

St Thomas Aquinas Prayer Progression document

EYFS

Sign of the Cross

Grace before meals

Start of day and end of day prayers

Our Father

Y1

As above, plus...

Hail Mary

School prayer

Grace after meals

Y2

As above, plus...

Glory Be

Saint pray for us

Y3

As above, plus...

Act of Contrition

Y4

As above, plus...

Hail Holy Queen

Students own thank you, sorry and asking prayers

Open/Spontaneous prayer

Y5

As above, plus...

Guardian Angel prayer

Students own grace before and after meals

Y6

As above, plus...

Prayer to the Holy Spirit

Students own morning and evening prayer

Secondary and Sixth Form

As above, plus...

School prayer

The Angelus

St Patrick's breastplate

Prayer of St Francis

Eternal rest

Prayer bank

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.

Our Father

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 trespass against
us, and lead us not into temptation, but
deliver us from evil. 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

Act of contrition

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.

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.
Amen.

Prayer to the Guardian Angel

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.

Prayer to the Holy Spirit O 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. O
God, who has taught the hearts of the faithful
by the light of the Holy Spirit, grant that by the
gift of that same Spirit we may be always truly
wise
and ever rejoice in his consolation. Amen.

Serenity prayer God grant me the
serenity to accept the things I
cannot change; courage to change
the things I can; and wisdom to
know the difference. Living one day
at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world as it is, not
as I would have it; Trusting that He will make
all things right if I surrender to His Will; That I
may be reasonably happy in this life and
supremely happy with Him Forever in the
next.

The Angelus

V. The Angel of the Lord declared unto Mary,

R. And she conceived of the Holy Spirit.

Hail Mary, etc...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to Your Word.

Hail Mary, etc...

V. And the Word was made flesh,

R. And dwelt among us.

Hail Mary, etc...

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

R. 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.

Prayer for St. Francis of Assisi

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. Amen.

Saint Patrick's Breastplate

Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,

Christ when I lie down,

Christ when I sit down,

Christ when I arise,

Christ in the heart of every man who thinks of me,

Christ in the mouth of everyone who speaks of me,

Christ in every eye that sees me, Christ in every ear
that hears me.

I arise today

Through a mighty strength, the invocation of the Trinity,

Through belief in the Threeness,

Through confession of the Oneness of
the Creator of creation.

Amen

Eternal Rest

Eternal rest give unto them, O Lord, and

let perpetual light shine upon them.

May they rest in peace.

Amen.