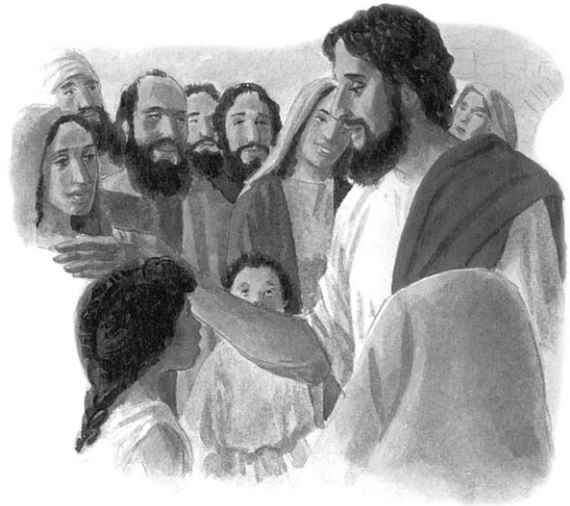


Lord's Prayer Meditation

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
_____	be interested in more than things on earth
_____	honor and have trust in God
_____	be willing to have this kingdom grow in your heart
thy will be done	_____
_____	give service to others now
_____	respond to the needs of others
Forgive us our trespasses as we forgive those who trespass against us	• _____
_____	avoid situations where you are likely to be tempted
But, deliver us from evil	_____
_____.	affirm your faith

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