

# The Sign of the Cross

right hand



1

In the name of the Father



2

and of the Son

left shoulder

right shoulder



3

and of the Holy Spirit



4

Amen.

# Morning Prayer

**Thank you for St Saviour's School,  
where we care and share,  
where we play and pray.  
Respecting each other as we learn and love,  
with Jesus in our hearts.  
Amen.**

# Prayer before lunch

**Bless us O God as we sit together,  
Bless the food we eat today,  
Bless the hands that made the food,  
Bless us O God  
Amen.**

# Prayer after lunch

## 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.**

# Prayer at the end of the day

**God our Father,  
we 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**

# Our Father

**Our Father,  
Who art in Heaven,  
Hallowed by 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.**

# Advent Prayer

**The world was in darkness  
and nobody knew  
the way to the Father  
as you and I do.  
they needed a light  
to show them the way  
and the great light shone  
on Christmas Day.**

# Lenten Prayer

**I want to follow in your footsteps  
so I trust in you  
as slowly I discover your path  
and move forward  
closer to you.**

# 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.**

# 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.**

# Eternal Rest

**Eternal rest grant unto them,  
O Lord,  
and let perpetual light shine upon  
them.  
May they rest in peace.  
Amen.**

# Act of Contrition

**O my God, because you are so good,  
I am very sorry that I have sinned  
against you and with your help.  
I will try not to sin again.  
Amen**

# Angelus

**The angel of the Lord  
declared unto Mary  
And she conceived  
of the Holy Spirit.**

**Hail Mary...**

**Behold the handmaid of the Lord.  
Be it done unto me according  
to Thy Word.**

**Hail Mary...**

**And the Word was made flesh.  
And dwelt among us.**

**Hail Mary...**

**Pray for us,  
O Holy Mother of God.**

**That we may be made worthy of the promises of Christ.**

**Let us pray:**

**Pour forth, we beseech You, O Lord,  
Your grace into our hearts;  
that as we have known the Incarnation of Christ,  
your Son by the message of an angel,  
so by His passion and cross  
we may be brought to the glory of His Resurrection.  
Through the same Christ, our Lord.**

**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.**

**Pray for us, O holy Mother of God.**

**That we may be made worthy of the promises of Christ.**

**Amen.**

# St Michael the Archangel

**St Michael the Archangel,  
defend us in battle.**

**Be our defense against the wickedness and  
snares of the Devil.**

**May God rebuke him, we humbly pray,  
and do thou,**

**O Prince of the heavenly hosts,  
by the power of God,  
thrust into hell Satan,  
and all the evil spirits,  
who prowl about the world  
seeking the ruin of souls.**

**Amen.**