

Bellerive FCJ Catholic College



Prayer Book

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Introduction

Prayer is an important feature of our daily life in school. We begin our morning and afternoon with prayer and in times of need or celebration we turn to God.

This prayer book contains a collection of prayers from the FCJ Society and the Ignatian tradition alongside prayers from the Church. It is intended to be a resource for students and staff to supplement and to support the evangelisation and formation of the Catholic Faith with our young people.

Please use this prayer book in your classes, in daily prayer and in times of need.

Helen Henry
School Chaplain

Traditional Catholic Prayers

These prayers are of the Catholic Church and they are used regularly in worship. They can be used at any time of prayer.

At Bellerive we say the Hail Mary at the start of Period 4

The 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 are 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.

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.

The Apostle's 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.

Come Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle 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. Amen

The Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour,
for he has looked with favour on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.
He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.
Glory to the Father and to the Son and to the Holy Spirit,
as it was in the beginning, is now, and will be forever. Amen.

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our
hope. To you do we cry, poor banished children of Eve: to you do we
send up our sighs, mourning and weeping in this valley of tears. Turn
then, most gracious advocate, your eyes of mercy toward us, and after
this exile, show unto us the blessed fruit of thy womb,
Jesus,
O clement, O loving,
O sweet Virgin Mary!

The Angelus

Leader: The Angel of the Lord declared unto Mary,

Response: And she conceived of the Holy Spirit.

All: Hail Mary, full of grace, the Lord is with you;

blessed are you among women,

and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners

now and at the hour of our death.

Amen.

Leader: Behold the handmaid of the Lord,

Response: Be it done unto me according to your Word.

All: Hail Mary...

Leader: And the Word was made flesh,

Response: And dwelt among us.

All: Hail Mary...

Leader: Pray for us, O Holy Mother of God,

Response: 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 the same Christ our Lord. Amen.

Prayers to begin the day

Prayer for Generosity

Lord, teach me to be generous:
to serve you as you deserve;
to give and not to count the cost;
to fight and not to heed the wounds;
to toil and not to seek to rest;
to labour and to ask for no reward
save that of knowing I do your will.
Amen.

Jacques Sevin SJ

Prayer of Dedication

Lord Jesus, I give you my hands to do your work.
I give you my feet to go your way.
I give you my eyes to see as you do.
I give you my tongue to speak your words.
I give you my mind that you may think in me.
I give you my spirit that you may pray to me.
Lord Jesus, who lives and works and prays in me. Amen

Offering the Day

Lord, we come to you before we begin our day's work:
we ask you to bless this day.
May we find whatever is good in the tasks we are set
and the time that we share.
Help us when we find some things too hard to understand;
Teach us to be fair and generous with one another;
So may we thank you for a day well spent.
Amen.

Prayer of St Teresa of Avila

Christ has no body but yours,
No hands, no feet on earth but yours,
yours are the eyes with which He looks
Compassion on this world,
Yours are the feet with which He walks to do good,
Yours are the hands, with which He blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are His body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.
Christ has no body now on earth but yours.

Serenity Prayer

God, grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

From St Patrick's Breastplate

Christ with me,
Christ before me, Christ behind me,
Christ in me, Christ beneath me,
Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ when I arise,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me, Christ in every ear that hears me.

Our Deepest Fear

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.
We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?'
Actually, who are you not to be?
You are a child of God.
Your playing small does not serve the world.
There is nothing enlightened about shrinking so that other people won't feel insecure around you.
We are all meant to shine, as children do.
We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone.
And as we let our own light shine,
we unconsciously give other people permission to do the same. As we are liberated from our own fear,
our presence automatically liberates others.
Marianne Williamson

The Mission of my Life

God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good; I shall do His work. I shall be an angel of peace, a preacher of truth in my own place, while not intending it if I do but keep His commandments. Therefore, I will trust Him, whatever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him, in perplexity, my perplexity may serve Him. If I am in sorrow, my sorrow may serve Him. He does nothing in vain. He knows what He is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me. Still, He knows what He is about.
St John Henry Newman

Prayers for Creation

FCJ Prayer for Creation

Creator God, we give thanks for the wonderful gift of creation and your presence in every part of it.

As we seek to widen our circle of love, help us to rediscover the value, unity and sacredness of all that exists.

We seek forgiveness for the ways in which our actions and our choices have damaged the earth, affecting the climate, destroying diversity, and impacting the lives of the poorest of our sisters and brothers.

In your love, lead us into solidarity and companionship, inspire our leaders to courageous decisions, and grant each of us the wisdom and commitment to act.

May we treasure earth's resources, work to reduce our impact on the climate and be open to a conversion of heart and lifestyle.

Amen

A Prayer for Our Earth

All powerful God,
you are present in the universe
and in the smallest of your creatures.
You embrace with your tenderness all that exists.
Pour out upon us the power of your love,
that we may protect life and beauty.
Fill us with your peace, that we may live
as brothers and sisters, harming no one.
O God of the poor,
help us to rescue the abandoned
and forgotten of this earth,
so precious in your eyes.
Bring healing to our lives,
that we may protect the world and not prey on it,
that we may sow beauty,
not pollution and destruction.
Touch the hearts
of those who look only for gain
at the expense of the poor and the earth.
Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly united
with every creature
as we journey towards your infinite light.
We thank you for being with us each day.
Encourage us, we pray, in our struggle,
for justice, love and peace.

Pope Francis

Prayers in time of need

To say sorry to God (An act of contrition)

Lord God, in your goodness have mercy on me: do not look on my sins, but take away all my guilt. Create in me a clean heart and renew within me an upright spirit.

The Jesus Prayer

Lord Jesus, Son of God, have mercy on me, a sinner.

FCJ Prayer for Healing

God our creator,
Jesus our companion,
Holy Spirit source of wisdom.
Marie Madeleine believed in your power,
hoped in your promises
and lived for your glory and service.
We ask her to pray with us for.... *(add name of person(s) who are sick)*
Through her prayer may your healing presence be shown
and your name glorified
We make our prayer in the name of Jesus the Christ.
Amen

When a person has died

Eternal rest grant unto him/her, O Lord,
and let your perpetual light shine upon him/her.
May his/her soul and the souls of all the faithful departed
rest in peace.
Amen.

You can shed tears that she/he is gone,
Or you can smile because she/he has lived

You can close your eyes and pray that she/he will come back,
Or you can open your eyes and see all that she/he has left

Your heart can be empty because you can't see her/him
Or you can be full of the love that you shared

You can turn your back on tomorrow and live yesterday
Or you can be happy for tomorrow because of yesterday

You can remember her/him and only that she is gone
Or you can cherish her/his memory and let it live on

You can cry and close your mind, be empty and turn your back
Or you can do what she/he would want: smile, open your eyes, love
and go on.

David Harkins

Prayer of St Francis of Assisi

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

World Peace Prayer

Lead me from despair to hope,
from fear to trust;
Lead me from hate to love,
from war to peace;
Let peace fill our heart, our world, our universe.

Solidarity Prayer

God of peace and justice,
help us to change,
so that we work for a world that mirrors your wisdom.
Give us the desire to act in solidarity,
so that the pillars of injustice crumble
and those now crushed are set free. Amen.

Prayer before Examinations

Lord, as I prepare for this examination,
let your strength and your wisdom be present to me.
May I revise my work thoroughly.
May I understand what it is I have to know.
May my memory be reliable and orderly.
May I be calm and focused on the task ahead.
May I know and feel the love and support of my family and friends.
And may you, the author and creator of all things, enlighten me.
Through Christ our Lord.
Amen.

The Examen

A Morning Examen

Sit silently in the presence of the loving God, creator of all things
Talk to God as you talk to a friend.

This morning, what are you grateful for? Give thanks to God.
Do you have any worries or challenges you are facing today; tell God about these.

What gift or grace do you need today? (patience, courage, dignity, hope etc.); ask God for what you need.

End the prayer by making the sign of the cross

An Examen for the end of a day

Thanksgiving:

What am I especially grateful for in the past day?

The gift of another day? The love and support I have received?

The courage I have mustered? An event that took place today?

Petition:

I am about to review my day; I ask for the light to know God and to know myself as God sees me.

Review:

Where have I felt true joy today? What has troubled me today?

What has challenged me today? Where and when did I pause today?

Have I noticed God's presence in any of this?

Response:

In light of my review, what is my response to the God of my life?

A Look Ahead

As I look ahead, with what spirit do I want to enter tomorrow?