



**ST BERNARD'S HIGH SCHOOL**

**STUDENT PRAYER BOOK**



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### The School Prayer

Gracious God, in you we find all beginnings and endings

Help us to show kindness and understanding through open hearts

Help us to flourish and grow in Your love and support those in need of your friendship.

Prompt our learning today using our talents and gifts so that we may serve You more faithfully.

Prompt our actions with Your grace and complete them with your help

So that we may truly love one another and You loved us.

St Bernard

Pray for Us

Amen

### The Sign of the Cross

In the name of the Father

and of the son,

and of the Holy Spirit,

Amen

### The Lord's Prayer

Our Father who art in heaven, hallowed be thy name.

Thy kingdom come, they 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

### The 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

Glory be to the Father

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

Grace before meals

Bless us our Lord, and these your gifts  
which we are about to receive from your bounty.  
Through Christ our Lord.

Amen

Grace after meals

We give you thanks, Almighty God,  
for all your benefits,  
who live and reign,  
world without end.

Amen

## The Apostles Creed

I believe in God, the Father almighty

Creator of heaven and earth,

and in Jesus Christ, his only Son

(at the words that follow, up to and including the Virgin Mary, *all bow*)

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 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

### Act of Contrition

O my God, because you are so good,  
I am very sorry that I have sinned against you, and with the help of  
your grace, I will not sin again. Amen

### 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 and guard, to rule and guide. Amen

### Come Holy Spirit

V. Come Holy Spirit, fill the hearts of your faithful.

R. And kindle in them the fire of your love.

V. Send forth your Spirit and they shall be created.

R. And you will renew the face of the earth.

Let us pray

O God, who by the light of the Holy Spirit,  
did instruct the hearts of your faithful,  
grant that by that same Holy Spirit, we may be truly wise,  
and ever rejoice in your consolation, through Christ our Lord. Amen

### Prayer of St Richard of Chichester

Thanks be to you, my Lord Jesus Christ,  
for all the benefits which you have given me,  
for all the pains and insults which you have borne for me.

O most merciful Redeemer, friend and brother.  
may I know you more clearly, love you more dearly,  
and follow you more nearly, day by day.

Amen

### Morning Offering

O Jesus, through the most pure heart of Mary,  
I offer you all my prayers, thoughts,  
works and sufferings of this day,  
for all the intentions of your most Sacred Heart. Amen

### Jesus, Mary and Joseph

Jesus, Mary and Joseph, I give you my heart and my soul  
Jesus, Mary and Joseph, assist me in my last agony  
Jesus, Mary and Joseph, may I breathe forth my soul in peace with  
you. Amen



### The Magnificat

My soul proclaims the greatness of the Lord,  
and my soul rejoices in God my Saviour,  
for he has looked upon his handmaid in her lowliness;  
for behold from this day forward, all generations will call me  
blessed.

For the Almighty has done great things for me, and holy is his name.  
His mercy is from age to age for those who fear him.

He has made known the strength of his arm,  
and has scattered the proud in their conceit of heart.

He has cast down the mighty from their thrones  
and exalted those who are lowly.

He has filled the hungry with good things,  
and has sent the rich away empty.

He has helped his servant Israel,  
mindful of his mercy,  
even as he promised to our fathers,  
to Abraham and his descendants for ever.

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

### Act of Faith

My God, I believe in you,  
and all that your Church teaches,  
because you have said it,  
and your word is true.

### Act of Hope

My God, I hope in you,  
For grace and for glory,  
because of your promises,  
your mercy and your power.

### Act of Love

My God, because you are so good,  
I love you with all my heart,  
and for your sake,  
I love my neighbour as myself.

## The Benedictus

Blessed be the Lord God of Israel:  
for he has visited his people and redeemed them;  
he has raised up for us a horn of salvation  
in the House of David his servant,  
as he spoke through the mouth of his holy ones,  
his prophets from ages past.

To grant salvation from our foes,  
and from the hand of all who hate us,  
showing mercy to our fathers, remembering his holy covenant;  
the oath he swore to Abraham our father,

To grant that freed from the hand of our foes,  
we may serve him without fear in  
holiness and righteousness all the days of our lives.

And you, my little child, will be called  
the Prophet of the Most High,  
for you will go before the Lord to make ready his ways:  
to grant knowledge of salvation to his people  
by the forgiveness of their sins;

Through the tender mercy of our God,  
the Dawn from on high will visit us,  
to shine on those who sit in darkness, and those in the shadow of  
death; to guide our feet into the way of peace.

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 Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among all 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

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy Word.

Hail Mary.

V. And the Word was made flesh

R. And dwelt among us

Hail Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray;

Poor forth, we beseech thee, O Lord,  
thy grace into our hearts;  
that we, to whom the Incarnation of Christ, thy 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

### Hail Holy Queen

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

### The Memorare

Remember, O most gracious Virgin Mary,  
that never was it known that anyone who fled to your protection,  
implored thy help, or sought thy intercession, was left unaided.  
Inspired by this confidence I fly unto thee,  
O Virgin of virgins, My Mother.  
To thee do I come, before thee I stand, sinful and sorrowful.  
O Mother of the Word Incarnate, despise not my petitions,  
but in thy mercy hear and answer me.  
Amen

### Eternal Rest

Eternal rest grant unto them O Lord and perpetual light shine upon them. May they rest in peace. Amen

## Your own prayers

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## Your own prayers