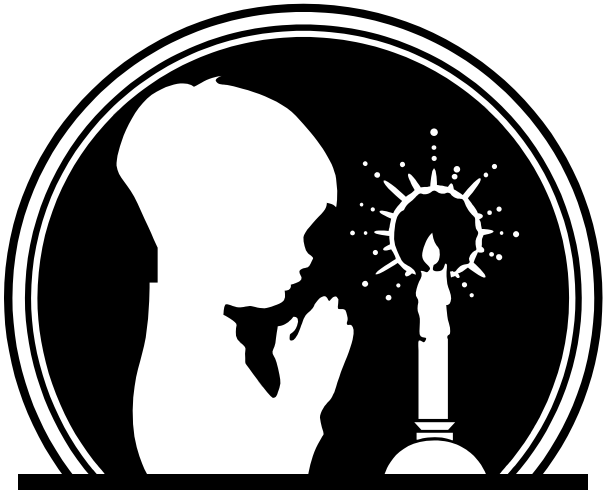
*Amen*

### *The Prayer Cycle*

| | ***Infants*** | ***Juniors*** |
|---|---|---|
| ***Autumn 1*** | *The Our Father* | *Glory Be* |
| ***Autumn 2*** | *Eternal Rest* | *Eternal Rest* |
| ***Spring 1*** | *Hail Mary* | *The Confiteor* |
| ***Spring 2*** | *Glory Be* | *Act of Contrition* |
| ***Summer 1*** | *Hail Mary* | *The Gloria* |
| ***Summer 2*** | *Act of Contrition* | *The Creed* |

# *Sacred Heart*

## *Daily Prayers*



## *Morning Prayer*

*Dear Father in Heaven, I give you today*

*all that I think, and do, and say.*

*And I want to join it to all that was done*

*By Jesus Christ, your dearest son*

## *Grace before meals*

*Bless, O Lord, the food we eat*

*And bless the people who make it.*

*Please bless, O Lord, our friends who share it.*

*Amen*

***OR***

*Bless, O Lord, the food we eat,*

*Bless those who have prepared it,*

*And bless all those people who will have no food today.*

**After lunch, say one of the following prayers. See the prayer cycle on the back of the booklet.**

*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 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.*

## *The 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.*

*( For the kingdom,*

*the power and the glory are yours*

*now and for ever. )*

*Amen*

## *The 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*

## *Hail Mary*

*Hail, Mary, full of grace,*
*the Lord is with thee.*
*Blessed art thou amongst 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.*

*you are seated at the right hand of the father,*

*have mercy on us.*

*For you alone are the Holy One.*

*you alone are the Lord,*

*you alone are the Most High,*

*Jesus Christ,*

*with the Holy Spirit,*

*in the Glory of God the Father.*

*Amen.*

## *The Gloria*

*Glory to God in the highest,*

*and on earth peace to people of good will.*

*We praise you,*

*we bless you,*

*we adore you,*

*we glorify you,*

*we give you thanks for your great glory,*

*Lord God, heavenly King,*

*O God, almighty Father.*

*Lord Jesus Christ, Only Begotten Son,*

*Lord God, Lamb of God, Son of the Father,*

*you take away the sins of the world,*

*have mercy on us;*

*you take away the sins of the world,*

*receive our prayer;*

## *The Confiteor*

*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.*

## *The Act of Contrition*

*O my God, because you are so good,*

*I am very sorry that I have sinned against you,*

*but by the help of your grace,*

*I will not sin again.*

*Amen*

## *The Eternal Rest Prayer*

*Eternal rest grant to them, O Lord.*

*And let perpetual light shine upon them.*

*May they rest in peace.*

*Amen*