



“Lord, teach us to pray, ...” Luke 11:1

Familiarity can be reassuring...when we are struggling to find the words it may be comforting to recall traditional forms of prayer.

How often though do we recite well-known prayers without appreciating the true depth and meaning of the words...?

I invite you this week to contemplate afresh on the prayer Jesus taught us.

Adopting your preferred translation, let us pray...

**“Father,
hallowed be your name,
your kingdom come.
Give us each day our daily bread.
Forgive us our sins,
for we also forgive everyone who sins against us.
And lead us not into temptation.” Luke 11:2-4**

- Reflect on each phrase in turn, carry it with you into your day, week, ...a phrase at a time?
- Can you try applying each plea to a situation you may wish to pray about (Pritchard, 2002)¹? Perhaps dwell on each section, considering those in need of God’s presence, mercy, or provision, ...where you wish His name to be made holy...?

“For the kingdom, the power, and the glory are yours now and for ever. Amen”

Rachel Cheffy

¹Pritchard, J. (2002) *How to Pray: A Practical Handbook*. London: SPCK.



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