



Traditional Catholic Prayers KS2

The Sign of the Cross

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

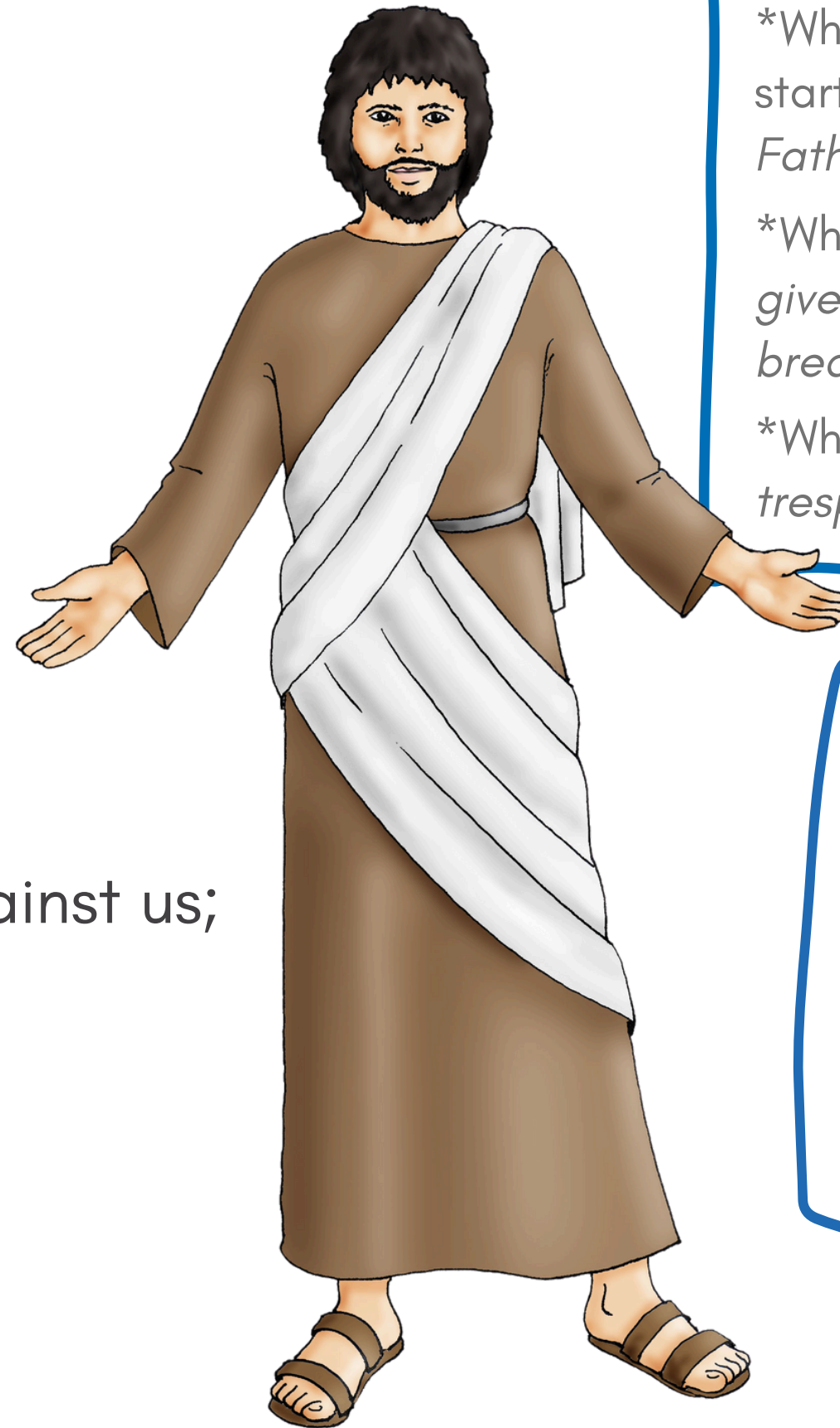
Amen.



- 1** The sign of the cross starts by raising the hand to the forehead, with the Father in heaven. He has created the world.
- 2** The hand then goes down towards earth, because Jesus Christ, the Son of God, became man.
- 3** Then the hand goes left, to our heart, where God's Holy Spirit lives.
- 4** Finally the hand goes right; a sign that God's love embraces everyone, everywhere.

The Lord's Prayer

Our Father, who art in heaven
Hallowed be Your name;
Your kingdom come,
Your 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.



Discussion questions:

- *Why do you think Jesus started the prayer with *Our Father*, and not *My Father*?
- *What does Jesus mean by *give us this day our daily bread*?
- *What does *forgive our trespasses* mean?



Did you know: The Lord's Prayer is a very special prayer as it's the only one that Jesus himself taught his followers. You can read about it in the Gospels of:

Mark 6: 9-13
Matthew 6:9-13
& Luke 11:1-4

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.

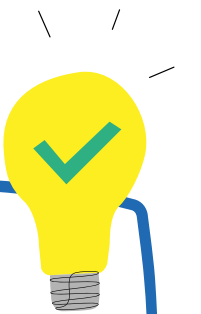


Discussion questions:

- *What do you think the words *the Lord is with thee* mean?
- *Why is Mary *blessed among women*?
- *Is Mary only the mother of God?
- *Why do we ask Mary to *pray for us*?



Did you know: the first sentence of the Hail Mary prayer is taken from the Gospel of St Luke (1:26- 38), when the Angel Gabriel greets Mary and tells her that she has been chosen by God the Father to be the mother of Jesus, the Son of God.



The 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.



Discussion questions:

*In the prayer we give glory to Father, Son, and Holy Spirit. Are the Father, Son, and Holy Spirit three different Gods?

*What do you think the words *as it was in the beginning, is now and ever shall be*, tell us about God?



Think of all the ways the word *glory* is used to describe something brilliant and perfect: like a *glorious* sunset. In this prayer, we are saying, "Wow, God you are *glorious*!"

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.

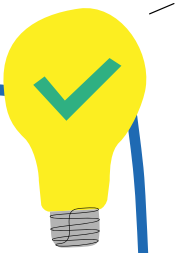


Discussion questions:

- *Why is it a good idea to say grace before meals?
- *What does *bounty* mean?
- *Why do you think we make prayers *through Christ our Lord*?
- *Is it better to say grace out loud or quietly to ourselves?



Did you know: saying grace before a meal is a way of saying thank you to God for making the earth and everything in it. All good things come from God, and it's up to us to use them in the very best and most generous way.



Grace after meals

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

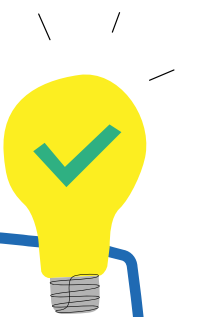


Discussion questions:

- *Why is it a good idea to say grace after meals?
- *If saying grace before or after meals helps us to appreciate the gift of food, how can we make sure all people enjoy these gifts too?



Did you know: The word *grace* is used to describe God's unlimited and unending kindness. Saying grace before and after meals, helps to remind us that the food we eat is given freely to all people by God the Father of everyone.



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 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.



Discussion questions:

- *Who is God?
- *How powerful is God?
- *What does the word 'Christ' mean?
- *Who is the Holy Spirit?
- *What is the Catholic Church?
- *Why does God want to forgive our sins?



Did you know: The word *creed* comes from an old Latin word, *Credo*, which means 'I believe'. The Apostles Creed was written 1,500 years ago and sums up 12 important beliefs about the Christian faith.

Act of contrition

Oh 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.



Discussion questions:

- *We say the Act of contrition during the Sacrament of Reconciliation. What happens during this sacrament?
- *How does going to confession show that we are sorry?
- *How can God's grace help us not to sin again?



Did you know: The word *contrition* is used to explain a very sorry or guilty feeling about something bad we have said or done. The word *grace*, is used to describe God's unlimited and unending kindness.



Angel of God

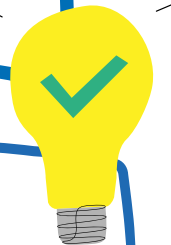
Angel of God,
my guardian dear,
to whom God's love commits me here,
ever this day be at my side,
to light and guard,
to rule and guide.
Amen.



Discussion questions:

- *Can you remember what message the Angel Gabriel delivered to Mary?
- *Can you think of other times angels appear in the Bible?
- *Do you think angels always appear with wings and wearing white?

Did you know: Every person, from the moment they are born, receives from God a guardian angel. God sends angels to carry His messages, to guide, to comfort, and to help us.



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 taught the hearts of the faithful
by the light of the Holy Spirit,
grant that by the gift of the same Spirit,
we may be always truly wise
and ever rejoice in your consolation.

Through Christ our Lord.

Amen.



Discussion questions:

- *Who is the Holy Spirit?
- *What does the Holy Spirit look like?
- *The Holy Spirit came down on the apostles at Pentecost. What then were they ready to do?
- *Why might the Holy Spirit help **us** to *renew the face of the earth*?



Did you know: the Holy Spirit is the third member of the **Holy Trinity**. The Trinity is made up of God the Father, God the Son, and God the Holy Spirit. Father, Son and Spirit are not separate Gods; they are one God in three persons.



Prayer of Saint 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.

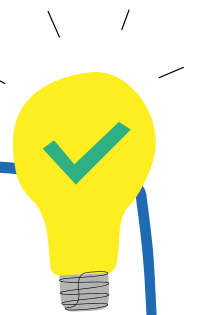


Discussion questions:

- *Can you name some of the benefits (good things) Jesus has given to you?
- *How might you *know Jesus more dearly*?
- *How might you *follow Jesus more nearly*?



Did you know: Saint Richard of Chichester faced many struggles in his life. For a time he was without home or income. Yet even then Saint Richard followed the example of Jesus. He gladly shared his faith and whatever he had with others.



The Rosary

For each mystery or decade, one Our Father, ten Hail Mary's and the Glory Be is recited.

The Joyful Mysteries

The Annunciation (Luke 1:26-38)

The Visitation (Luke 1:39-45)

The Nativity (Luke 2:1-7)

The Presentation (Luke 2:22-35)

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

The Mysteries of Light

The Baptism of Jesus (Mt 3:13-17)

The Wedding Feast at Cana (John 2:1-12)

The Proclamation of the Kingdom
(Mark 1:14-15)

The Transfiguration (Luke 9:28-36)

The Institution of the Eucharist (Mt 26:26-29)

The Sorrowful Mysteries

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

The Scourging at the Pillar (Mt 27:15-26)

The Crowning with Thorns (Mt 27:27-31)

The Carrying of the Cross (John 19:15-17)

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

The Glorious Mysteries

The Resurrection (Mt 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 (Revelation 12:1, 14:1-5)



Discussion questions:

*What is the rosary?

*How do you pray the rosary?

*What is the mission rosary?

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



Discussion questions:

*In The Magnificat, Mary joyfully shares her faith in God's promise with her cousin Elizabeth. In the Magnificat, find at least three reasons for Mary's faith in God's love for her and for all His children.

*How can we follow God's example of *lifting up the lowly* (the poor) and *filling the hungry*?

*What stands out to you from Mary's hymn of praise?



Did you know: The Magnificat is known as Mary's hymn of praise. It is found in Luke's Gospel (1:46-55), after the meeting of Mary, pregnant with Jesus, and her cousin Elizabeth, pregnant with John the Baptist. The words of the Magnificat have been set to music by many composers over hundreds of years.

FOR TEACHERS: Suggested answers to questions

The Lord's Prayer

*Why do you think Jesus started the prayer with Our Father, and not My Father? *By teaching us the words Our Father, Jesus reminds us that we are all children of God the Father. We are sisters and brothers within God's global family.*

*What does Jesus mean by 'give us this day our daily bread'? *We should ask God for everything we need to live. The poor often understand this better than the rich. The problem is: people are often greedy and want everything for themselves, whilst letting others starve. (YOUCAT, pg 213)*

*What does forgive our trespasses mean? *We should pray that God forgives us when we make bad choices. God wants to give us a new beginning. And we should do exactly the same: forgive people, who did us wrong. And make a new start. (YOUCAT pg 213)*

The Hail Mary

*What do you think the words 'the Lord is with thee' mean? *These few words tell us how close God is to Mary. Mary is filled with the presence of God.*

*Why is Mary 'blessed among women'? *These are the words spoken to Mary by her cousin, Elizabeth, when she realises that Mary has been blessed by God and chosen to be the mother of our Lord, Jesus (Luke 1:39-45).*

*Is Mary only the mother of God? *Mary is Jesus' mother, but on the cross Jesus gave her to us as our mother too (Jn 19: 25-27). Mary is our heavenly mother.*

*Why do we ask Mary to 'pray for us'? *As our heavenly mother, Mary is always ready to pray **with us** and **for us**. We don't pray to Mary, we only pray to God. Like all the saints in heaven, Mary intercedes (pleads) for us, just as she did at the wedding feast in Cana (Jn 2:1-12).*

The Glory Be

*In the prayer we give glory to Father, Son, and Holy Spirit. Are the Father, Son, and Holy Spirit three different Gods? *Christians have only one God, but one God is made up of three persons: God the Father, God the Son, and God the Holy Spirit. They are known as the Holy Trinity and are bound so close in communion and loving relationship, that they are one God - our God of love.*

*What do you think the words 'as it was in the beginning, is now and ever shall be', tell us about God? *These few words tell us something very important - that God is without beginning or end. God was present before the world began, God is present with us now, and God will still be here when the world no longer exists.*



FOR TEACHERS: Suggested answers to questions

Grace before and after meals

*Why is it a good idea to say grace before meals? *Saying grace before a meal is a good way to say thank you to God for making the earth and all the food produced by it. Giving thanks reminds us that our food is a gift we receive from God. Grace helps us to appreciate the gift of food and reminds us to value and share it as best as we can.*

*What does bounty mean? *In the Bible, bounty refers to **freely given** gifts or favors, generosity and abundance. The line 'from your bounty' reminds us of God's great generosity. Jesus taught us that it is God's will that all people have enough to eat. Though we know this is not the case, due to human greed and selfishness, as Christians we have a responsibility to ensure all people benefit from God's bounty.*

*Why do you think we make prayers through Christ our Lord? *These few words teach and remind us that prayers to God the Father are offered through Jesus the Christ. Jesus – the Son of God – who became human and joined in our life on earth, is our mediator with God our heavenly Father.*

*Is it better to say Grace out loud or quietly to ourselves? *There's no best way really; like all prayer, sometimes it is good to join together with others and say grace out loud, as we do at school. But there are other times, for example when eating alone, when saying grace silently is also okay. Sometimes we might forget to say grace at the time we eat, but we can always say a grace at the end of the day before we sleep. The most important thing is that we stop to thank God for the food we have received.*

*If saying grace before or after meals helps us to appreciate the gift of food, how can we make sure all people enjoy these gifts too? *Through works of justice and charity. By being fair and sharing what we have with others, especially those in need of our support.*



FOR TEACHERS: answers for the Apostles' Creed are sourced from YOUCAT; The Catholic catechism for children and parents.

The Apostles' Creed

**Who is God? God is the one that all good in the world comes from. God is love. God is everywhere, above and below, today and tomorrow, without beginning or end. God was here when not even a grain of dust existed. And God will still be here when the world no longer exists. (YOUCAT, pg 30)*

**How powerful is God? All creation exists because God wanted it, and God sustains all things: time and space, heaven and earth, the universe and the stars, angels, humans and animals. (YOUCAT, pg 31)*

**What does the word 'Christ' mean? The word 'Christ' means the Anointed, in Hebrew: Messiah. In ancient Israel, when someone became king, he was anointed with holy oil. Calling Jesus the Anointed means: Jesus is 'the Christ', the Messiah, the Saviour of the world, whom the people of Israel were waiting for. He is the true and only king. Thus, Christ is not Jesus' surname or a double name like John-Paul or Mary-Jane. (YOUCAT, pg 43)*

**Who is the Holy Spirit? The Holy Spirit is God, as is God the Father and as is the Son. It is the Holy Spirit who, since the very beginning, fills creation. It is the Holy Spirit who spoke through the prophets. It is the Holy Spirit through whom Mary became the Mother of God. It is the Holy Spirit who descended upon Jesus at the baptism in the Jordan. It is the Holy Spirit who freed the disciples from their fear at Pentecost. It is the Holy Spirit who brings the divine into the Church. It is the Holy Spirit who makes me a dwelling place of God. (YOUCAT, pg 82)*

**What is the Catholic Church? The word 'Church' comes from the Greek word 'kyriakon'. It means 'something belonging to the Lord.' Jesus is our Lord. We are his team – an international team from all countries, of all colours and languages of the world. This is called catholic (the word 'catholic' means 'universal'). It does not matter where we come from: the Lord has called us to be his Church and take care of the world – as class representative, politician, teacher, police officer, in nursing... But you can also employ your talents in your parish or in the liturgy: for instance as a catechist or altar server. All shall work with all their energy for a better world. In order for the team to function, there are some special tasks such as Pope, bishop, priest, deacon...' Religious Sisters and brothers. (YOUCAT, pg 87)*

**Why does God want to forgive our sins? God hates sin, but loves the sinner. God hates sin, because it is harming you and you are harming others with it. You sin – and still God loves you so much that nothing can keep him from continuing to love you and offer you the forgiveness of all your sins. But you need to work with him. (YOUCAT, pg 96)*



FOR TEACHERS: Suggested answers to questions based on YOUCAT; The Catholic catechism for children and parents pg. 134

The Act of contrition

*We say the Act of contrition during the Sacrament of Reconciliation. What happens during this sacrament? *The Sacrament of Reconciliation begins with **reflection**. You **reflect** (think) about the bad you have done and the good you have not done. You feel sorry. We call this feeling **repentance**. You resolve never to do these things again. You then sit with the priest, make the sign of the cross and tell him when your last confession was – don't worry if you can't remember. You then tell the priest about the bad you have done and the good you have not done. Don't worry about the priest telling others about the things you say, he won't – in fact, priests, Bishops, even the Pope isn't allowed to. After you have confessed your sins, the priest will ask you to say the **Act of Contrition**; he will then give you a **penance**. Penance is the act of doing a good deed to make up for past wrongs. Penance is usually a prayer or prayers to say after the priest has given you **absolution**. Absolution means forgiving someone for having done something wrong or sinful. It is important to remember that it is not the priest that is absolving us of our sins; it is God who forgives us our sins. In confession, as in all Sacraments, God works through the priest.*

*How does going to confession show that we are sorry? *It's not always easy to admit we have made bad choices and have sinned; it requires humility and trust. Wanting to confess this to a priest and receive the Sacrament of Reconciliation shows that we are sorry for the hurt our words or actions have caused, and that we want to learn from these and do our best not to sin again.*

*How can God's grace help us not to sin again? *The word grace is used to describe God's unlimited kindness and mercy. God's grace helps us not to give in to the temptation to make a bad choice. For example, if we feel like we want to shout at our sibling we can ask God through a silent prayer to help us to stay quiet and calm. God's grace also encourages us to trust that when we do give into temptation, God will continue to forgive us if we repent and are sorry. This doesn't mean we stop trying to make good choices, we still need to do that, but it reminds us that the love and mercy God has for us is unlimited.*

Angel of God

*Can you remember what message the Angel Gabriel delivered to Mary? *The Angel Gabriel appeared to Mary in Nazareth and told her that God had chosen her to be the mother of Jesus, the Son of God. This message is found in Luke's Gospel (1:26-38). This Gospel passage is often called the **Annunciation**. The word annunciation means the act of announcing something: the Angel Gabriel announced to Mary that God had chosen her to be the mother of Jesus.*

*Can you think of other times angels appear in the Bible? *Examples: soon after the Annunciation, an angel appeared to St Joseph in a dream, telling him that Mary had been chosen to be the mother of God (Matthew 1:18-25). At the birth of Jesus, when a host of angels appeared to the shepherds to announce the birth of the Messiah (Luke 2:8-20). Later, again in a dream, an angel warns Joseph to take Jesus and Mary and travel from Bethlehem to the safety of Egypt, away from the threat of Herod (Matthew 2:13).*

*Do you think angels always appear with wings and wearing white? *In the Bible angels appear in three ways. First, some appeared to people in a recognizable form, even seeming to be human, like the angels that appeared to Abraham (Genesis 18:19). Second, other angels appeared to people in dreams, as they did to Joseph (Matt 2:13). Third, some angels appeared to people in visions, as they did to Ezekiel (Ezekiel 1). In the Bible, angels rarely have wings, although they are often described as wearing white or appearing brilliant.*



FOR TEACHERS: answers for Come Holy Spirit are sourced from YOUCAT; The Catholic catechism for children and parents.

Come Holy Spirit

**Who is the Holy Spirit? The Holy Spirit is God, as is the Father and as is the Son. It is the Holy Spirit who, since the very beginning, fills creation. It is the Holy Spirit who spoke through the prophets. It is the Holy Spirit through whom Mary became the mother of God. It is the Holy Spirit who descended upon Jesus at the baptism in the Jordan. It is the Holy Spirit who freed the disciples from their fear at Pentecost. (YOUCAT, pg 82)*

**What does the Holy Spirit look like? We do not know. Nobody has seen the Holy Spirit. But you feel the Holy Spirit. The Bible describes the Holy Spirit in many powerful images: mighty like fire, gentle like a dove, captivating like a storm, soft like a murmuring sound. (YOUCAT, pg 83)*

**The Holy Spirit came down on the apostles at Pentecost. What then were they ready to do? It was on Pentecost that the disciples experienced the Holy Spirit for the first time. They had been hiding out of fear. All of a sudden, the Holy Spirit came like a fire upon them. Their fear was gone! A great joy filled them. 'They... began to speak foreign languages, as the Spirit gave them the gift of speech.' 'Each one [was] bewildered to hear these men speaking his own language.' (Acts of the Apostles 2:4-6). (YOUCAT, pg 84). Encouraged by the Spirit, the disciples travelled far and wide sharing the love and Good News of Jesus with everyone.*

**Why might the Holy Spirit help us 'to renew the face of the earth?' The Holy Spirit brings holy unrest into the world. The Spirit continues to work wonders and the gifts of the Spirit around the world. (These gifts are: wisdom, understanding, counsel, fortitude, knowledge, awe and wonder). At times the Spirit is like fire that lets us burn for the good. Other times we feel the Spirit in our conscience: 'Do something!' And another time the Spirit is like a silent guest who lives in our soul, changes us from within, renews us and renews the face of the earth. (Based on YOUCAT, pg 85)*

Prayer of Saint Richard of Chichester

**Can you name some of the benefits (good things) Jesus has given to you? Life, family, friends, creation, skills and talents etc.*

**How might you 'know Jesus more dearly'? Through speaking and listening to Jesus in prayer. By reading the Gospels and reflecting on Jesus' words and actions. By thinking carefully about the lessons in Jesus' parables e.g. the Good Samaritan.*

**How might you 'follow Jesus more nearly'? By following the example of Jesus – what he said and did, as discovered in the Gospels. By attending Mass and receiving Jesus in the Eucharist, this brings us close to Jesus in a particular and special way.*



FOR TEACHERS: Some suggested answers to questions taken from YOUCAT; The Catholic catechism for children and parents.

The Rosary

*What is the rosary? *The rosary is a prayer in which you meditate on the whole life of Jesus together with Mary. Nobody is closer to Jesus than Mary.* (YOUCAT, pg 217)

*How do you pray the rosary? *You take the rosary into your hand and start at the cross, then you move on from bead to bead... At the big beads, you announce the holy mystery to be contemplated. For example, at the first big bead you would say the first joyful mystery, which is “The Annunciation”, then you pray the “Our Father”. At the small beads you pray the Hail Mary. After praying ten Hail Mary prayers, pray The Glory Be.* (YOUCAT, pg 217)

*What is the mission rosary? *The mission rosary helps children around the world to pray for one another. It is made up of different coloured beads, each colour representing a different continent: Africa (green), Americas (red), Europe (white), Oceania (blue), Asia (Yellow). In our illustration of Mary, you can see her holding a mission rosary. The idea is simple: when we pray with the yellow beads we remember to pray for the children in Asia, when we pray with the green beads we pray for the children in Africa, and so on.*



The Magnificat

*In the Magnificat, Mary joyfully shares her faith in God’s promise with her cousin Elizabeth. In the Magnificat, find at least three reasons for Mary's faith in God's love for her and for all His children. *God is Mary's Saviour. God has shown his care for Mary. God has done great things for her. God’s mercy is unending. God raises the lowly. God fills the hungry with good things. God brings justice.*

*How can we follow God’s example of ‘lifting up the lowly (the poor) and ‘filling the hungry’? *We can act with fairness and charity, sharing what we can (money, possessions, time) to support those in need. We can work with charities e.g. SVP, CAFOD, Mission Together, to build fairer communities and a fairer world. We can remember that poverty and hunger are not just about lack of money or food. For example, people can be poor in spirit (sad) and hungry for friendship (lonely).*

*What stands out to you from Mary’s hymn of praise? *No suggested answers for this.*

Facts about the Magnificat

- The Magnificat is the song of the Mother of God and the song of the Church.
- The Church prays the Magnificat each day at Vespers (evening prayer).
- In some countries the Magnificat has been banned by government leaders as the words are considered too revolutionary.