



## - A RESOURCE FOR ONGOING FORMATION -

### Part 3: Prayer

#### Chapter 3. Meditations on the Our Father

As Jesus was the true worshipper of the Father, so let prayer and contemplation be the soul of all that they are and do. Rule 8

What is meant by hallowed by your name?

What does give us this day our daily bread mean?

What is a trespass?

Why does do not bring us into temptation sound strange?

What is meant by rescue us from evil?

#### **Our Father,**

Our Creator, Redeemer, Consoler, and Saviour

#### **Who art in heaven:**

In the angels and in the saints, enlightening them to love, because you, Lord, are light inflaming them to love, because you, Lord, are love dwelling in them and filling them with happiness, because you, Lord, are Supreme Good, the Eternal Good from whom comes all good, without whom there is no good.

#### **Hallowed by thy name:**

May our knowledge of you become ever clearer that we may know the breadth of your blessings, the length of your promises, the height of your majesty, the depth of your judgments.

#### **Thy kingdom come:**

So that you may rule in us through your grace and enable us to come to your kingdom where there is an unclouded vision of you, a perfect love of you, a blessed companionship with you, an eternal enjoyment of you.

#### **Thy will be done on earth as it is in heaven:**

That we may love you with our whole heart by always thinking of you, with our whole soul by always desiring you, with our whole mind by directing all our intentions to you and by seeking your glory in everything, and with our whole strength by spending all our energies and affections of soul and body in the service of your love and of nothing else, and may we love our neighbours as ourselves by drawing them with your whole strength to your love by rejoicing in the good fortunes of others as well as our own, and by sympathising with the misfortunes of others and by giving offence to no one.

#### **Give us this day:**

In memory and understanding and reverence of the love which our Lord Jesus Christ had for us, and of those things which he said and did and suffered for us.

#### **Our daily bread:**

Your own Beloved Son, our Lord Jesus Christ.

#### **And forgive us our trespasses:**

Through your ineffable mercy, through the power of the Passion of your Beloved Son, together with the merits and intercession of the Blessed Virgin Mary and all your chosen ones.

#### **As we forgive those who trespass against us:**

And whatever we do not forgive perfectly, do you, Lord, enable us to forgive to the full so that we may truly love our enemies and fervently intercede for them before you, returning no one evil for evil, and striving to help everyone in you.

#### **And lead us not into temptation:**

Hidden or obvious, sudden or persistent.

#### **But deliver us from evil:**

Past, present, and to come.



St Francis: prayer inspired by the  
Our Father

# Scripture—



## **Matt 6. 7-15**

But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him. Pray then in this way:

Our Father in heaven,  
hallowed be your name.

Your kingdom come.

Your will be done,  
on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts,  
as we also have forgiven our debtors.

And do not bring us into temptation,  
but rescue us from evil.