

## The 5 Components of *The Lord's Prayer*

- *Our Father*
  - This is the **GREETING** part of the prayer. Who are you addressing? Say the name of who you are addressing.
  - Also, by saying hi and God's name, you're telling yourself that this is a conversation, not a demand or obligation.
- *Hallowed be your name*
  - This is giving **PRAISE** to God. Giving praise to God is just like giving praise to others. Tell God what you think God has or is doing well.
    - Also, consider listing why you respect and/or like and/or love God.
  - The reason for praise is not because God is insecure and needs to be reminded of God's greatness. The reason for praising God is because it is a way for you to remind yourself of who God is. This is a helpful thing to keep in mind once you get into the other parts of prayer.
- *Your kingdom come, your will be done on earth as it is in heaven*
  - This is the **INVITATION**, where we invite God into our lives.
  - God's kingdom is wherever we allow God to be king.
  - In other words, God's will cannot be done if we do not do it.
- *Give us this day our daily bread*
  - This is the part where we **ASK FOR HELP** and in so doing, it helps to admit that we can't do these things on our own.
  - Ask God for what you think you need or what you want – and then remember to give time to listen for a response.
- *And forgive us our debts, as we also have forgiven our debtors.*
  - This is also part of the **ASK FOR HELP** section, but because forgiveness is so important, it gets its own section within the ASK FOR HELP section.
  - Forgiveness cannot be overrated. It's a freeing exercise. But incredibly difficult. That's why we need to experience it/receive it before we can offer it.
  - We can talk in generalities here, but the more specific you are in naming the issues you see/feel between you and God or between you and others -- the better you'll be able to receive or offer the forgiveness.
- *And do not bring us to the time of trial, but rescue us from the evil one. "*
  - This is the part where we **SEEK GOD'S DIRECTION** with the idea that we want to follow God's directions and not the directions of others (summarized as "the evil one").
  - This section is difficult to follow through with because it requires us to trust that God's direction is better than our own directions. Think of Jesus in the garden of Gethsemane agreeing to not do his own will, but God's will. That was *tough*.
    - Also, this is why it's helpful to remind ourselves at the beginning of the prayer that God is a higher power that we respect and trust – if we didn't remind ourselves of this, then why would we be seeking or trusting God's direction in the first place?
  - A good way to seek God's direction is by naming a problem and then telling God, "What do you think I should do, here?"

***Rewriting the Lord's Prayer Handout***

Using the components from the Lord's Prayer, rewrite the Lord's Prayer by filling in each section on the page with your own words. Be honest and playful, just like you would in a conversation with a friend.

**Greet God in your own words:**

**Let God know what you like or respect about God:**

**Tell God that God is welcome in your life (and maybe why):**

**Ask God for help with problems / ask God for help with forgiveness:**

**Ask God to help with being able to tell what God's directions are for you**

**Give thanks and say goodbye**