

Your Prayer

The Lord's Prayer teaches you to praise God and to ask for God's help. Spend a few minutes in quiet reflection with the Lord's Prayer.

1. Find a quiet place.
2. Thank God for his presence in your life.
3. After each part of the Our Father, think about your response to the question.
4. Write down your thoughts and prayers here or in your journal.

Our Father, who art in heaven, hallowed be thy name

How can I show praise, honor and glory to God in my life?

Thy Kingdom come, thy will be done, on earth as it is in heaven.

What does God ask of me today? How do I follow God's will and share in the Kingdom of God today?

Give us this day our daily bread.

What needs would I like to place before God today?

And forgive us our trespasses...

What is one way I can work towards peace?

As we forgive those who trespass against us and lead us not into temptation.

What help do I need to be a better son or daughter in God's kingdom?

But deliver us from evil, Amen.

How can prayer become a more central part of my life?
