### Sacred Heart Catholic Primary School



### YEAR 4 PRAYER BOOK

# GRACE BEFORE MEALS

Bless us, O Lord, and these Thy gifts which we are about to receive, through Thy bounty. Through Christ our Lord we pray. Amen.



#### **GRACE AFTER MEALS**

We give Thee thanks,
Almighty God,
for these and all Thy gifts
which we have received
from Thy goodness,
through Christ our Lord.
Amen



#### **ACT OF CONTRITION**

Oh my God, I am very sorry that I have sinned against you, And by the help of your grace I will not sin again.



### **ETERNAL REST**

Eternal rest grant unto them, O Lord.

And let perpetual light shine upon them.

May they rest in peace.

Amen.



### PRAYER TO THE SACRED HEART

O Jesus, through the most pure hands of Mary, I offer you all my prayers, work, sufferings and joys of this day for all the intentions of your Sacred Heart.

O Sacred Heart of Jesus, I place all my trust in You.

Guardian Angel guide me.

Sacred Heart of Jesus grant me the grace to love You.

Amen

## ACT OF FAITH, HOPE AND LOVE

My God, I believe in you, I trust in you, I love you above all things, with all my heart and mind and strength. I love you because you are supremely good and worth loving; and because I love you, I am sorry with all my heart for offending you. Lord, have mercy on me. Amen

### HAIL HOLY QUEEN

Hail, holy Queen, Mother of mercy, hail, 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 vale of tears.

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

### PRAYER TO THE HOLY SPIRIT

O Come, Holy Spirit, fill the hearts of your faithful, and enkindle 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

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

#### **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; the third day He rose again from the dead; He ascended into heaven, is seated at the right hand of God the Father Almighty; from thence He shall 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. Amen