

### The Magnificat

My soul glorifies the Lord,  
My spirit rejoices in God, my Saviour.  
He looks on his servant in her loneliness;  
henceforth all ages will call me blessed.  
The Almighty works marvels for me. Holy his name!  
His mercy is from age to age, on those who fear him.  
He puts forth his arm in strength and scatters the proud-hearted.  
He casts the mighty from their thrones and raises the lowly. He  
fills the starving with good things, sends the rich away empty. He  
protects Israel, his servant, remembering his mercy, the mercy  
promised to our fathers, to Abraham and his sons forever. Amen.



### The Rosary: The Glorious Mysteries

(The Resurrection, The Ascension, The Descent of the Holy Spirit,  
The Assumption of Our Lady, The Crowning of Our Lady)

### The Examen

*At the end of your day, find a comfortable place, and remind yourself that God is there with you. Now look back over your day.*

- What made you happy today? Did you say or do anything that made you feel good? Was there something that you really enjoyed? Whatever made you feel happy today, thank God for those things.

- Did anything make you sad today? Maybe there is something you want to say sorry for? Whatever made you feel sad or unhappy today, remember that you are precious to God and that nothing ever changes that.

- Now think about your day tomorrow. Is there anything you would like to ask God to help you with, or anything you are worried about, or anything that you need? Talk to God about it now and ask God to be with you through your day.



# My prayer

## Booklet

(Year 5)



## Benedictus

Blessed be the Lord, the God of Israel;  
he has come to his people and set them free.  
He has raised up for us a mighty saviour,  
born of the house of his servant David.  
Through his holy prophets he promised of old  
that he would save us from our enemies,  
From the hands of all who hate us.  
He promised to show mercy to our fathers  
and to remember his holy covenant.  
This was the oath that he swore to our father Abraham:  
To set us free from the hands of our enemies,  
Free to worship him without fear,  
Holy and righteous in his sight all the days of our life.  
You, my child, shall be called the prophet of the  
Most High;  
for you will go before the Lord to prepare his way,  
to give his people knowledge of salvation  
by the forgiveness of their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the  
shadow of death,  
and 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.



## Regina Caeli

Queen of Heaven, rejoice. Alleluia!  
For he whom you were made worthy to bear. Alleluia!  
Has risen as he said. Alleluia!  
Pray for us to our God. Alleluia!  
Rejoice and be glad, O Virgin Mary. Alleluia!  
For the Lord has risen indeed. Alleluia!  
Let us pray:  
God, who through the resurrection of  
your Son, our Lord Jesus Christ,  
has made glad the whole world,  
grant us, we pray,  
that through the intercession of the  
Virgin Mary, his mother,  
we may attain the joys of everlasting life.  
Through the same Christ our Lord.  
Amen.



## Diocesan Prayer for Vocations

Lord Jesus, send labourers into your harvest. Inspire,  
in the hearts of your people, vocations to the  
priesthood and religious life. Bless our families with a  
spirit of generosity. May those whom you call to the  
priesthood and religious life have the courage to give  
themselves to your Church as co-operators in your  
work.

St. John Vianney:  
Pray for us.

