

The Lord's Prayer

The Lord's Prayer, or the Our Father, is the ideal Christian prayer and prayer of the Church. We should pray it every day—many times every day. It unites us with God the Father to whom we pray. And it unites us with Jesus, the Son of God, with whom we pray. Praying to your heavenly Father helps you to become more like him. It helps you to have a humble and trusting heart.



The Seven Petitions of the Lord's Prayer

The first three petitions are for the glory of God.

Our Father, who art in heaven,

Talk to God as a loving parent.

hallowed by thy name;

Hallowed means "holy." Pray that God's name will be known and treated as holy.

thy kingdom come,

God's kingdom is a rule of peace, joy, and justice. Pray for it to grow in the world until the end of time.

thy will be done on earth as it is in heaven

Pray that people will live as God wants us to.

The last four petitions are for our needs.

Give us this day our daily bread,

Ask for what we all need, not just for what you want.

and forgive us our trespasses as we forgive those who trespass against us;

Ask God to forgive your sins, and to help you be more forgiving.

and lead us not into temptation,

Ask God to keep you on the right path—always going toward what is good.

but deliver us from evil.

Ask God to protect you from all harm.