

Pray like Jesus

Prayer is the raising of one's mind and heart to God or the requesting of good things from God [CCC 2559]. Here we will use the "Our Father" prayer that Jesus taught us as a guide. Praying in the way that Jesus taught can deepen our prayer and help us to focus on our true needs.

"Our Father who art in heaven, hallowed be thy name"

The word "hallowed" here means "honored as holy." In this sentence we are glorifying God and praising his goodness. In your own prayer you can start out by telling God everything you are thankful for.

Heavenly Father, thank you for...

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

Here we are telling God we trust him and that we want to align our hearts with his will. You can ask God for the grace to help you accept his will.

Please give me the grace to...

"Give us this day our daily bread"

Jesus told us to ask for our daily bread because it doesn't matter how small or large our needs are. God is good and wants us to seek his help. Ask God for help or tell him what you need. You can also pray for the needs of someone else.

Help me Lord to/with... **OR** Lord, please help [person's name]...

“Forgive us our trespasses as we forgive those who trespass against us”

Next we ask God to forgive us and we may also need to forgive others. However, forgiving others can be difficult. In your prayer you can say sorry to God and ask for his forgiveness. Then you can ask him for the grace to be merciful to someone else.

I’m sorry for... **AND/OR** Please help me forgive...

“And lead us not into temptation, but deliver us from evil”

God knows our weaknesses and how easily we fall into temptation so he wants to help us. However, we don’t always want to admit we have weakness. Here we show humility and awareness of ourselves. We ask God for the grace to overcome our sin.

Please give me the grace to... **OR** Help me Lord to overcome...

Lastly, we say **“AMEN”**

Amen means “so be it,” “I agree” or “I believe.” So say “Amen” with real conviction because you believe God is listening and you believe God will answer your prayers. Have faith and say...

Amen.
