

OVERVIEW

Many of us know that prayer is an important part of our spiritual life, yet we often ask the question:

"How do we enter into prayer and make it a conversation between us and our creator?"

The Lord's Prayer can lead us to a vibrant conversation with God as each phrase or line of the Lord's Prayer is an invitation from Jesus to think and pray into something.

A PARAPHRASE

Dear Father always near us,
may your name be treasured
and loved,

may your rule be completed
in us, may your will be done
here on earth in, just the way
it is done in heaven.

Give us today the things we
need today,

and forgive us our sins and
impositions on you as we are
forgiving all who in any way
offend us.

Please don't put us through
trials, but deliver us from
everything bad.

Because you are the one in
charge, and you have all the
power, and the glory too is all
yours forever, which is just
the way we want it! Amen.

THE LORD'S PRAYER

Summary

OUR FATHER WHO ART IN HEAVEN

Think about the nature of God as the best kind of parent/father. Recognize that he is for you and with you

HALLOWED BE THY NAME

Think about God as he actually is, don't shrink him down to be a smaller god. Take time to worship and revere God

YOUR KINGDOM COME, YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN

Align yourself with God. Ask, "What does God want for me today and how can I live parallel to him?"

GIVE US TODAY OUR DAILY BREAD

Think ahead to what is in your day, asking God for what you need for today. Pray for those you keep in your prayers by asking God to give them the things they need for today

FORGIVE US OUR DEBTS AS WE FORGIVE OUR DEBTORS

Ask yourself, "Is there something that I need to let go of, get rid of, acknowledge, or confess?" Ask for forgiveness from God and process who you might need to forgive

KEEP US FROM TEMPTATION AND DELIVER US FROM THE EVIL ONE

Ask God to protect you from a trial that would overwhelm you as well as evil forces that try to invade your life.

for thine is the kingdom and the power and the glory forever and ever. Amen.