

# OUR FATHER PRAYER EXPERIENCE

Our Father, who art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power, and the glory, for ever. Amen.

The Lord's Prayer  
"is truly the summary of the whole  
gospel."

Tertullian, De orat 1: PL 1,155

CCC #2761



## **Leaders Notes:**

This Prayer Experience is designed for generic use and may be adapted to suite your own concept of exploring the prayer Jesus taught us.

Creativity is your own treasure. You may wish to use candles; effects of light and dark; flowers; bare branches; paper & pens to write personal intentions; fire; water; Oil of Catechumens for blessing or exorcism of Catechumens by Priest or Deacon [RCIA Text #90-94]; family photos; personal symbols; etc

Catechumens preparing for Baptism should spend time contemplating what welcome into the Christian family means to them and the relational potency of calling God, *Father*.

Candidates too, need to contemplate the relational bonds they share within the Christian family, through their Baptism, in being a child of God.

Both catechumens and candidates need to discern both the rights and responsibilities of being a Christian and how this will impact on their lives.

What is the affectivity of living in harmony with God, self and others mean to our lives?

This prayer experience may be designed as a discernment retreat during Lent.

### **Liturgy of The Word: [RCIA Text #166-167]**

First Reading: Hosea 11:1b, 3-4, 8c-9 I have led you with cords of love.

Responsorial Psalm: 103: 1-2, 8, 10-13, 18 As a father is kind to his children, so kind is the Lord to those who fear Him.

Second Reading: Romans 8:14-17, 26-27 You have received the Spirit that makes you God's children and in that Spirit we cry out, "Abba Father!"

Or Galatians 4:4-7 God has sent the Spirit of His Son into our hearts: the Spirit that cries, "Abba, Father!"

Verse before the Gospel: Romans 8:15

Gospel (Year A): 6: 9-15

Closing: Our Father Prayer Experience

### **Suggestions:**

- ◆ Stations of the Cross format: Pilgrim walk the Our Father. Allow time to reflect on the words as they slowly and prayerfully unfold. Utilise your Parish architecture and art work; consider the Sanctuary Cross while contemplating forgive us our trespasses; the Tabernacle Give us this day our daily bread; etc
- ◆ Share the recital of the prayer around the group. Allow private meditation on each verse; or allow catechumens and converts to spend a set time with their sponsor.
- ◆ Outdoor activity: set up prayer stations in a garden and allow the group to quietly walk through the prayer at their own pace.
- ◆ Suggested hymns have been offered or use reflective background music to gently call and support the prayer experience.

**Let us pray:**

*For this reason I bow my knees before the Father,  
From whom every family in heaven and on earth takes its  
name.*

*I pray that, according to the riches of His glory,  
He may grant that you may be strengthened  
in your inner being with power through His Spirit,  
And that Christ may dwell in your hearts through faith,  
As you are being rooted and grounded in love.  
I pray that you may have the power to comprehend,  
With all the saints.*

*What is the breadth and length and height and depth,  
And to know the love of Christ that surpasses knowledge,  
So that you may be filled with all the fullness of God.  
Amen.*

Ephesians 3: 14 - 19



**Our Father, Who art  
in heaven  
Hallowed be Thy  
Name;**

*Our Father,  
We live in communion of the  
spirit.*



“As Word Incarnate, Jesus knows in His human heart the needs of His human brothers and sisters and reveals them to us: He is the model of our prayer. CCC#2765

Jesus the Son,  
Invites us into an intimate relationship with  
God the Father.

We are children of God!  
*The power of the Spirit introduces us ...  
With the beautiful Christian expression...  
with straightforward simplicity,  
Filial trust, joyous assurance, humble boldness and  
The certainty of being loved. CCC2778*

What are the images of fatherhood you already have?  
For some this may be a struggle.

We are being called to step beyond our personal and cultural history and enter into the free gift of adoption, requiring continual conversion and new life.

May we desire to become more like Him;  
We are restored to His likeness by grace, and we must respond to this grace. CCC2784

Will God the Father recognise us when we meet Him?

With a humble and trusting heart, we call on Our Father, at this name love, is aroused in us... and the confidence of obtaining what we are about to ask...He has already granted us the gift of being His children.

As children, may we call on God: *'Abba, Father, Daddy'*.

We come individually into the family of God,  
Living in communion of the spirit.

Gifted with each other we are supported in our journey home to The Father, Who art in heaven.

“As Word Incarnate, Jesus knows in His human heart the needs of His human brothers and sisters and reveals them to us: He is the model of our prayer. CCC#2765

**Thy kingdom  
come,**



**Through discernment according to the Spirit, we are all called to distinguish between the growth of the Reign of God and the progress of culture and society in which we are involved. This distinction is not separation. Our vocation to eternal life does not suppress, but actually reinforces, our duty to put into action in this world the energies and the means received from the Creator to serve justice and peace.**

**CCC #2818**

**May we say *Maranatha - Come Lord Jesus***

**Spend some time in quiet reflection.**

**How can my vocation bring about the Kingdom of God?**

**How can I put my energies into serving the Creator with  
justice and peace?**

**In my life, am I living in cooperation with the Reign of God?**

**Quiet reflection music.**

**or**

**Suggestion:**

**Gather Australia**

**No. 489 The Beatitudes**

**Tune: Peter Kearney**

**CCC #2816-2821**

THY WILL BE DONE,  
ON EARTH AS IT IS IN  
HEAVEN.





*I do not call you servants any longer,  
because the servant does not know what the master is  
doing; but I have called you friends, because I have made  
known to you everything that I have heard from  
my Father.*

Jn 15:15

Love one another as I have loved you!

Jn 13:34

I have come to do your will, O God.

Heb 10:7

Abba, Father, for You all things are possible...

Yet, not what I want but Your will be done.

Mk 13:36

By prayer, we can discern 'what is the will of God'  
and

Obtain the endurance to do it.

How will you use the gifts of the Spirit in your life?

Wisdom

Knowledge

Understanding

Counsel

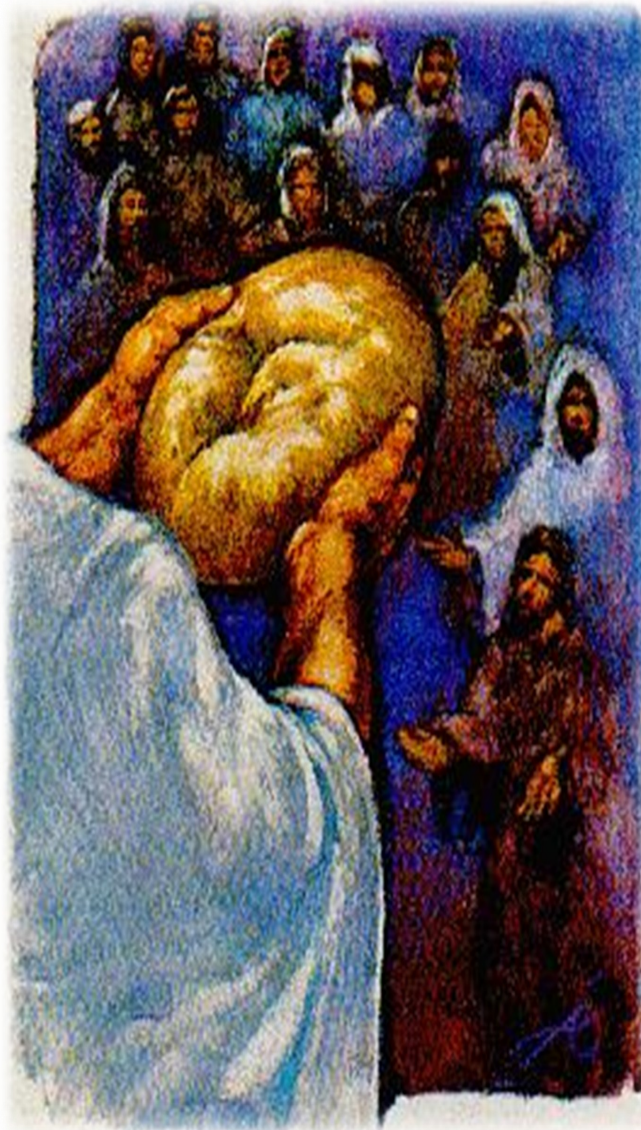
Fortitude/Courage

Piety

Fear of the Lord/Reverence for God's almighty power

1 Corinthians 12:1; CCC # 1831

# Give us this day our daily bread,



*I AM THE BREAD OF LIFE*  
SUZANNE TOOLAN, SM  
[AS ONE VOICE NO.49]

Take this all of you and eat it,  
This is My Body which is given up for you.

Eucharistic Prayer II

'Give us', expresses the covenant; we are His and He is ours,  
for our sake.

This 'us' recognises God as the Father of all and we pray to Him and for  
each other, living in solidarity.

CCC #2829

*Each day we are being personally gifted by God.*

*In this petition, may we consider our brothers and sisters whose daily needs  
reminds us of the drama of hunger in the world.*

*Spend time in quiet prayer.*

*In our asking God the Father to 'Give us', what are our needs?*

*What are the needs of others?*

*How is our Christian mission calling us to give of ourselves?*

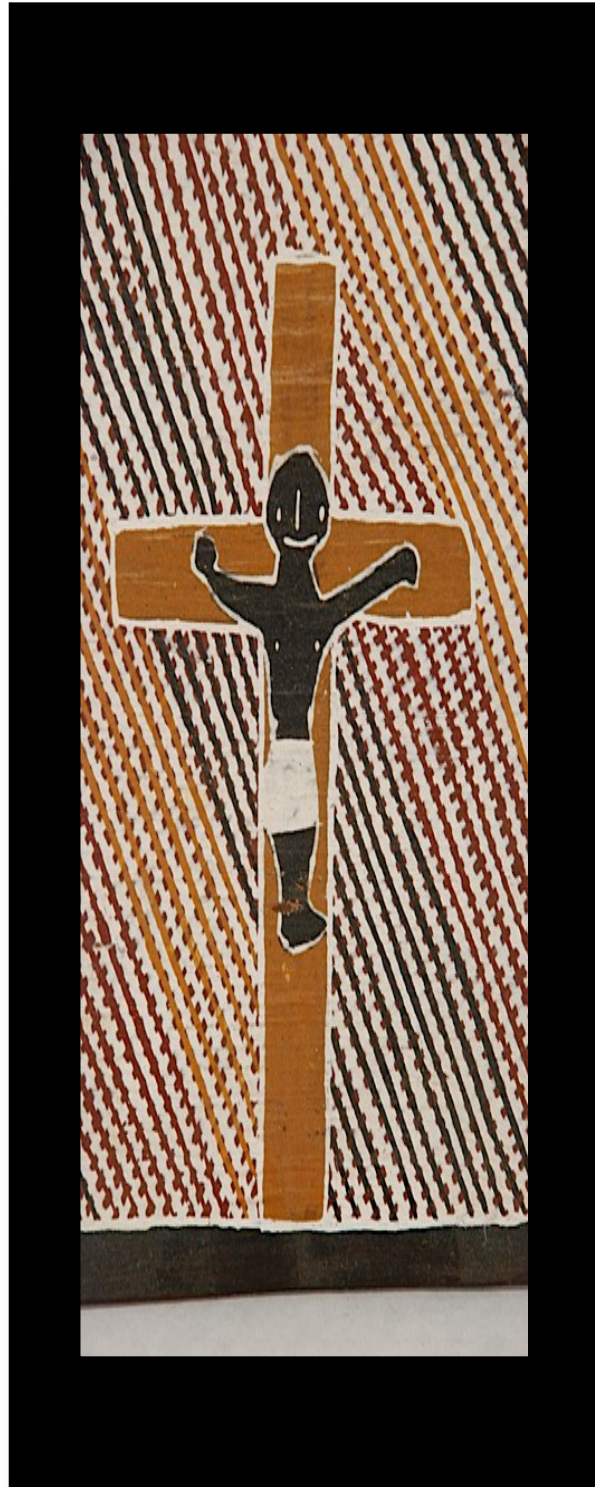
*Quiet reflection music or:*

*Suggestion:*

*Gather Australia No. 489 Prayer of St Francis*

*As One Voice.No.No.88.Taste.and.See.Stephen.Robinson.....*

and forgive us our  
trespasses,



*(OR PARISH  
SANCTUARY CROSS)*

Come to me, all you that are weary  
and are carrying heavy burdens,  
And I will give you rest.

Mt 11:28

With bold confidence, we began praying to our Father.  
Now we petition Him, we return to Him like the prodigal  
son, recognising we are sinners before Him.

Our hope is firm, because in His Son,  
We have the undoubted sign of His forgiveness in the  
Sacraments of the Church.

CCC # 2839

Quiet reflection music.

or

Suggestion:

Gather Australia

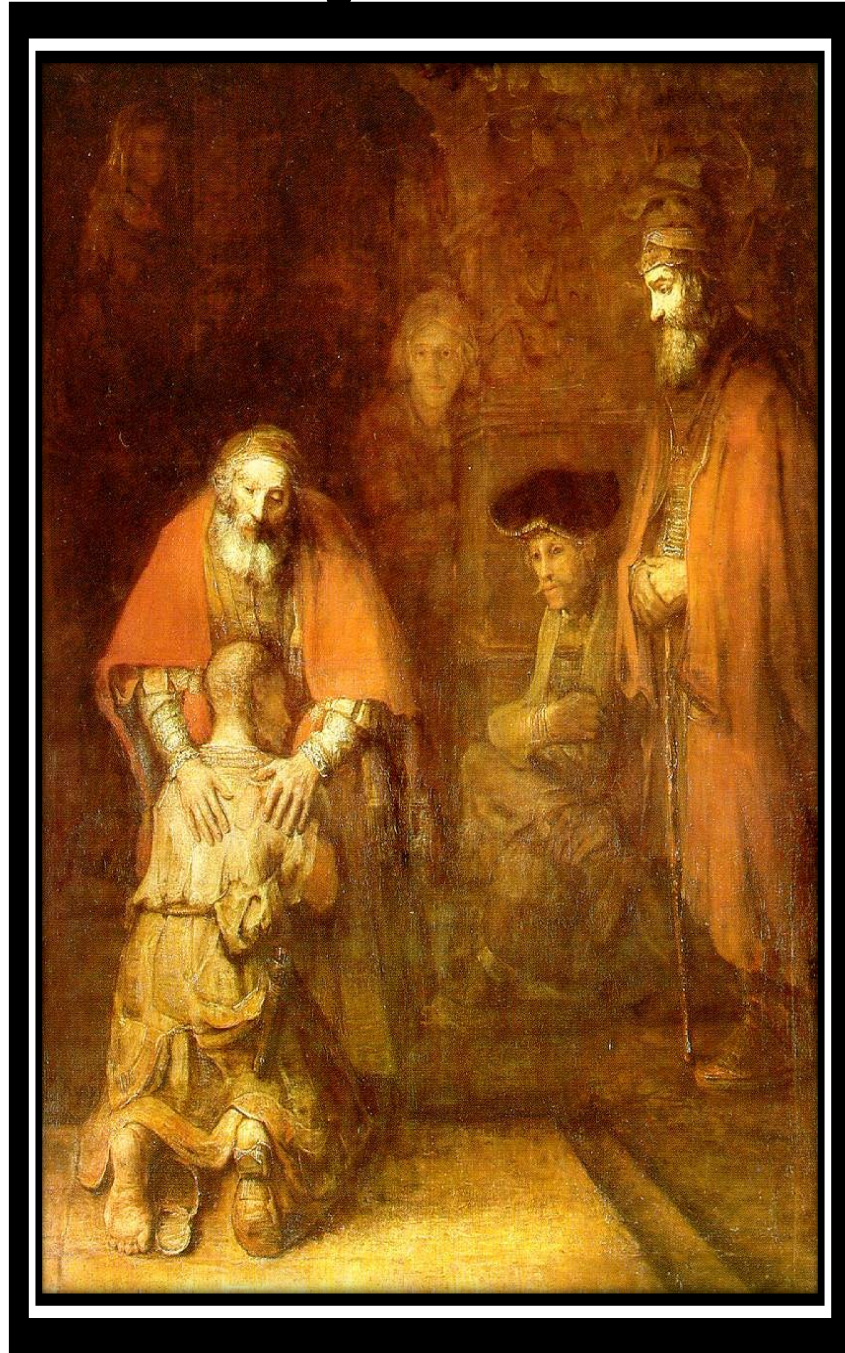
No. 212 Come as You Are

As One Voice

No. 31 Come as You Are

Deirdre Brown

*as we forgive those who trespass  
against us;*



Rembrandt's Prodigal Son

*Take my yoke upon you,  
And learn from Me  
For I am gentle and humble in heart, and  
You will find rest for your souls.  
For my yoke is easy, and my burden is light.*

*Mt 11:28-29*

*Blessed are you who are poor,  
For yours is the kingdom of God.  
Blessed are you who are hungry now,  
For you will be filled.*

*Blessed are you who weep now,  
For you will laugh.*

*Blessed are you when people hate you,  
And when they exclude you, revile you, and defame you  
On account of the Son of Man.*

*Rejoice on that day and leap for joy, for surely your reward is  
great in heaven*

*Lk 6: 20-22*

*Quiet reflection music.*

*or*

*Suggestion:*

*Gather Australia*

*No. 455 A Trusting Psalm*

*Kevin Bates*

*As One Voice*

*No. 114 Be Not Afraid*

*Bob Dufford*

*and lead us not into  
temptation,  
but deliver us from evil.*





The Holy Spirit makes us discern between trials,  
which are necessary for the growth of the inner per-  
son,

and temptation which leads to sin and death.

Discernment unmasks the lie of temptation,

whose object appears to be good.

God does not want to impose the good,

But wants free beings...

There is a certain usefulness in temptation.

CCC # 2847; Origen, De orat 29:PG 11, 544CD

What are the temptations in your life?  
If we live by the Spirit, let us also walk by  
the Spirit.

Gal 5:25

Quiet reflection music.

Open the floor to spontaneous prayer.

You may wish to write your own form of the  
universal Prayer, stylised for the group.

Amen.



Let us pray together:

Our Father, Who art in heaven

Hallowed be Thy Name;

Thy kingdom come,

Thy will be done,

on earth as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses,

as we forgive those who trespass against us;

and lead us not into temptation,

but deliver us from evil.

Amen.



**Your thoughts...**

