

## **Praying with the Lord's Prayer**

The Lord's Prayer is a gift from Jesus to his disciples. But while it's helpful to just pray the words he gave us, it's also important to use them as a guide to teach us how to pray in general. Here is one way to use the Lord's Prayer as a model for our prayers (in both contemporary and traditional form). It's a great way to start praying on our own. It can also serve as a helpful way to organise our daily prayers or as a way of checking to see how much our prayers follow the model that Jesus has given.

### *Contemporary English*

#### **Our Father in heaven,**

Reflect on the fact that God loves us like a parent and wants to have a relationship with each one of us.

#### **Hallowed be your name,**

Take a moment to praise God. You may want to praise God for the created world, for God's love, justice and mercy, for the gift of Jesus, or for God's goodness in your own life.

#### **Your kingdom come,**

Pray for God to transform the world, to bring it more fully under his rule. You may want to pray for peace, for justice, for compassion, for an end to poverty and sickness. You can pray for any global or local situation that you want God to set right.

#### **Your will be done, on earth as it is in heaven.**

Pray for people to do God's will. Start with yourself.  
Ask for God's help to understand what he is calling you to do and for the help to do it.

#### **Give us today our daily bread.**

Take a moment to pray for your own needs, the needs of your family, friends, as well as those of our church.

#### **Forgive us our sins as we forgive those who sin against us.**

You may want to pray for general sins (ie. not loving God and our neighbours as our selves) or you may want to confess specific sins. Ask for God's help to become more patient and forgiving towards others in general. Consider if there is someone you need God's help to forgive.

#### **Lead us not into the time of trial,**

Pray about those things that worry you, things that make your life difficult, things that cause your pain or struggle, and things that test your ability to do the right thing.

#### **But deliver us from the evil one.**

Ask for God's protection from the evil in the world.  
Pray that others would receive this same protection.

**For yours is the kingdom, the power, and the glory forever and ever.**

**Amen.**

*Traditional English*

**Our Father who art in heaven,**

Reflect on the fact that God loves us like a parent and wants to have a relationship with each one of us.

**Hallowed be thy name,**

Take a moment to praise God. You may want to praise God for the created world, for God's love, justice and mercy, for the gift of Jesus, or for God's goodness in your own life.

**Thy kingdom come,**

Pray for God to transform the world, to bring it more fully under his rule. You may want to pray for peace, for justice, for compassion, for an end to poverty and sickness. You can pray for any global or local situation that you want God to set right.

**Thy will be done, on earth as it is in heaven.**

Pray for people to do God's will. Start with yourself. Ask for God's help to understand what he is calling you to do and for the help to do it.

**Give us this day our daily bread.**

Take a moment to pray for your own needs, the needs of your family, friends, as well as those of our church.

**Forgive us our trespasses as we forgive those who trespass against us.**

**[Forgive us our debts as we forgive our debtors].**

You may want to pray for general sins (ie. not loving God and our neighbours as our selves) or you may want to confess specific sins. Ask for God's help to become more patient and forgiving towards others in general. Consider if there is someone you need God's help to forgive.

**Lead us not into temptation,**

Pray about those things that worry you, things that make your life difficult, things that cause your pain or struggle, and things that test your ability to do the right thing.

**But deliver us from evil.**

Ask for God's protection from the evil in the world. Pray that others would receive this same protection.

**For thine is the kingdom, the power, and the glory forever and ever.**

**Amen.**

For more resources for reflecting on the meaning of the Lord's Prayer go to:

<https://bibleproject.com/explore/video/lords-prayer/>