

Enrichment: Prayer

The Lord's Prayer Brings Us into Communion with God

The Our Father, also called the Lord's Prayer, is unique among the many prayers of our faith. This is because Jesus Himself taught it to us. He gave us this prayer as a way to petition or ask the Father for our needs so we may love and obey like Jesus. When we obey like Jesus, we open ourselves to growing in prayerful communion with God through His grace.

Begin with the Sign of the Cross.

“Our Father, who art in Heaven, hallowed be Thy name.” Jesus teaches us to begin our prayer by giving praise to our Father in Heaven. ***What are the ways God loves us as a father, for which we should give Him praise?***

“Thy kingdom come, Thy will be done on earth as it is in Heaven.” We ask the Father that the peace and joy of His kingdom will come to us. ***Like Jesus, how can we follow the Father's will so that the peace and joy of God's kingdom is seen in our families?***



“Give us this day our daily bread.” By asking for our “daily bread” from God, we are asking Him to supply for our every need. In particular, we are asking for the Holy Eucharist, the Bread of Life. ***How can the Eucharist help us with our daily needs?***

“And forgive us our trespasses as we forgive those who trespass against us.” Jesus asked the Father to forgive the people who were nailing Him to the Cross. Like Christ, we, too, must forgive others so that we may be forgiven.

“And lead us not into temptation, but deliver us from evil.” Jesus won the grace for us to battle against sin and death. Yet, He teaches us to pray to the Father for protection against temptations to sin and the evil that still exists in the world. ***From what evil or temptations do we need to ask for strength to avoid?***

Journal Reflection

What needs can you bring to God, our Father, when praying the Lord's Prayer? Write your answer on the journal page. [Journal pages are available on the parent and student portals.](#)