



Praying the Lord's Prayer

A gift from the church as part of

Thy Kingdom Come 2021



Most Christians pray the Lord's Prayer regularly, usually in either the form found in the Book of Common Prayer (1662/1928) or in a contemporary translation. The prayer was of course originally spoken by Jesus to his friends and followers, in his own native tongue, Aramaic (Luke 11.1-4, Matthew 6.9-13). The many and varied translations below have been gathered together to help you pray and reflect on what is both dear and comforting in the familiarity of this prayer, and on what we might miss in its depth of meaning in our day to day prayers. Praying will help your faith grow. You can use this at any time – but it has been designed to use daily from Ascension to Pentecost as we pray that more people will know the Good News of Christ.

How to use this Booklet.

1. Each day make 10 minutes prayer time when you can sit, or kneel, or curl up in a corner undisturbed. Make sure you are warm and comfortable and can give your attention to prayer.
2. Light a candle as your prayer time starts and say to yourself “This is God's time”. Spend a minute focusing on your breathing, slowing and calming.
3. First pray slowly the version of the Lord's Prayer that is most familiar to you (see the three versions printed p.3) Read each line slowly, out loud, and take a slow breath in and out at the end of each line.
4. Then, choose one of the translations/re-imaginings which follow and pray it in the same way, line by line, slowly, out loud, taking a breath between each line.
5. When you have prayed both prayers you can repeat this process if you wish.
6. Now take 5 minutes to look at the two prayers, at what seems the same and what seems different. Focus on the things that strike you as interesting, challenging, comforting or disturbing.
7. Make a note of the ideas that come to you, the questions, thoughts and feelings.

8. When you are ready to end your time of prayer and reflection use the prayer below.

**Thank you God
that your son Jesus taught us to pray.
Thank you God
for all you have revealed to me in prayer today.
When I do not understand,
may your Spirit give me patience and strength
to search for You,
and to follow your beloved Son. Amen.**

The Book of Common Prayer (1662)

Our Father, which art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done,
in earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive them that trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power, and the glory,
for ever and ever. Amen.

Book of Common Prayer (1928)

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.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.

Common Worship (2000)

Our Father in heaven, hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Lead us not into temptation
But deliver us from evil.
For the kingdom, the power, and the glory are yours
now and for ever. Amen.

1. Indwelling God, infused throughout all existence,
we honor you with many names.
Your realm is within the human heart.
We accept life for all that it can be,
on earth as throughout all creation.
May we continue to draw sustenance from this earth,
and may we receive forgiveness equal to our own.
May we ever move from separation toward union,
to live in grace, with love in our hearts,
forever and ever. Amen.

(Fred F. Keip)

2. Most compassionate Life-giver,
may we honor and praise you:
may we work with you to establish
your new order of justice, peace and love.
Give us what we need for growth,
and help us, through forgiving others, to accept forgiveness.
Strengthen us in the time of testing,
that we may resist all evil.
For all the tenderness,
strength and love are yours, now and forever. Amen.

(W Wallace)

3. O God, you love us like a good parent,
and are present in every aspect of our existence.
May your nature become known and respected by all.
May your joy, peace, wholeness and justice
be the reality for everyone as we live by the Jesus Way.
Give us all that we really need to live every day for you.
And forgive us our failures
as we forgive others for their failures.
Keep us from doing those things which are not of you,
and cause us always to be centered on your love.

For you are the true reality in this our now,
and in all our future. In the Jesus Way we pray.
Amen. (David Sorril)

4. God, lover of us all, most holy one.
Help us to respond to you.
To create what you want for us here on earth.
Give us today enough for our needs.
Forgive our weak and deliberate offences,
just as we must forgive others when they hurt us.
Help us to resist evil and to do what is good.
For we are yours,
endowed with your power to make your world whole. Amen.

5. Dear One, closer to us than our own hearts,
farther from us than the most distant star,
you are beyond naming.

May your powerful presence become obvious
not only in the undeniable glory of the sky,
but also in the seemingly base
and common processes of the earth.

Give us what we need, day by day,
to keep body and soul together,
because clever as you have made us,
we still owe our existence to you.

We recognize that to be reconciled with you, we must live
peaceably and justly with other human beings,
putting hate and bitterness behind us.
We are torn between our faith in your goodness
and our awareness of the evil in your creation,
so deliver us from the temptation to despair.

Yours alone is the universe and all its majesty and beauty.
So it is. Amen. (JBurklo, 2010)

6. God, heart of the world:
revealed through every aspect of creation:
understood through our awareness.

May we honour the holiness of creation and act accordingly
so that your love is reflected in the way we live.

May we always be thankful for the food we eat
and the friends we have.

May we forgive those who transgress against us
and be forgiven for our own.

In the freedom of love may we live as your heartbeat
and not be compromised by hesitation.

Through our freedom, may your justice be seen and
heard and experienced forever and ever. Amen.

(Sherri J. Weinberg)

7. Loving God, within and around us, we revere you.

We seek to live life as you would want us to do;
with love and respect for all people
and all things in the universe.

May we find each day sufficient for our needs,
and find forgiveness when we do wrong,
just as we forgive those who do wrong to us.

In times of trouble, may we centre our lives in you.

For your being is love, which comes with strength
and with beauty, throughout eternity. Amen.

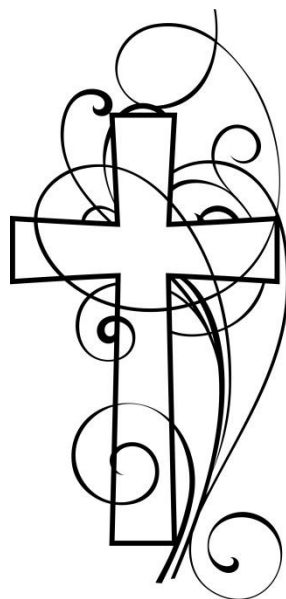
(Margaret Rolfe)

8. God, who cares for us,
the wonder of whose presence fills us with awe.
Let kindness, justice and love shine in our world.
Let your secrets be known here as they are in heaven.
Give us the food and the hope we need for today.
Forgive us our wrongdoing
as we forgive the wrongs done to us.
Protect us from pride and from despair
and from the fear and hate which can swallow us up.
In you is truth, meaning, glory and power,
while worlds come and go. Amen. *(M.Furlong/nwi)*

9. Eternal Spirit
Earth-Maker, Pain-bearer, Life-giver,
source of all that is and that shall be,
Father and Mother of us all.
Loving God, in whom is heaven.
The hallowing of your name echoes through the universe!
The way of your justice be followed
by the peoples of the earth!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom
sustain our hope and come on earth.
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love,
now and forever. *(New Zealand Prayer Book)*

10. Good caring presence within us, around us, and above us;
Hold us in a sense of mystery and wonder.
Let the fullness of your goodness be within us and around us.
Let all the world know your ways of caring and generosity.
May we find we have all we need to meet each day
without undue anxiety.
Overlook our many stupidities,
and help us to release everyone from their stupidities.
May we know we are accepted.
Strengthen us that we will reach out to the best,
always with the faith to rise above
the ugly realities of our existence.
And we celebrate the gifts you have given us:
the rich kingdom of life's possibilities,
the power to do good and the triumphs of good,
and the moments when we have seen
the glory and wonder of everything.
You are life's richness. You are life's power.
You are life's ultimate meaning.
Always. And for everyone. And for ever more. Amen.

(FMacnab/fwb)



11. O Birther! Father-Mother of the Cosmos
you create all that moves in light.

Hear the one Sound that created all others,
in this way the Name is hallowed in silence.

Your rule springs into existence
as our arms reach out to embrace all creation.

Let all wills move together
in your vortex, as stars and planets swirl through the sky.

Grant what we need each day in bread and insight:
subsistence for the call of growing life.

Lighten our load of secret debts as
we relieve others of their need to repay.

Keep us from hoarding false wealth,
and from the inner shame of help not given in time.

Amen. (M.Fox)

12. Eternal Spirit, Father and Mother of us all,
Holy is your name.

Let justice and mercy fill all Creation
and let us recognize that every thought
and thing belongs to you.

Feed us with the bread we need for today.

Forgive our sin as we forgive those who sin against us.

Stand with us in trial and temptation.

Free us from the grip of all that is evil.

For you alone are creating our universe, now and forever.

Amen.

*All of the above translations and re-workings were taken from this blog:
<https://rainbowcathedral.wordpress.com/prayers/> and sources are listed
where known with each prayer as given there.*

13. Oh Thou, from whom the breath of life comes,
who fills all realms of sound, light and vibration.
May Your light be experienced in my utmost holiest.
Your Heavenly Domain approaches.
Let Your will come true - in the universe (all that vibrates)
just as on earth (that is material and dense).
Give us wisdom (understanding, help) for our daily need,
detach the fetters of faults that bind us,
like we let go the guilt of others.
Let us not be lost in superficial things
(materialism, common temptations),
but let us be freed from that which keeps us
from our true purpose.
From You comes the all-working will,
the lively strength to act,
the song that beautifies all
and renews itself from age to age.
Amên. Sealed in trust, faith and truth.
(I confirm with my entire being)

14. God, you are great!
You made the world.
Please give us enough to eat.
God, forgive what we have done wrong
And help us to forgive other people.
Help us not to do things that we shouldn't do.
Keep us safe from bad things.
Everything everywhere is yours.
Thanks for listening!
Junior Church, St Stephen's Lindley 2016

15. O Birther! Father- Mother of the Cosmos.
Focus your light within us - make it useful.
Create your reign of unity now-
through our fiery hearts and willing hands.
Help us love beyond our ideals
and sprout acts of compassion for all creatures.
Animate the earth within us: we then
feel the Wisdom underneath supporting all.
Untangle the knots within
so that we can mend our hearts' simple ties to each other.
Don't let surface things delude us,
but free us from what holds us back from our true purpose.
Out of you, the astonishing fire,
returning light and sound to the cosmos. Amen.

Translation by Neil Douglas-Klotz in Prayers of the Cosmos

16. Our Father-Mother Who art above and within:
Hallowed be Thy Name in twofold Trinity.
In Wisdom, Love and Equity Thy Kingdom come to all.
Thy will be done, As in Heaven so in Earth.
Give us day by day to partake of Thy holy Bread,
and the fruit of the living Vine.
As Thou dost forgive us our trespasses,
so may we forgive others who trespass against us.
Shew upon us Thy goodness,
that to others we may shew the same.
In the hour of temptation, deliver us from evil.
Amun.

Translation by G.J.R. Ouseley from The Gospel of the Holy Twelve

17. Our Father-Mother,
who lives in and beyond all of creation,
may your name be made holy.

May your commonwealth thrive,
may your justice be done,
may your loving compassion reign in every season.

Give us today the bread we need;
and forgive us our debts, as we have forgiven our debtors;
in every trial strengthen us, in the midst of evil deliver us.

For yours is the dominion, and the power, and the glory,
now and forever. Amen.

Sources:

1-14 <https://rainbowcathedral.wordpress.com/prayers/>

15, 16, 18 http://www.thenazareneway.com/lords_prayer.htm

