

# “Lord, teach us to pray...”

## Praying in the Pattern of the Lord’s Prayer

When Jesus’ disciples asked Jesus to teach them to pray, he gave them what we know of as the Lord’s Prayer. In Luke’s version, Jesus introduces the prayer this way: “When you pray, *say* [these words].” The Lord’s Prayer is good to pray just as it is, thinking about the words and ideas as we say them. Regular, thoughtful recitation of the Lord’s prayer can be powerful in shaping our faith and life both individually and collectively.

However, the Lord’s Prayer is also a pattern for prayer—in Matthew’s version, Jesus introduces it by saying, “When you pray, pray *like this*.” You can use each of the statements in the Lord’s Prayer as a prompt for further prayer in your own words. Or, you can simply use the larger shape of the Lord’s Prayer as a pattern for crafting your own prayers entirely. Here’s what this pattern looks like:

Our Father in heaven,

**Addressing  
God**

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hallowed be your name.

**Expressing  
adoration,  
praise, thanks**

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Your kingdom come,  
your will be done,  
on earth as it is in heaven.

**Praying “big-  
picture”**

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Give us this day our daily bread.

**Praying for  
provision**

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And forgive us our sins,  
as we also have forgiven our debtors.

**Praying for  
forgiveness**

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And do not bring us to the time of trial,  
but rescue us from the evil one.

**Praying for  
protection,  
deliverance**

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For yours is the kingdom,  
and the power, and the glory,  
for ever and ever.

**Expressing  
adoration,  
praise, thanks**

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Amen.

**Amen!**

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## The Lord's Prayer for All People

*Here is an expanded paraphrase of the Lord's Prayer that highlights the significance of the prayer's petitions. Consider using it this week in your own prayer time.*

Our Father in heaven,  
in whose image  
all people have been created,  
hallowed be your name.  
Your kingdom come,  
your will be done,  
your kingdom without borders,  
your will for justice and peace,  
on earth as it is in heaven.  
Give us today our daily bread,  
all of us throughout the world,  
just what we need,  
just when we need it,  
grace to give when we have more,  
grace to receive when we have less.  
Forgive us our sins,  
each of us, both us and them,  
as we forgive those who sin against us,  
every one, neighbour and enemy.  
Save us all—but especially the vulnerable—  
from the time of trial,  
the sufferings of this life,  
and deliver us all—but especially the innocent—  
from the evil  
that plagues our world.  
For the kingdom, the power,  
and the glory are yours  
—not ours, never ours—  
now and for ever. Amen.