

## The Lord's Prayer

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven.

Give us this day our daily bread, and forgive us trespasses as we forgive those who trespass against us.

Lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory forever. Amen



## PREPARING

### Find a quiet place

In your home, outside, or in a place where you will be not disturbed

### Quiet your body

Begin with your feet on the ground, and sit in a comfortable manner.

Take a deep breath and relax your shoulders x 3.

Open your heart to connect with God.

### Quiet Your Mind

Recite the following: "Please clear my mind, clear my mind" x3

### Set Your Intention

Set your intention to connect to God and be open to receiving his love, grace and direction

## CONNECTING

### Our Father Who art in Heaven

Quieting our minds

### Hallowed Be Your Name

Beginning to open your heart and mind

### Your Kingdom Come

Allowing God's vision to begin in you

### Your Will Be Done

Connecting your will to God's desire for you.

### As in Heaven, So on Earth

Offering your full self to God's work for you on earth.



## DAILY BREAD

### Give Us This Day Our Daily Bread

Praying this section helps us to focus on the present. Not tomorrow or yesterday. It reminds us to remain present in each moment asking for, and aware of the daily bread which has already being given.



## FORGIVENESS

### And Forgive Our Trespasses as We Forgive Those Who Trespass Against Us

**Forgiveness Prayer:** "I fully and freely forgive (person's name). I let (name) go. I completely forgive the whole business in question. As far as I am concerned, it is finished forever.

I give to the divine light of Christ the entire situation and feelings of resentment within me. (Name) is free now, and I am free too. I wish (name) well in every phase of their life. That incident is finished. The Christ Truth has set us both free.

Thanks be to God.

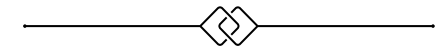
Every time the memory of the person or event comes, bless it and send it on it's way. Do this as many times a day as needed.



## TEMPTATION

### **Do Not Lead Us Into Temptation**

The temptation is to feel like we need so much more than the daily bread. Our free will tempts us to believe our daily bread is “not enough.” We pray not to be led to or left in this temptation. What is your temptation? How will you allow God to lead you from it?



## EVILS OF ERROR

### **Deliver Us from Evil**

There is surely evil to be delivered from in this world, and we would pray for this if we felt overcome by it. For a daily practice, however, let’s consider an evil like an error that “misses the mark” of God’s love for us. Error is any choice we make that would lead us from God’s love. So we pray that we would make choices that deliver us from error to God’s love.



## CLOSING GRATITUDE

**For thine is the kingdom and the power and the glory forever.**

This closes our prayer in gratitude and prepares us to enter our day in God’s world.



## A SPIRITUAL PRACTICE

Start each prayer time with the preparation and connection sections, then you can either pray a particular section or pray the entire prayer.

For instance, you may feel the need to offer forgiveness. Begin with the preparation and connection sections and move to the forgiveness section.

When you are done praying do not get up right away, pause for a moment and take a deep breath. Offer a word of gratitude for you time spent with God and then move into your day.



## A SPIRITUAL PRACTICE



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