

St Mary and St John

Prayer

Progression

In the Light of Jesus, we learn to shine.



The Sign of the Cross (Reception)

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

Morning Prayer (Reception)

Good morning, dear Jesus,
This day is for you.
We offer you all that we think, say and do.
Amen

Grace Before meals (Reception)

Bless us, O Lord,
And these your gifts,
which we are about to receive
from your bounty.
Through Christ our Lord
Amen

End of Day Prayer (Reception)

Now the day is over, we lift our hands and say,
Thank you Heavenly Father for today.
We're sorry for the wrong things
But glad about the right.
Keep us Heavenly Father
In your love tonight.
Amen

Our Father (Y1)

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.

Hail Mary (Year 1)

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 (Y2)

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 after meals (Y2)

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

The Apostle's Creed (Y3)

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 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.

Act of Contrition (Y3)

Oh 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

Angel of God (Y4)

Angel of God my
guardian dear,
For 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 (Y4)

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 your 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 (Y4)

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.

Morning Offering (Y5)

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.

Amen.

The Rosary (Y5)

For each mystery or decade, one Our Father, ten Hail Mary's 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)

The Sorrowful Mysteries *(Recited Tuesday and Friday)* The

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

The Scouring at the Pillar (Matthew 27:15-26)

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

The Carrying on 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 (Y5)

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.

The Magnificat (Y6)

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 (Y6)

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 (Y6)

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

Act of Love (Y6)

My God, because you are so good,
I love you with all my heart,
And for your sake,
I love your neighbour as myself.