

A Prayer Book
for CHILDREN

A hand is shown holding a simple wooden cross. The background is a soft-focus bokeh of warm, golden-yellow lights. The text is overlaid on the lower half of the image.

**Spending
Time
with God**

My Name _____



Prayer Helps Us Be Better Friends

Prayer is spending time with God. It is a time when we become better friends by sharing what we are thinking and doing. We think about how God is our friend, what God has done and is doing for us, then we talk to God.

There are different kinds of prayers to help us be better friends. **Prayers of praise** tell our friends what we like about them. **Prayers of thanks** tell our friends how much we like what they have done for us or given to us. **Prayers of petition** ask our friend for what we need or want. **Prayers of contrition** tell our friends we are sorry when we have hurt them by our words or actions. **Prayers of blessing** wish for God's continued help. We can use all these kinds of prayers to become a better friend to God and Jesus and others.

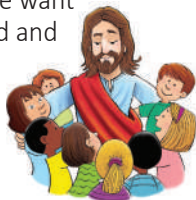
How to Use the Prayers in This Book

Find a quiet place where you can take time to talk to God about what you are feeling, your happy thoughts and your troubles, what you are trying to do at school or at home, and how much you want to become a better friend to God and Jesus.

Jesus Teaches Us How To Pray

THE LORD'S PRAYER/ "OUR FATHER"

When Jesus' friends asked him to teach them how to pray, this is what he told them to say. It first reminds us of what we want to do for God (respect God and do what God wants), and then what we want God to do for us (give us what we need and forgive us when we fail). It shows the way we become better friends with God every day.



Did You Know ?

- **Art** is an older word for “are” —meaning “God, you who are in heaven.”
- **Hallow** is an older word that means to make holy and so treat God with much respect.
- **Trespasses** are things we do to break down our friendships with God and others.

**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.***

A Prayer to Mary

THE “HAIL MARY”

This prayer reminds us about how God sent the angel Gabriel to ask Mary to be Jesus’ mother and she said yes she would. It asks Mary to help us when we fail or sin.

Did You Know?

- **Hail** is a greeting like “hello.”
- **Thee, thou** and **thy** are older words for you and your.
- **The fruit of thy womb** is an older way of describing a baby.



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 the hour of our death.
Amen.

Prayers of Praise

GLORY BE TO THE FATHER

Praise means to tell someone what we like about them and how much they mean to us. We notice the good things they have done. Prayers of praise are most common when our friendship is going well.

Did You Know?



- **Glory** means to honor someone by recognizing their greatness.

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.



MY PRAYER OF PRAISE
O God, I praise you for

*(Say what you most like about God or
what God has done to make you happy.)*

**I am so happy to be your friend.
Always be my friend too.**



Prayers of Thanks

God likes to do things for us as any good friend would. When we start to notice the many ways that God is always helping us and giving us gifts, we must say “thank you.”

THANKS BEFORE MEALS (GRACE)

**Bless us, O Lord, and these your gifts
which we are about to receive from
your goodness through Christ our Lord.**

Amen.

THANKS AFTER MEALS

**We give you thanks, generous God,
for all your gifts which we have received
from your goodness, through Christ our Lord.**

Amen.

MY THANK YOU PRAYER

Thank you, God *(or Jesus, or the Holy Spirit), for*

*(Say here whatever you are most thankful for right now—
your family and friends, a beautiful sunset,
a good time with others, a good grade in school,
a safe trip on your vacation, or any other thing
that you recognize as God’s gift to you.)*

**I am always surprised at how much you love me
and give me so many good things. Help me to notice
your gifts and share them with others when I can.**

Blessing Prayers



Blessings remind us of God's everyday care for us and how God wants to help us. Blessing prayers have two parts. First, we name the person, thing or event we want God to bless. Second, we wish for what we want God to do for the one named. Blessings can be for persons and other living things (including pets), things (our house, car, toys, computer, holy pictures, Christmas tree) or events (gatherings at home or school, birthdays, car trips or vacations, times of sickness). You can also trace a cross on the person or thing as a sign of your blessing wish.

A BLESSING PRAYER

O God (or Jesus), bless

(Name the person, thing or event you want God to bless.)

I wish you would

(Say what you want God to do or give them.)

Examples:

Bless my parents and always give them happiness.

Bless our car trip and keep us all safe.

Bless my sick grandmother and make her well.

Bless my pet and keep it healthy and safe.

Prayers to Make the Day Holy

Many religious persons try to spend time with Jesus 5 times during the day to remember that God is always with us and helps us to live the way that God wants us to. We can do this too.

Morning Prayers

MORNING PRAYER WHEN WE WAKE UP

Jesus, thank you for this new day.

I promise that I will try to be like you and bring goodness to our world. I will be kind to everyone I meet, and help them to know how much you love us and are always with us to make the world a better place for everyone to live. When I see something wrong, help me to make it right. When I see someone who is sad or lonely or bullied, help me to reach out to help them as you would.

MORNING PRAYER WHEN WE START SCHOOL OR CHORES OR PLAY

Jesus, the Holy Spirit gave you the power to make our world better. Send your Holy Spirit into me so that through what I learn and what I do I can make the world better too. Help me to treat each person like he or she is you.



Noon Prayer

This prayer is said throughout the world at noon, often accompanied by church bells for each part. It recalls Mary's willingness to be Jesus' mother and help God make our world a better place by sending Jesus to become human (*called the incarnation*).

Did You Know

- **Conceive** means to start the process of having a baby.

THE ANGELUS

**The angel of the Lord declared unto Mary;
and she conceived by the Holy Spirit. Hail Mary...**

**Behold, the handmaid of the Lord;
be it done to me according to your word. Hail Mary...**

**And the word was made flesh,
and dwelt among us. Hail Mary...**

**Pray for us, O holy Mother of God;
that we may be made worthy
of the promises of Christ.**

**Pour forth, O Lord, your grace into our hearts
that we, to whom the incarnation of 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. We ask this through the same
Christ, our Lord. *Amen.***

Afternoon and Night Prayers

AFTERNOON PRAYER WHEN WE END SCHOOL OR CHORES OR PLAY

**Jesus, thank you for this day
and for being with me always.
Some things were good and made me happy,
and some things were not so good
and made me sad.
Be with me now, keep me safe and
help me to be a good friend to others.**



PRAYER BEFORE WE GO TO BED

Each night before bed we can spend a few minutes thinking of the ways that we behaved today that made us better friends and those ways that made us worse friends. We can thank God for the good and tell God we are sorry for the bad and promise to do better tomorrow.

**Jesus, I am glad that you were
with me throughout my day.
Bless and help all those I love.
Be with me through the night as I sleep
and help me wake up tomorrow more
ready to be like you.**



Telling God We Are Sorry

ACT OF CONTRITION

In every friendship there are times when we say and do things that hurt others and make being friends hard. When this happens, we need to tell our friend we are sorry and promise not to hurt our friend again. An older word for being sorry is “contrition,” so our prayer is called an act of contrition. We can always use our own words to say we are sorry, but when we go to church and celebrate the sacrament of reconciliation with the priest, we can also say this prayer.

Did You Know ?

- To do **penance** means to change my bad behavior.



**My God, I am sorry
for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance, to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.
*Amen.***

Remembering Jesus' Suffering & Death

THE STATIONS OF THE CROSS

The stations of the cross remind us of the things that happened to Jesus on the day he died. There is something to pray about as we stop and look at each of the 14 pictures around the walls of our parish church.

Jesus loved God very much. So when God asked Jesus to show his love by being good and helping others even if some people hurt him, Jesus did it gladly. The police arrested him and said he must die on a cross. During his life, Jesus taught everyone how to love God and do what God wants. But many did not want to hear this message and decided to kill him. Though he died on a cross and was buried, God gave him new life and his friends rejoiced greatly because of his resurrection.



1. Jesus is condemned to die on the cross even though he did nothing wrong.

How do I act when I am punished even though I did nothing wrong?

2. Jesus must carry his heavy cross to the place where he will die.

What can I do when I am asked to do something hard?

3. Jesus falls down because the cross is heavy.

How do I act when I fail to do what I am expected to do?

4. Jesus meets his crying mother on his way to die.

What can I do when my parents are sad or worried?

5. Jesus is so weak that the soldiers make Simon help Jesus carry the cross.

What can I do for others at home or at school who need some help?



6. A good lady named Veronica wipes the blood and sweat from Jesus' face.

What can I do to help when someone gets hurt or is suffering?

7. Jesus falls a second time because the cross is heavy and he is tired.

What can I do when someone needs help with schoolwork or chores?

8. Jesus warns the women he meets that what is happening to him will happen to others too.

What can I do when an elderly person needs help?

9. Jesus falls for the last time because he is worn out and hurting.

How do I act when I feel tired and grouchy?

10. Jesus' clothes are taken away to embarrass him in public.

What can I do to find clothes for those who need them?



11. Jesus' hands and feet are nailed so he can't help himself any more.

How can I help someone who can't defend himself from bullies?

12. Jesus forgives those who hurt him and then dies.

What can I do to forgive someone who has hurt me?

13. Jesus' friends take down his body from the cross and prepare it for burial.

What can I do when a friend needs help?



14. Jesus' friends quickly put his body into the tomb but they promise to come back on Sunday for a funeral.

What can I do to help someone who is sad?

God Gives Jesus New Life (Resurrection)

When Jesus' friends come to prepare his body on Easter morning, the tomb is empty and he shows them he is alive again and wants to be with them always.

How can I share the joy that Jesus is with me today?



What I Believe

THE APOSTLES' CREED

This is a very old summary of the beliefs that make us Christians. It has 3 main parts, one about God our Creator, the maker of all things, one about Jesus our Savior, who showed us how to live the way God wants, and one about God's Holy Spirit who is now making all things holy.

I believe in God,
the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ,
his only Son, our Lord.
He was conceived by the power
of the Holy Spirit and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again 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 the life everlasting.
Amen.