

Prayer

The prayer that Jesus taught his disciples, when they asked him for some help in praying can be a model for us too. The elements contained within it, of **adoration, petition, intercession and confession**, have served the Christian community well for the last 2000 years and will continue to do so.

Our Father who art in Heaven: this helps us to remember the relationship we have with our heavenly Father.

Hallowed be thy Name: this helps us to remember to adore God and make His Name holy/hallowed.

Give us this day: this is both petition (asking for ourselves) and intercession (asking on behalf of others).

Forgive us our trespasses as we forgive: this is confession and the means of forgiveness, through forgiving, continuing the development of the relationship we have with God and others.

Lead us not...but deliver us from evil: this is petition and intercession again, to remind us to look beyond ourselves in our prayers.

You may see other types of prayer and gain a deeper understanding as you continue to pray, that's fine.

Jesus knew how important our divine relationship would be, and prayer as the central part of it.

It is not a race but a way to grow in spiritual maturity and love. So let us pray.