



Traditional Catholic Prayers KS1

The Sign of the Cross

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

Amen.



- 1** The sign of the cross starts by raising the hand to the forehead, with the Father in heaven. He has created the world.
- 2** The hand then goes down towards earth, because Jesus Christ, the Son of God, became man.
- 3** Then the hand goes left, to our heart, where God's Holy Spirit lives.
- 4** Finally the hand goes right; a sign that God's love embraces everyone, everywhere.

The Lord's Prayer

Our Father, who art in heaven
Hallowed be Your name;
Your kingdom come,
Your 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.



Discussion questions:

- *Why do you think Jesus started the prayer with *Our Father*, and not *My Father*?
- *What does Jesus mean by *give us this day our daily bread*?
- *What do you think *forgive us our trespasses* means?



Did you know: The Lord's Prayer is a very special prayer as it's the only one that Jesus himself taught his followers. You can read about it in the Gospels of:

Mark 6: 9-13
Matthew 6:9-13
& Luke 11:1-4

The 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.

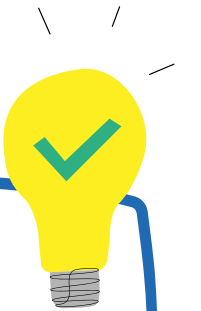


Discussion questions:

- *What do you think the words *the Lord is with thee* mean?
- *Why is Mary *blessed among women*?
- *Is Mary only the mother of God?
- *Why do we ask Mary to *pray for us*?



Did you know: the first sentence of the Hail Mary prayer is taken from the Gospel of St Luke (1:26- 38), when the Angel Gabriel greets Mary and tells her that she has been chosen by God the Father to be the mother of Jesus, the Son of God.



The 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.



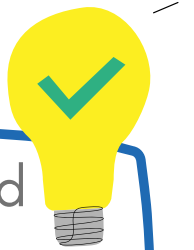
Discussion questions:

*In the prayer we give glory to Father, Son, and Holy Spirit. Are the Father, Son, and Holy Spirit three different Gods?

*What do you think the words *as it was in the beginning, is now and ever shall be*, tell us about God?

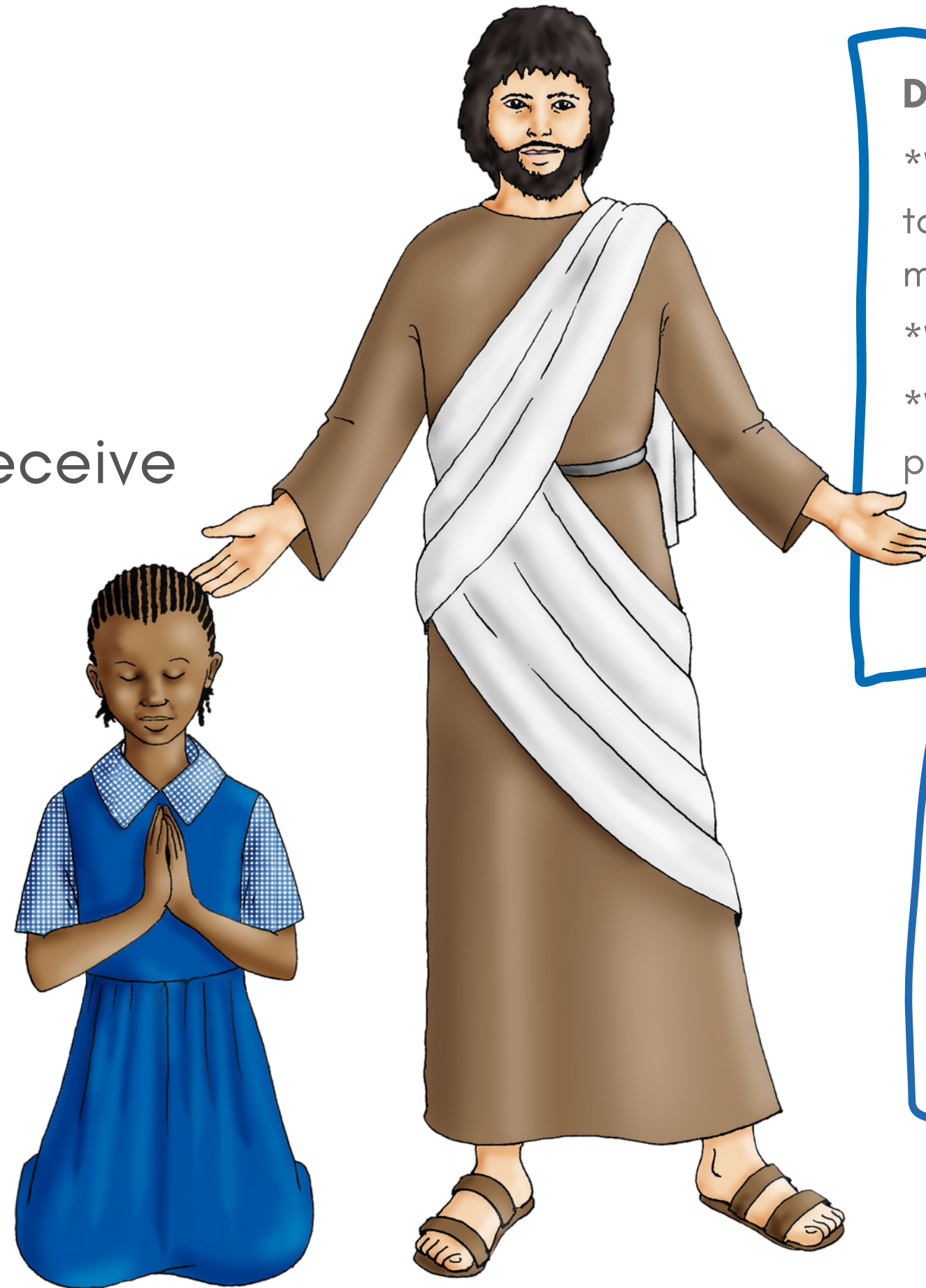


Think of all the ways the word *glory* is used to describe something brilliant and perfect: like a *glorious* sunset. In this prayer, we are saying, "Wow, God you are *glorious*!"



Grace before meals

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

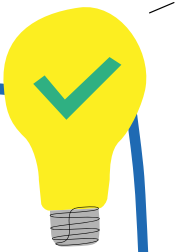


Discussion questions:

- *Why is it a good idea to say grace before meals?
- *What does *bounty* mean?
- *Why do you think we make prayers *through Christ our Lord*?
- *Is it better to say grace out loud or quietly to ourselves?



Did you know: saying grace before a meal is a way of saying thank you to God for making the earth and everything in it. All good things come from God, and it's up to us to use them in the very best and most generous way.



Grace after meals

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



Discussion questions:

- *Why is it a good idea to say grace after meals?
- *If saying grace before or after meals helps us to appreciate the gift of food, how can we make sure all people enjoy these gifts too?



Did you know: The word *grace* is used to describe God's unlimited and unending kindness. Saying grace before and after meals, helps to remind us that the food we eat is given freely to all people by God the Father of everyone.



FOR TEACHERS: Suggested answers to questions

The Lord's Prayer

*Why do you think Jesus started the prayer with Our Father, and not My Father? *By teaching us the words Our Father, Jesus reminds us that we are all children of God the Father. We are sisters and brothers within God's global family.*

*What does Jesus mean by 'give us this day our daily bread'? *We should ask God for everything we need to live. The poor often understand this better than the rich. The problem is: people are often greedy and want everything for themselves, whilst letting others starve. (YOUCAT, pg 213)*

*What does forgive our trespasses mean? *We should pray that God forgives us when we make bad choices. God wants to give us a new beginning. And we should do exactly the same: forgive people, who did us wrong. And make a new start. (YOUCAT pg 213)*

The Hail Mary

*What do you think the words 'the Lord is with thee' mean? *These few words tell us how close God is to Mary. Mary is filled with the presence of God.*

*Why is Mary 'blessed among women'? *These are the words spoken to Mary by her cousin, Elizabeth, when she realises that Mary has been blessed by God and chosen to be the mother of our Lord, Jesus (Luke 1:39-45).*

*Is Mary only the mother of God? *Mary is Jesus' mother, but on the cross Jesus gave her to us as our mother too (Jn 19: 25-27). Mary is our heavenly mother.*

*Why do we ask Mary to 'pray for us'? *As our heavenly mother, Mary is always ready to pray **with us** and **for us**. We don't pray to Mary, we only pray to God. Like all the saints in heaven, Mary intercedes (pleads) for us, just as she did at the wedding feast in Cana (Jn 2:1-12).*

The Glory Be

*In the prayer we give glory to Father, Son, and Holy Spirit. Are the Father, Son, and Holy Spirit three different Gods? *Christians have only one God, but one God is made up of three persons: God the Father, God the Son, and God the Holy Spirit. They are known as the Holy Trinity and are bound so close in communion and loving relationship, that they are one God - our God of love.*

*What do you think the words 'as it was in the beginning, is now and ever shall be', tell us about God? *These few words tell us something very important - that God is without beginning or end. God was present before the world began, God is present with us now, and God will still be here when the world no longer exists.*

FOR TEACHERS: Suggested answers to questions

Grace before and after meals

*Why is it a good idea to say grace before meals? *Saying grace before a meal is a good way to say thank you to God for making the earth and all the food produced by it. Giving thanks reminds us that our food is a gift we receive from God. Grace helps us to appreciate the gift of food and reminds us to value and share it as best as we can.*

*What does bounty mean? *In the Bible, bounty refers to **freely given** gifts or favors, generosity and abundance. The line 'from your bounty' reminds us of God's great generosity. Jesus taught us that it is God's will that all people have enough to eat. Though we know this is not the case, due to human greed and selfishness, as Christians we have a responsibility to ensure all people benefit from God's bounty.*

*Why do you think we make prayers through Christ our Lord? *These few words teach and remind us that prayers to God the Father are offered through Jesus the Christ. Jesus – the Son of God – who became human and joined in our life on earth, is our mediator with God our heavenly Father.*

*Is it better to say Grace out loud or quietly to ourselves? *There's no best way really; like all prayer, sometimes it is good to join together with others and say grace out loud, as we do at school. But there are other times, for example when eating alone, when saying grace silently is also okay. Sometimes we might forget to say grace at the time we eat, but we can always say a grace at the end of the day before we sleep. The most important thing is that we stop to thank God for the food we have received.*

*If saying grace before or after meals helps us to appreciate the gift of food, how can we make sure all people enjoy these gifts too? *Through works of justice and charity. By being fair and sharing what we have with others, especially those in need of our support.*