

Deepening a Relationship with God Through the Lord's Prayer

*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.*

How do I need God's Kingdom to be present in my life? What do I need to be aware of in myself in order to feel like it is real? I ask God to open my eyes to where holiness dwells in and around me.

What do I truly believe about my life and God's will for it? Where do I long to see God's guidance? How is this true for where I long to see God's will worked out in the world? I ask God to speak words of guidance to me for my life, and the grace to live in the world in faith that God is healing and redeeming it. I ask God to show me how I am a part of the divine will for the world.

How do I long for things on earth to be as they are in heaven? I tell God about the things about which I feel helpless, the injustices, and the pain.

What kind of daily sustenance do I need from God? I ask God for these things.

Where do I recognize sin in my life, and how I have been sinned against? How do I want to heal, and to experience the deep mercy and love of God in those places within me? I ask God to open my eyes and my heart to the places I need holy, healing love to flow through me.

What kinds of temptations do I face in my life that are actually numbing agents to distract me from things within me and around me that are hard to face? I ask God to help me understand how it is that I avoid discomfort, and I ask God to sit with me in those places so that I can feel God's presence rather than emptiness or loneliness.

How do I want God to deliver me from evil? I ask God to sustain me in this world and to dwell in my heart so that pain is met with love, and injustice is met with holy boundaries shaped by forgiveness and wisdom around my own worth. I pray for all people in harm's way.

I commit all of these things to Jesus in gratitude that his love and presence are with me.