

Prayer



Sheet

Prayer to our Guardian Angel

Oh 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

'Settling' prayer

Here I am Lord,
I come to sit a while.

Perhaps my heart is heavy,
Perhaps my heart is filled with joy.

Perhaps I come to thank you,
Perhaps I come to say sorry.

Perhaps I just come to be with you,

My Lord,
My God,
My friend.

Amen

Prayers to the Holy Spirit

Spirit of the living God, fall afresh on me,
Spirit of the living God, fall afresh on me,
Melt me, mould me, fill me, use me
Spirit of the living God, fall afresh on me.

Come Holy Spirit, fill the hearts of your
faithful
And kindle in them the fire of your love.
Amen



Prayer for Pastoral Area of Aylesbury

Father,
Pour out your Spirit
Upon the people
of our Pastoral Area here in Aylesbury.
Grant us eyes that can see
Ears that can hear,
Minds that can understand
And hearts that know your peace
And thus build your kingdom
In all our undertakings,
Through Christ our Lord

Amen



Praying with your child:

Prayer is an important way of growing closer to God and deepening our relationship with Him. We can pray at any time of the day or night by speaking to God quietly in our hearts. We can use our own words, or we can use words of familiar prayers. We can also pray silently, feeling God's presence within us and making time to listen to Him.

Take a few quiet moments with your child each day (first thing in the morning and bed time are good times to do this). Encourage them to be still and relaxed, ready to feel close to God. Help them to pray the sign of the cross respectfully and reverently. Encourage them to tell God whatever is in their hearts, reminding them that God always listens to our prayers and that he always answers our prayers even if we do not always understand the answer. A simple pattern of prayer to use is 'thank you, sorry, please', where we thank God, we ask for God's forgiveness and we ask for His help. You can also use any of the prayers above. Always finish prayer time well by reminding your child to pray the Sign of the Cross.