

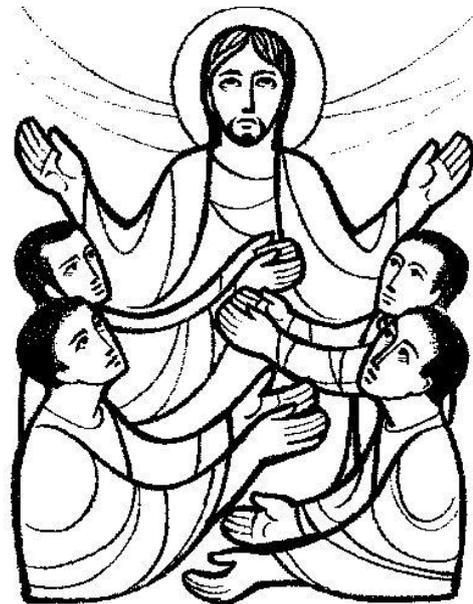
JESUS said 'When you pray say,

OUR FATHER.....

Not a day has passed in nearly two thousand years when this prayer has not been said, and said in every-conceivable every situation, by people of all ages and in every nation and in every kind of mood: thankfully, resignedly, thoughtlessly, anxiously, dutifully out of habit, trustingly, in pain and in sickness and at the point of death. 'Lord teach us to pray', his friends had said to JESUS. And what He does is not simply, to tell them how to pray but to give them a prayer will form a bond of unity between them and among all Christians ever after; of signature tune, if you like; all we ever need to express our trusting relationship with GOD and our dependence on Him.

Michael Mayne, Dean of Westminster 1996

In the early Church Christians said the Lords Prayer three times each day. In the modern liturgy this has been revived so that the Lord's Prayer is said at Morning Prayer, at Mass and at Evening Prayer. Even if you can't find much time to pray each day, try at least to say the Lords Prayer, in the morning, in the middle of the day and in the evening.



**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.**

A Few Thoughts on The Lord's Prayer

I CANNOT PRAY **Our**,
if my faith has no room for others and their need.

I cannot pray **Father**,
if I do not demonstrate this relationship to God in my daily living.

I cannot pray **who art in heaven**
if all of my interests and pursuits are in earthly things.

I cannot pray **hallowed be thy name**,
if I am not striving, with God's help, to be holy.

I cannot pray **thy kingdom come**
if I am not willing accept God's rule in my life.

I cannot pray **thy will be done**
if I am unwilling or resentful of having it in my life.

I cannot pray on **earth as it is in Heaven**,
unless I am ready to give myself to God's service here and now.

I cannot pray **give us this day our daily bread**
without expending honest effort for it, for it.
or if I would withhold from my neighbour the bread that I receive.

I cannot pray **forgive us our trespasses**
As we forgive those who trespass against us,
if I continue to harbour a grudge against anyone.

I cannot pray **lead us not into temptation**,
if I deliberately choose to remain in a situation where I am likely to be tempted.

I cannot pray **deliver us from evil**.
if I am not prepared to fight evil with life and prayer..

I cannot pray **Thine is the kingdom**,
if I am unwilling to obey the King.

I cannot pray **thine is the power and the glory**,
if I am seeking power for myself and my own glory first.

I cannot pray **Forever and ever**,
If I am too anxious about each day's affairs.

I cannot pray **Amen**,
unless I honestly say, "Cost what it may be is my prayer."

Anonymous

The extract from Michel Mayne is taken from *Some Daily Prayer for Church of England People* by Harry Ogden. © Harry Ogden 2001, 2005. Some thoughts on the Lord's Prayer reproduced from a privately printed and circulated pamphlet of prayers translated by a monk of Elmore Abbey.

