

Praying as Jesus Prayed

Name _____

Often, when Jesus prayed, he would go off by himself to a quiet place and talk to his Father. When the disciples asked him to teach them how to pray, he taught them a prayer that is now the best known prayer among all Christians—the Our Father, or the Lord’s Prayer. We pray it together at each Mass before we receive Communion. You can also use

Jesus’ prayer as an example for a prayer of your own, to pray during your own quiet time with God.

Fill in the blanks with the correct words to finish Jesus’ prayer, then circle those same words in the Quiet-Time Prayer. See how our own prayers can imitate Jesus’ prayer.

Our _____, who art in _____,

hallowed be thy _____.

Thy kingdom come, thy will be done, on earth as it is in heaven.

Give us this day, our daily _____,

and _____ us our trespasses

as we forgive those who trespass against us.

And lead us not into _____,

but deliver us from _____.

Amen

Quiet-Time Prayer

Lord Jesus,

When you prayed you always called on your Father in heaven. Just to say God’s name is my prayer.

I praise God for giving me everything I need to live in this world—the air I breathe, the bread I eat, and the water that quenches my thirst.

I know that God always forgives my sins. I promise to forgive those people who make me angry.

Lord, help me to avoid the temptation to do wrong. Protect my mind from evil thoughts and lead my heart to all things good.

Amen