

“Teach us to pray”

There are various versions of the Lord’s prayer but we are going to stick with two: a traditional and a modern version. The following step might help –

Set aside a time – it doesn’t matter how long, just decide how much time you have and use it.
Find somewhere comfortable for the time you have available.
Turn off your phone!
Take a moment to relax.
Choose which version you want to read today and read it to yourself or out loud.

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.
For thine is the kingdom,
the power and the glory,
for ever and ever.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.

Option 1:

Read it again and notice which words or phrases stand out to you. Take a moment to ask yourself why these have caught your attention today. Ask God what he is saying to you today/

Option 2:

Read it again but pause at the end of each line and reflect on how you respond to what you have read.