

Praying using The Lord's Prayer

Light a candle and be still. Remember that God - the Father, the Son and the Holy Spirit - is with you, surrounding you with their love.

Our Father in heaven, hallowed be your name...

Begin your prayer by calling God Father, or Daddy. Remember that he calls you into his presence, that he wants to spend time with you. Offer to God some words of praise 'You are Holy', 'You are love', 'I worship you', 'I think you are awesome'.

Your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread.

Begin to imagine what it would be like if earth were like heaven. What would be different for you, your family and friends, and the world....? Think of someone who has a need (it may be you) – what is it and how do you want God to answer it? Put that request to God.

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

What do you need forgiveness for? Say sorry to God and as you do so, remember that he forgives you.

Who do you need to forgive? Imagine handing over to Jesus the hurt they have caused and pray that the person will be blessed by God. If this is too difficult at present, ask God to gently bring you to the point when one day you can pray this.

Lead us not into temptation; but deliver us from evil.

Are you facing a tough challenge at the moment when following Jesus' teaching is difficult? Bring that situation before your heavenly Father. Ask him for strength and courage to do the right thing – remember God will be with you through the Holy Spirit.

For the kingdom, the power and the glory are yours now and forever. Amen

Finish your prayer as you started with some words of praise to God.