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*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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For Thine is the Kingdom and the power and the glory forever. Amen.*

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The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in Matthew 6.

**Our Father who art in Heaven** - connect with God relationally. the way to begin prayer is with a relationship, not a rulebook.

**Hallowed be Thy Name** - Hallowed means "holy" or set apart, not like this world. The Name of God refers to the essence of who God is. Acknowledge God is holy and perfect.

**Thy Kingdom Come, Thy will be done on earth as it is in Heaven** - pray God's agenda above your own. Much of our time in prayer is spent consenting to God's will rather than claiming our own. Allow yourself to be an instrument of God's will.

**Give us this day our daily bread** - Reflect on your total dependence upon God's goodness in each moment.

**Forgive us our debts as we forgive our debtors** - There is an intrinsic link between how we love God and how we love those who cannot do anything for us. Look to your relationship with others as a reflection of your relationship with God.

**Lead us not into temptation but deliver us from evil** - Allow your prayers to lead you. Prayer is meant to inform the rest of your life.

**For Thine is the Kingdom and the power and the glory forever** - Acknowledge that all good things come from God. God is the Source of every good thing. Thank God for the opportunity to take part in His will.

**Amen** - Literally "yes" from the deepest parts of your heart.

# Christian Prayer



# The Purpose of Prayer

Prayer is the opening of our hearts and minds to God. It is the opportunity to re-center ourselves on who God is and who we are called to be. More than anything else, the purpose of prayer is to cultivate your relationship with God given through Jesus Christ.

## Some Tips for Praying:

Find a regular time - use an alarm and make a routine of prayer within your schedule.

Find a private place to pray - go somewhere free from distractions and where you can pray out loud if you feel so led.

Practice - prayer is a spiritual discipline. It is a relationship formed over time. Continue to pray even through times when you feel disconnected.

## St Francis Prayer of Peace:

*Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.*  
*O Divine Master, grant that I may not so much  
seek to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.*  
*For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.*  
Amen.

# Types of Prayer

## SPOKEN PRAYER

Spoken prayers, both private and public, are our ways of deliberately engaging our relationship with God given through Jesus Christ. These prayers are a gift that we can take part in. They consist of us speaking to and listening for God.

## REFLECTIVE PRAYER

This form of prayer seeks to discern God's ongoing presence in our lives and gain insight into God's direction for us. Enter into a time of prayer and then slowly follow these steps:

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

## CENTERING PRAYER

This form of prayer seeks to not only have conversation with God but also to commune in God's presence.

1. Focus your mind on something sacred such as Jesus, grace, a scripture, or the Holy Spirit present within you.
2. Remain attentive. If you sense a distraction, let it go and return to your focus.
3. Afterwards, remain in silence with your eyes closed for a few moments.

# Structure of Spoken Prayer

ACTS is a helpful method for praying. ACTS stands for Adoration, Confession, Thanksgiving, and Supplication.

**A: Adoration.** Enter into prayer by acknowledging who God is. Privately worship and praise God as a first priority in prayer. Get a sense of God's glory, power, righteous justice, and selfless love.

**C: Confession.** Acknowledge who you are in contrast to who God is. Confess sins you have committed and sins by way of omission. Seek forgiveness from God. Then, make a mental note of people to ask forgiveness from and changes to be made in order to live more in line with God's will.

**T: Thanksgiving.** Look over your life since the last time you prayed. Thank God for your blessings, for the good news of God's love and mercy towards you, for peace and comfort in the midst of trials, and for all of the everyday graces God places in all our lives.

**S: Supplication.** Pray specific requests and hopes for God's continued work in your life and in the lives of others. Share with God where you need help, healing, and guidance. Open yourself to however God will respond to your requests, knowing God's will is good and true.