



In WE PRAY, we learned about praying every day. Do you pray every day? You can try praying like this and keeping track using the sticker sheet.

Children who already have a prayer rule or prayer book should continue to use them for their daily prayers, but may still like to use the sticker sheet below.

Children without their own prayer rule may say a simple rule like the below in addition to other prayers with the family. Any prayer rule should be under the direction of a parish priest or spiritual father or mother.

My Little Prayer Rule

START BY MAKING THE SIGN OF THE CROSS WITH YOUR FINGERS AND SAY:

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

*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 the evil one.*

FROM PSALM 121 (SMALL CHILDREN MAY WISH TO SAY JUST THE STARRED VERSES)

*I will lift up my eyes to the hills—
From where comes my help?
*My help comes from the Lord,
*Who made heaven and earth.
He will not allow your foot to be moved;
He who keeps you will not slumber.
Behold, He who keeps Israel
Shall neither slumber nor sleep.
*The Lord is your keeper;
The Lord is your shade at your right hand.
The sun shall not strike you by day,
Nor the moon by night.
*The Lord shall preserve you from all evil;
*He shall preserve your soul.
The Lord shall preserve your going out and your coming in
From this time forth, and even forevermore.

Rejoice O Virgin Theotokos, Mary full of Grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, for thou hast born the saviour of our souls.

*Save O Lord and have mercy upon (NOW YOU MAY SAY SOME OR ALL OF THE NAMES FROM YOUR PRAYER LIST)
And forgive them all their sins.*

*Lord have mercy.
Lord have mercy.
Lord have mercy.*

(NOW YOU MAY WANT TO SAY ONE OF THE LITTLE PRAYERS FROM THE BACK OF WE PRAY).

FINALLY MAKE THE SIGN OF THE CROSS AGAIN AND SAY:

O Lord Jesus Christ, Son of God, for the sake of the prayers of your most pure mother, our holy and God-bearing fathers and all the saints, have mercy on us. Amen.




(NOW, IF YOU STILL HAVE TIME, YOU MAY SAY THE "JESUS PRAYER" AS MANY TIMES AS YOU LIKE USING YOUR PRAYER ROPE. THE WORDS OF THE JESUS PRAYER ARE IN THE BACK OF WE PRAY).



My Prayer Rule Sticker Sheet

Each day that you say your prayer rule, put a mark (or a sticker if you have some) in the box.
Put another sticker in the box if you have prayed for the people on your prayer list.



						
SUNDAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
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