

Morning Prayer

O my God, you love me. You're with me night and day.

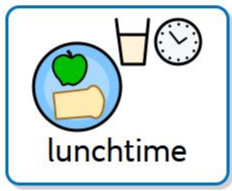
I want to love you always in all I do and say.

I'll try to please you, Father.

Bless me through the day

Amen



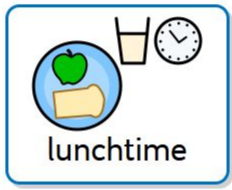


Lunchtime Prayer

Bless us, O God, as we sit together. Bless the food we each
today.

Bless the hands that made the food. Bless us, O God
Amen





After Lunch Prayer

Thank you God for the food we have eaten,

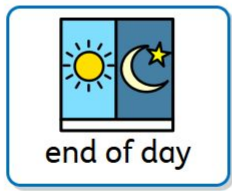
Thank you God for all our friends,

Thank you God for everything,

Thank you God

Amen





Home time Prayer

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





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.





Our Father - 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.





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.





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





Act of Contrition

O my God, because you are so good. I am very sorry that I have sinned against you and by the help of your grace. I will not sin again.

Amen





Guardian Angel Prayer

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





Lord make me a messenger

Lord, make me a messenger of your love

Where people hate, let ME bring LOVE

Where people are sad, help ME bring JOY

Where people are hurt, let ME bring COMFORT

Where people are lonely, help ME bring FRIENDSHIP

Help me be the kind of neighbour who HELPS EVERYONE -
even those who don't help me

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.



Prayer of Saint Richard of Chichester



Thanks be to thee, my Lord Jesus Christ,
for all the benefits thou hast given me,
for all the pains and insults thou hast borne for me.
O most merciful redeemer, friend and brother,
may I know thee more clearly,
love thee more dearly,
and follow thee more nearly, day by day.
Amen.



Prayer of Saint Francis

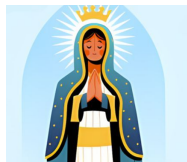


Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

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."





The Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior,
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.
Glory to the Father and to the Son and to the
Holy Spirit,
as it was in the beginning, is now, and will be
forever. Amen.



Act of Faith

O my God, I firmly believe
that you are one God in three divine Persons,
Father, Son, and Holy Spirit.

I believe that your divine Son became man
and died for our sins and that he will come
to judge the living and the dead.

I believe these and all the truths
which the Holy Catholic Church teaches
because you have revealed them
who are eternal truth and wisdom,
who can neither deceive nor be deceived.
In this faith I intend to live and die.

Amen.

Act of Hope

O Lord God,
I hope by your grace for the pardon
of all my sins
and after life here to gain eternal
happiness
because you have promised it
who are infinitely powerful, faithful,
kind,
and merciful.

In this hope I intend to live and die.

Amen.



Acts of Love

O Lord God, I love you above all things
and I love my neighbor for your sake
because you are the highest, infinite and perfect
good, worthy of all my love.
In this love I intend to live and die.
Amen.



Hail Holy Queen

Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.

To you do we cry,
poor banished children of Eve.
To you do we send up our sighs,
mourning and weeping in this valley of
tears

Turn then, most gracious advocate,
your eyes of mercy toward us,
and after this exile
show unto us the blessed fruit of thy
womb,
Jesus.

O clement, O loving,
O sweet Virgin Mary.

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,

(bow head)

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.

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.

