

## **THE LORD'S PRAYER – A MEDITATION**

**Our Father in heaven**

**God above us and beyond us**

**Yet ever present with us**

**You created us and renew us each day**

**Heavenly Father...**

**Hallowed be your name**

**We offer you our thanks and praise**

**We worship and adore you...**

**Your kingdom come**

**You are the way, and the truth and the life**

**Come, Lord of my life**

**Come, Lord of the world...**

**Your will be done**

**Teach us to follow your way**

**To believe in your truth**

**and to embrace your life...**

**On earth as in heaven**

**May we recognise your presence today**

**And experience a foretaste of the life to come...**

**Give us today our daily bread**

**Bread for the body**

**Bread for the soul**

**May all who are hungry be fed...**

**Forgive us our sins**

**Our unkind thoughts, words and actions**

**Our own sins and the sins of the world...**

**As we forgive those who sin against us**

**'Father forgive them, for they know not what they do'...**

**Help us to overcome evil with good**

**Lead us not into temptation**

**Keep us from turning away from you**

**and pleasing ourselves...**

**But deliver us from evil**

**Defend us from the power of evil**

**Help us to choose what is good...**

**For the kingdom, the power and the glory are yours,**

**now and for ever**

**Lord of the universe,**

**We worship and adore you...**