



St Philomena Progression in Prayer

The Progression in Prayer document outlines our approach to prayer education, ensuring that by the time our children leave St. Philomena's, they are not only familiar with the core prayers of the Catholic faith, but also have a deeper understanding of the significance of prayer in their lives.

In addition to learning traditional prayers, we encourage children to engage in spontaneous prayer. They are taught to pray in various forms: for Blessing and Adoration, Petition, Intercession, and Thanksgiving. This holistic approach helps them build a well-rounded prayer life.

To further support our prayer practices, each classroom and main area within the school is equipped with a prayer table, which includes a Crucifix, a Statue or Icon, and the Bible. The focus of these prayer tables changes throughout the year, reflecting the Liturgical Calendar and the current topic being explored in Religious Education.

YR	Y1	Y2	Y3	Y4	Y5	Y6
Sign of the cross	Sign of the cross	Sign of the cross	Sign of the cross	Sign of the cross	Sign of the cross	Sign of the cross
Morning prayer	Morning prayer	Morning prayer	Morning prayer	Morning prayer	Morning prayer	Morning prayer
Grace before meals	Grace before meals	Grace before meals	Grace before meals	Grace before meals	Grace before meals	Grace before meals
Grace after meals	Grace after meals	Grace after meals	Grace after meals	Grace after meals	Grace after meals	Grace after meals
Afternoon prayer	Afternoon prayer	Afternoon prayer	Afternoon prayer	Afternoon prayer	Afternoon prayer	Afternoon prayer
School prayer	School prayer	School prayer	School prayer	School prayer	School prayer	School prayer
Our Father	Our Father	Our Father	Our Father	Our Father	Our Father	Our Father
	Hail Mary	Hail Mary	Hail Mary	Hail Mary	Hail Mary	Hail Mary
	Lamb of God	Lamb of God	Lamb of God	Lamb of God	Lamb of God	Lamb of God
		Gloria	Gloria	Gloria	Gloria	Gloria
		Glory Be	Glory Be	Glory Be	Glory Be	Glory Be
			Mystery of Faith	Mystery of Faith	Mystery of Faith	Mystery of Faith
			Act of Contrition	Act of Contrition	Act of Contrition	Act of Contrition
				Preface Acclamation	Preface Acclamation	Preface Acclamation
				Penitential Act	Penitential Act	Penitential Act
					Apostles Creed	Apostles Creed
						Nicene Creed



Prayers

Sign of the Cross

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

School Prayer

At St Philomena's, we share the love of God,
Every day, in everything we learn, do and say.
Amen.

Morning Prayer

Thank you God for this new day, in my school to work and play.
I'll try to please you Father, Bless me through this day.
Amen.

Grace 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

Grace After Meals

Thank you God, for all you have given us,
Thank you for the food we have eaten,
Thank you for the life you have given us.
Blessed be God forever, Amen.

Afternoon Prayer

God Our Father, we 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 light
In the morning send your light,
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 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.

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.

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.



Gloria

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.

Mystery of Faith

When we eat this Bread and drink this Cup,
We proclaim Your Death, O Lord,
Until You come again.

Act of Contrition

O my God,
I am heartily sorry for having offended You,
And I detest all my sins,
Because I dread the loss of heaven and the pains of hell,
But most of all because they offend You, my God,
Who are all good and deserving of all my love.
I firmly resolve, with the help of Your grace,
To sin no more and to avoid the near occasions of sin.
Amen.

Preface Acclamation

Holy, Holy, Holy, Lord God of hosts, 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.

Penitential Act

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.

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;
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.



Nicene Creed

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 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.