## 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.*

## 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.*

*Friendship ~ Family ~ Faith*

# UKS2 Prayer Book

| 5–7 (KS1) | 7–9 (Lower KS2) | 9–11 (Upper KS2) |
|---|---|---|
| • The Sign of the Cross<br>• The Lord's Prayer<br>• Hail Mary<br>• Glory be<br>• Grace before meals<br>• Grace after meals | • The Apostles' Creed<br>• An Act of Contrition<br>• Angel of God<br>• Come, Holy Spirit<br>• The Prayer of St Richard of Chichester | • Morning Offering<br>• The Rosary<br>• The Magnificat<br>• Act of Faith<br>• Act of Hope<br>• Act of Love |

# The Sign of the Cross

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

## 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 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 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.*

## 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

*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)

## 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.*

## Grace

Bless us O Lord as we sit together

Bless the food we eat today

Bless the hands that made our food

Bless us O Lord

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,*

*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.*

## 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.*

## 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.*

## 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.*

## 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.*