



## Year 1 Daily Prayers



### **The Sign of the Cross**

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

### **Morning Prayer**

Father in heaven, you love me,  
You're 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.

### **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.

### **Conclude with**

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 before Meals**

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.

### **Prayer 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.*

## **Evening Prayers**

Alternative sign of the cross

From my head to my heart,  
from my shoulder to my shoulder.  
I belong to you God my Father.

## **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.

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.

**Conclude with either:**

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.

**or**

The Lord be with you. And also with you

**or**

St Ignatius pray for us. Amen.