

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

This means everything comes from God and everything belongs to God, now, and forever more. God's kingdom is not a place, but a life lived in relationship with God. God makes this possible through Jesus whose power and glory are shown in humility, service and sacrifice. This is the life we are called to live if we follow in the way of this prayer.

## Amen.

This means 'I agree'.

But do we?

No prayer is said more than this one, but maybe no prayer is meant less.

Let's change that. Say the Lord's Prayer and mean it. Let it change your heart.

Then it might change the world as well.

## What next?

- Learn the Lord's Prayer by heart
- Say it with your family and friends
- Teach it to your children and grandchildren
- Think about what it means
- Try to mean it when you say it

## Find out more about:

- Praying by Heart, the Lord's Prayer for everyone
- The Lord's Prayer for children
- Resources for schools
- Resources for churches
- Music
- The Lord's Prayer Film: Then as Now

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The Archbishop of York  
invites us to explore

# THE LORD'S PRAYER

How to pray. How to live.



Just before teaching them the prayer we know as the Lord's Prayer, Jesus told his disciples that God knows what we want before we ask him (Matthew 6:8).

## So why a prayer at all?

Perhaps it's simply this: we don't know what we want.

Therefore, the Lord's Prayer is best understood as learning what to want.

Which also means that the Lord's Prayer is a pattern for life as well as a pattern for prayer.

Coming from the heart of God, through the heart of Jesus to our hearts, and through us to the world, the Lord's Prayer teaches us how to pray and how to live.

All in less than 70 words!

## Our Father in heaven...

First, we call God 'Father' and learn that we are children of God, and that God is the loving parent, our heavenly Father, who will not let us down - even if human parents sometimes do.

But not just my Father.  
*Ours!*

**Everyone who says  
this prayer is my sister  
and brother.**

## Hallowed be your name...

Our relationship with God is close, as with a Father. But God is holy; God's name is hallowed. God is the most holy, the most beautiful, the one by whom everything exists and upon whom everything depends.

## Your kingdom come; your will be done on earth as in heaven...

Here we start to learn what to ask for. Not my kingdom, not my will, but God's. And if we want to learn what God's kingdom looks like and what God's will might be, then we look to Jesus who showed us what God is like, and who in his great need also prayed, not my will be done but yours (Luke 22:42).

In this way earth starts to look like heaven and the great biblical vision of 'a new heaven and a new earth' starts to emerge' (Revelation 21:1).

## Give us today our daily bread...

This means  
'Give me enough for today. Stop me wanting more all the time. Give me what I need, not what I want. Show me what enough looks like.'

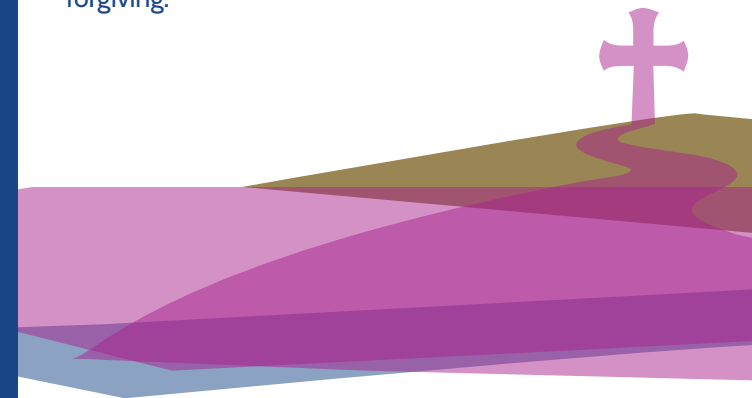
Is there a more important lesson for our world to learn today?

## Forgive us our sins as we forgive those against us...

This means being honest about ourselves; our foibles, our failures and especially our wilful choosing what we know to be wrong.

And then being ready to offer to others the forgiveness we so dearly need ourselves.

At the very heart of the Christian faith, we learn that in Jesus God forgives our sins. By his death and resurrection, Jesus sets us free from sin and death. We too must be forgiving.



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

This means asking for God's help and guidance when life is tough, when temptation dazzles, and when darkness falls.