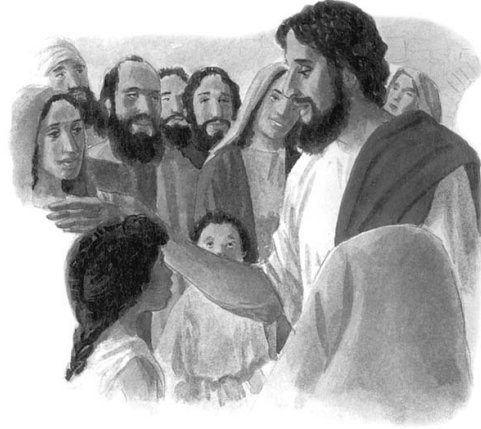


# Lord's Prayer Meditation

Saint Thomas Aquinas has called the Lord's Prayer the "most perfect of prayers." This prayer can be used as a basis for meditation when we pray silently, listening to God.



Complete the Lord's Prayer by filling in the missing phrases in the first column. For the blanks in the second column, describe what you need to pray that part of the prayer.

In order to say	you must
<u>Our Father</u>	have a sense of relationship with God
<u>who art in heaven</u>	be interested in more than things on earth
<u>hallowed be thy name</u>	honor and have trust in God
<u>thy kingdom come</u>	be willing to have this kingdom grow in your heart
thy will be done	<u>Responses will vary.</u>
<u>on earth as it is in heaven</u>	give service to others now
<u>Give us this day our daily bread</u>	respond to the needs of others
Forgive us our trespasses as we forgive those who trespass against us	<u>Responses will vary.</u>
<u>and lead us not into temptation</u>	avoid situations where you are likely to be tempted
But, deliver us from evil	<u>Responses will vary.</u>
<u>Amen</u>	affirm your faith

Read the completed prayer and matching reflections. Then, sit in a quiet place and use this activity to help you mediate.

**Parents, Catechists, Teachers:** In meditation we concentrate on listening to God. The exercise above helps set the tone for a meditation on the theme of the Lord's Prayer. Suggest a quiet place and some instrumental music to help your child with this form of prayer.