

***Our Father in heaven,
may your name be kept holy.
May your Kingdom come soon.
May your will be done on earth,
as it is in heaven.
Give us today the food we need,
and forgive us our sins,
as we have forgiven those who sin against us.
And don't let us yield to temptation,
but rescue us from the evil one."***

(Matthew 6:9-13 NLT; see also Luke 11:1-4)

Our Father in heaven,

- Silence
- Thank God for being your Father, "Daddy," the one who loves you unconditionally. Ask Him to remind you that He lives and reigns, not in heaven alone but all around you and in your life. Ask Him to make you deeply aware of His presence throughout the day.

may your name be kept holy.

- Silence
- Affirm God's holiness and His great name. Ask that you would see more of that holiness in your own life, becoming true imitators of God.

May your Kingdom come soon.

- Silence
- Ask God to align you with His kingdom purposes reaching out to your neighbors and the world.

May your will be done on earth, as it is in heaven.

- Silence
- Ask God that your will would align with His will and that you would obey His will even when it's hard.

Give us today the food we need,

- Silence
- Pray for all your physical needs, whatever they might be: food, work, health, etc. Also pray that you would be responsive to the needs of those around you. What do you need from Jesus in your spiritual life? Ask Him for that.

and forgive us our sins, as we have forgiven those who sin against us.

- Silence
- Confess any sin and ask God to forgive you. Ask God to give you the same attitude of forgiving grace toward anyone who has wronged you.

And don't let us yield to temptation, but rescue us from the evil one.

- Silence
- Pray for God to protect you from Satan and to help you resist any temptations you might experience today. Also pray that God would protect and help those who are experiencing darkness due to the messiness of life.

Close with "For yours is the kingdom, and the power, and the glory forever and ever. Amen."