

# Prayer Policy

## St Mary's Horsforth Catholic Voluntary Academy



"Happy together in God's family,  
we love, grow and learn."

<b>Approved by:</b>	A.Kelly-Edwards	<b>Date:</b> September 2023
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## **Our Mission Statement**

**Happy together in God's family, we love, grow and learn.**

**Happy together in God's family** because we enjoy life and are working together with family, friends, staff and the parish to make St Mary's the best place to learn and grow into responsible people. Jesus said, "whoever does what my Father in heaven wants him to do is my brother, my sister and my mother." (Matthew 12:47-48)

We **grow** physically, in our faith, in our attitudes and relationships and in our understanding. We want to make the most of all our God given talents. Mary, at her Annunciation, models faith for us. Mary said, "I am the Lord's servant." (Luke 1:38-39)

We **love** because we care for each other, we are gentle and help each other, we respect each other, we forgive each other and work for the common good of all. "Love never gives up; and its faith, hope and patience never fail. Love is eternal" (Corinthians 13:7-9)

We **learn** about ourselves, relationships, and our faith, We learn the skills and knowledge that we will need to take a full and active part in our community. St Paul's letter to the Philippians (4:9-10) "Put into practice what you learnt and received from me, both from my words and from my actions. And the God who gives us peace will be with you."

### **1. Introduction**

This policy works in conjunction with the policies for R.E. and Collective Worship.

The purpose of this policy is to provide a framework through which the school expresses its prayer life. All school staff and the Academy Council recognise their responsibility to nurture and support the prayer life of the children and the school community.

We recognise that young children have a natural aptitude for prayer. They are open to God. They respond in joy, wonder, anger, disappointment and elation to the world around them.

The prayer life of the school will be celebrated collectively as well as individually, silently as well as in words, joyfully as well as solemnly.

### **2. What is Prayer?**

Prayer is:

- praising and thanking God for the gift of life
- a personal relationship with God
- the raising up of the heart and mind to God
- simply being conscious of the presence of God
- initiated by a God who creatively and persistently encourages a response
- being open and attentive to God
- about fostering community and a sense of being one with others and God
- as much a part of Christian life as eating, sleeping and breathing
- an expression of faithful love

### 3. Aims:

- to teach children how to pray, to question why they pray and to link prayer to the teachings of Jesus in the Bible
- to recognise that the natural joy, wonder, anger, disappointment and elation in the world is the beginning of Prayer
- to create and maintain a stimulating and appropriate environment where prayer can be fostered and developed fully
- to develop in children the awareness of God's presence in all of creation
- that children become aware of God's presence in the church
- that children may learn reverence for themselves, others and all things
- that prayer be both formal and informal
- that children have the opportunity to expand their consciousness to the pain and hurt of real people around them
- to develop an openness to God – to know we are all unconditionally loved by God.
- to give children opportunities to use/create their own prayers
- to teach children common Christian prayers and different sorts of prayers, introduced gradually from foundation to year 6
- to begin each day with a prayer, to pray Grace before lunch and a prayer at the end of the school day. (Appendix 1 contains the list of prayers to be taught from Foundation to Y6).
- to develop children's individual spontaneous prayer life as a method of developing their individual relationship with God

### 4. Different Types of Prayer

**Private Prayer** – to pray alone. This is very important as it is a time when we can personally connect with God.

**Public Prayer** – to pray with others. This is when more than one person participates in prayer together.

- Meditation – this could be based on a scripture passage, on art or music, or on a word/phrase.
- Traditional set prayers – these will include prayers of intercession to Mary, to saints and to angels
- Speaking to God – through own “made up” composed prayers by the children and as ongoing/momentary conversation/speaking to God
- The Mass – this will also include other liturgies and liturgical dance
- Hymn singing
- Scripture reading
- Use of the Prayer Garden

### 5. Equal Opportunities

A policy for equal opportunities exists and is followed in the school. All children will be given the same opportunity to take part in the prayer life of the school.

### 6. Parental Engagement

A copy of all the prayers used in school is available to all parents within this policy so that they can reinforce the use of these prayers at home. See Appendix 1.

### 7. Review of Policy

The policy will be reviewed by the RE lead, Parish Priest and Academy Council every three years.

## PRAYER POLICY – APPENDIX 1

### PRAYERS TO BE TAUGHT IN SCHOOL

#### **Morning:**

O my God, I give to you, all I say or think or do,  
All my work and all my play, I will give to God today.  
Amen

#### **KS1 Lunchtime:**

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

#### **KS2 Lunchtime:**

In this world of plenty,  
Where so many starve,  
We thank you Lord, for the food we eat today, and every day.  
Amen

#### **End of day:**

God my 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

### **Foundation Stage**

- The Sign of the Cross
- Morning and end of day prayer (start and end of school day)
- Hail Mary
- Lunchtime prayer
- Simple sung/said Mass responses – *And with your spirit, Lord have mercy,*

#### **Hail Mary**

Hail Mary, full of grace  
The Lord is with you  
Blessed art thou amongst women  
And blessed in the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
Pray for us sinners now and at the hour of our death. Amen.

### **Year 1**

- *Reinforce all prayers from Foundation*
- The Angel of God
- The Lord's prayer
- Mass responses – *Lamb of God*

#### **Angel of God**

*Angel of God, my guardian dear,  
To whom God's love commits me here,  
Ever this day,  
Be at my side to light,  
To guard, to rule and guide.  
Amen.*

#### **The Lord's Prayer**

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.

#### **Lamb of God**

Lamb of God, you take away the sins of the world: have mercy on us.  
Lamb of God, you take away the sins of the world: have mercy on us.  
Lamb of God, you take away the sins of the world: grant us peace.

## Year 2

- Reinforce all prayers already introduced
- The Gloria
- Act of Contrition (own)
- Glory Be

The Gloria	Act of Contrition (own)	Glory Be
<p>Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.</p>	<p><b>An act of contrition</b> is a <i>Catholic prayer that expresses sorrow for sins. It may be used in a liturgical service, sacrament of reconciliation or be used privately, especially in connection with an examination of conscience.</i></p> <p><b>The Teaspoon Prayer (tsp)</b></p> <p>This is a prayer that the children create themselves which includes a thank you (t), a sorry (s) and a please (p).</p>	<p>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.</p>

## Year 3

- Reinforce all prayers previously taught
- All Mass responses
- Penitential Act
- Prayer after Communion

Penitential Act	Prayer after Communion
<p>I confess to almighty God, and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.</p>	<p><i>There are lots of examples of post-communion prayers. Christians who believe in the Real Presence of Jesus Christ in the Eucharist they receive during Holy Communion, maintain themselves in prayer for some time to thank God for what they believe to be the great gift of receiving God Himself in person. This is a suggested child friendly one.</i></p> <p>I'm ready now, Lord Jesus, to show how much I care. I'm ready now to give your love at home and everywhere. Amen</p>

## Year 4

- Reinforce and use all the prayers previously taught
- The Nicene Creed
- Eucharist prayers
- The Angelus

The Nicene Creed	Eucharist prayers	The Angelus
<p>I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.</p>	<p>Priest: The Lord be with you. <b>R: And also with you.</b> Priest: Lift up your hearts. <b>R: We lift them up to the Lord.</b> Priest: Let us give thanks to the Lord our God. <b>R: It is right to give him thanks and praise.</b></p> <p><b>Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory, Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest</b></p> <p>Priest: Let us proclaim the mystery of faith: <b>R: Christ has died, Christ is risen, Christ will come again.</b></p>	<p>(R: Response)</p> <p>The Angel of the Lord declared unto Mary, <b>R. And she conceived of the Holy Spirit.</b></p> <p><b>Hail Mary, etc...</b></p> <p>Behold the handmaid of the Lord. <b>R. Be it done unto me according to Your Word.</b></p> <p><b>Hail Mary, etc...</b></p> <p>And the Word was made flesh, <b>R. And dwelt among us.</b></p> <p><b>Hail Mary, etc...</b></p> <p>Pray for us, O holy Mother of God. <b>R. That we may be made worthy of the promises of Christ.</b></p> <p>Let us pray:</p> <p><b>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.</b></p>

## Year 5

- Reinforce and use all the prayers previously taught
- Rosary
- Apostles' Creed
- Eternal Rest

Apostles' Creed	The Rosary	Eternal Rest
<p>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; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will 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.</p>	<p>The structure of the Catholic rosary devotion is as follows:</p> <p>The sign of the cross on the Crucifix and then the Apostles' Creed;</p> <p>The <i>Our Father</i> on the first large bead;</p> <p>The <i>Hail Mary</i> prayer on each of the three small beads with the following intentions (the theological virtues):</p> <p>For the increase of faith</p> <p>For the increase of hope</p> <p>For the increase of charity</p> <p>The <i>Glory Be to the Father</i> prayer;</p> <p>Repeat the following cycle for each mystery:</p> <p>Announce the mystery</p> <p>The <i>Our Father</i> on the large bead</p> <p>The <i>Hail Mary</i> on each of the adjacent ten small beads;</p> <p>The <i>Glory Be to the Father</i>;</p> <p>In conclusion, the <i>Hail Holy Queen</i> prayer and the sign of the cross.</p>	<p>Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.</p> <p>May they rest in peace.</p> <p>Amen.</p>

## Year 6

- Reinforce and regularly use all of the prayers previously taught
- Litany of the Saints
- The Magnificat
- The Memorare

Litany of the Saints	The Magnificat	The Memorare
<p>Lord, have mercy  <b>Lord, have mercy</b>            Christ, have mercy  <b>Christ, have mercy</b>            Lord, have mercy  <b>Lord, have mercy</b></p> <p>Holy Mary, Mother of God- <b>Pray for us</b> (repeat at end of each phrase)</p> <p>Saint Michael            Holy angels of God            Saint John the Baptist            Saint Joseph            Saint Peter and Paul            Saint Andrew            Saint John            Saint Mary Magdalene            Saint Stephen            Saint Ignatius of Antioch            Saint Lawrence            Saint Perpetua and Saint Felicity            Saint Agnes            Saint Gregory            Saint Augustine            Saint Athanasius            Saint Basil            Saint Martin            Saint Benedict            Saint Francis and Saint Dominic            Saint Francis Xavier            Saint John Vianney            Saint Catherine            Saint Teresa of Jesus            (other names of saints may be added.)            All holy men and women</p>	<p>My soul magnifies the Lord            And my spirit rejoices in God my Saviour;            Because He has regarded the lowliness of His handmaid;            For behold, henceforth all generations shall call me blessed;            Because He who is mighty has done great things for me, and holy is His name;            And His mercy is from generation to generation on those who fear Him.</p> <p>He has shown might with His arm,            He has scattered the proud in the conceit of their heart.            He has put down the mighty from their thrones, and has exalted the lowly.</p> <p>He has filled the hungry with good things, and the rich He has sent away empty.</p> <p>He has given help to Israel, his servant, mindful of His mercy            Even as he spoke to our fathers, to Abraham and to his posterity forever.</p>	<p>Remember, most loving Virgin Mary            Never was it heard            that anyone who turned to you for help was left unaided.            Inspired by this confidence, though burdened by my sins, I run to you for protection for you are my mother.            Amen.</p>