



St Maria Goretti Catholic Academy

Formal Prayers

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. 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 forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen

Hail Mary

Hail Mary, full of grace, the Lord is with thee:

blessed art thou amongst 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.

Grace before meals

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.

Grace after meals

Thank you, God, for the food we have eaten.

Thank you, God. for all our friends. Thank you, God, for everything, Thank you God. Amen.

Morning Prayer Father in heaven, you love me, you are with me night and day. I want to love you always in all I do and say. I'll try to please you, Father, bless me through the day. Amen.

Prayer at the end of the day God our Father, I 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.

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.

Prayer to the Guardian Angel Angel sent by God to guide me, be my light and walk beside me; be my guardian and protect me; on the paths of life direct me.

Eternal Rest

Eternal rest give unto them, O Lord.
And let perpetual light shine upon them.
May they rest in peace. Amen.

The Angelus

The Angel of the Lord declared to Mary: and she conceived of the Holy Spirit.

Hail Mary...

Behold the handmaid of the Lord:
be it done to me according to your 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 we to whom the incarnation of Christ, your Son, was made known by the message of an angel, may by his passion and cross, be brought to the glory of his resurrection, through Christ our Lord. Amen.

Act of Sorrow

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.

The Memorare

Remember, O most loving Virgin Mary, that it is a thing unheard of, that anyone ever had recourse to your protection, implored your help, or sought your intercession, and was left forsaken. Filled therefore with confidence in your goodness I fly to you, O Mother, Virgin of virgins. To you I come, before you I stand, a sorrowful sinner. Despise not my poor words, O Mother of the Word of God, but graciously hear and grant my prayer. Amen.

The Magnificat

My soul glorifies the Lord,
My spirit rejoices in God, my Saviour.
He looks on his servant in her loneliness; henceforth all ages will call me blessed.
The Almighty works marvels for me.
Holy his name! His mercy is from age to age, on those who fear him. He puts forth his arm in strength and scatters the proud-hearted. He casts the mighty from their thrones and raises the lowly.

He fills the starving with good things, sends the rich away empty. He protects Israel, his servant, remembering his mercy, the mercy promised to our fathers, to Abraham and his sons for ever.

Nunc Dimittis At last, all powerful Master, you give leave to your servant to go in peace, according to your promise. For my eyes have seen your salvation which you have prepared for all nations, the light to enlighten the Gentiles and give glory to Israel, your people. Give praise to the Father almighty, to his Son, Jesus Christ, the Lord, to the Spirit, who dwells in our hearts, both now and forever. Amen.

Prayer to the Holy Spirit

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, grant that by the gift of that same Spirit we may be always truly wise and ever rejoice in his consolation.

Apostles Creed

I believe in God, the Father almighty creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead.

On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. I believe in the Holy Spirit, the holy Catholic Church, the communion of Saints, the resurrection of the body, and the life everlasting. Amen.