

The Lord's Prayer

The Lord's prayer is a gift to us from Jesus, instructing us how to pray. This week, instead of praying your regular prayers (or not praying at all), use the Lord's Prayer.

You can use the Lord's prayer in three ways. Whenever you have a quiet moment or feel like praying, use the Lord's prayer:

1. As written
2. As an outline, adding your own thoughts and prayers between each line of the Lord's Prayer.
3. As a guide, changing the lines of the prayer into your own words and adding your own thoughts and prayers.

Using the Lord's Prayer as an outline:

Use the prompts in *italics* to help you know what and how to pray. Answer the questions for yourself and let them lead you into further reflection and prayer. Throughout the week, use the lines of the Lord's prayer to launch other questions, reflections and prayers.

**Our father who art in heaven,
hallowed be thy name,**

What does it mean to "hallow" (honor as holy) the name of God? How do we show that we believe God is holy? Spend time giving thanks to and for God.

**thy kingdom come,
thy will be done,
on earth as it is in heaven,**

What would the world be like if God's kingdom and will were put into action and the world was as God intends it to be? Praying that God's will be done reminds us that we are not the center of the universe—that "our" wills are not at the center of God's work in the world. What places in your own life need guidance from the will of God? Are there those around you for whom you pray for God's guidance and will to be known in their lives?

give us this day our daily bread,

Our God is a God who attends to the real, everyday needs of God's people. When our needs are met, we must also ask, what are we being called to do so that each person in the world has their daily needs met? Are there things that we can do in our community and in our world that would provide care and provision to all of God's children?

**and forgive us our debts
as we forgive our debtors,**

Some versions of this prayer say "sins" or "trespasses" instead of "debts." Does that change the meaning of the prayer? This calls us to both forgive those who "owe" us debts, who sin or trespass against us, AND to receive forgiveness for the times we have been in debt and sinned against others and against God. Are there those in this community or in the world we need to forgive or seek forgiveness from? Are there things that you need to seek forgiveness from God about?

**lead us not into temptation,
but deliver us from evil,**

God calls us to live lives that are set apart and holy, though the temptations to live and be and buy and lust like everyone else will always be present. With God's help, can we choose to live differently—to be followers of Jesus?

**for thine is the kingdom and the power and the glory,
forever.**

God's kingdom is here, but not yet, and will reign forever. We acknowledge and give thanks for the work and will and love and kingdom of God that brings health and wholeness to all people. May we live as though we believe that God's kingdom is here and is coming—and is filled with good things?

Amen.