



FARLEIGH

How do we pray?

- 1 Find a quiet space/time.
- 2 Start with Sign of the Cross.
In the name of the Father, and of the Son and of the Holy Spirit.
- 3 Think about what you would like God to do for these people/this thing e.g. the hungry
Pray they will be given food, thank God for those who are helping to get food to them, pray that the leaders of the world will do all they can to relieve hunger and pray that those who are suffering will be comforted by our prayers and come to know the love and compassion of God.
- 4 Is there anyone else or anything you would like to pray for?
Name them or it and ask for God's love and protection.
- 5 Pray a Hail Mary and / or Our Father
- 6 St Thérèse Pray for us
- 7 In the name of the Father and of the Son and of the Holy Spirit. Amen.



Hail Mary

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



Our Father

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.