

From the Bible: Our Father

You are the son or daughter of a great King. God is that great King. Jesus wanted you to know this. Over and over throughout his life he reminded us that we are children of God.

The disciples often saw Jesus go off to a quiet place to pray. They were curious about prayer and they asked him to teach them how to pray (Matthew 6:9–13).

Jesus taught them to say:

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.

Each morning when you wake up, start your day by praying the Our Father. Each night before you go to sleep, end your day by praying the Our Father.

