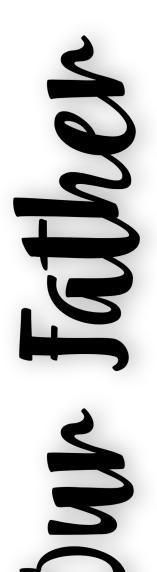


# Guide to the Our Father

Preparation for the Jubilee of Hope 2025

**A Pocket Guide for Teens** 



Pope Francis has declared 2024 the Year of Prayer, in preparation of the Jubilee taking place in 2025.

The Our Father is the prayer Jesus taught His disciples. The prayer teaches us of how to live our life. The Our Father can be divided into seven petitions. Each petition allows us to ask God for what we need to live out each day.

The Lord's Prayer is a wonderful tool to help you strengthen your relationship with God as you navigate the plan God has for your life. Pray with it, grow in understanding and allow it to transform your life and the relationship you have with God.

As the Jubilee begins with the Holy Doors opening Christmas Eve, let us sit with these petitions in anticipation of how it can change our relationship with God.



Y E A R 0 F PRAYER

## The Lord's Prayer

Our Father, who art in heaven,

hallowed be thy name;

thy kingdom come,

thy will be done

on earth as it is in heaven.

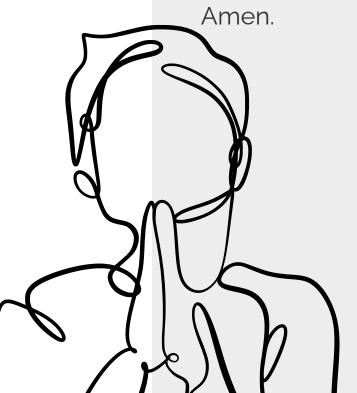
Give us this day our daily bread,

and forgive us our trespasses,

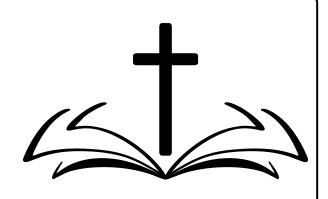
as we forgive those who trespass against us;

and lead us not into temptation,

but deliver us from evil.



### **HOW TO USE** THIS POCKET **GUIDE**



This Pocket Guide offers you an opportunity to meditate on each of the seven petitions of the Our Father.

Using the Lectio Divina (Divine Reading) Steps, pray with each line of the prayer.

#### To prepare yourself for prayer:

- Find a comfortable spot with no distractions.
- Mute your notifications.
- Be open to the Holy Spirit.



#### 1 Jectio/"Read"



- Read the verse several times, be attentive to detail
- Note the words that stand out to you
- Work to understand meaning and background



#### | Meditatio/"Meditate"



- Think about the verse and connect to your life
- Imagine being present to hear the passage or witness the story first hand



#### 3 Oratio/"Pray"



- Dialogue with God in prayer about passage
- Thank God for His Word
- Ask Him to lead you to deeper understanding of the verse, using the questions on the side panel of each page

#### 4 Contemplatio/"Contemplate"

- A time for quiet expression of love between you and God
- Note what God trying to teach you through the verse and your time of prayer



#### Petition 1 Our Father, who art in heaven, hallowed be thy name

	An intimate relationship with God!
	Jesus invites YOU to pray to God. We are
	members of the Body of Christ, all of us are His sons and
	daughters.
	Write a letter to Our Father. Tell Him what
	is on your mind and in your heart.
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### Petition 2 Thy kingdom come

	Living out the Kingdom!
	We know that Jesus has brought His Kingdom here to Earth.
	How do you  participate in His  Kingdom?
	How do you live out your faith as a member of the Body of Christ?
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## Petition 3 Thy will be done on earth, as it is in heaven

	He has plans for us!
	You were planned for GREAT things! We are
	to pray for an understanding of the plans God has for us.
	Where are you seeking clarity in your life?
	Relationships, Career Path, Vocations,
	Family?

## Petition 4 Give us this day our daily bread

He provides nourishment for us!
As members of the Body of Christ we receive physical and spiritual nourishment from Christ. We are fortunate to receive the spiritual nourishment at every Mass we receive the Eucharist.
In what areas of your life do you need to come to trust God more in your daily needs?

## Petition 5: Forgive us our trespasses, as we forgive those who trespass against us

We can forgive others because we are forgiven first.
We ask for God's mercy and forgiveness when we have put distance between ourselves and God. We are also merciful people, who are able to forgive those who have hurt us.
Why is it important to forgive others to build our relationship with God? Who do we need to reconcile with?

#### Petition 6 Lead us not into temptation

God protects us from evil. We pray to God to avoid situations that will lead us to occasions to sin.  In what ways can you call upon God for guidance?	God provides guidance.
call upon God for	evil. We pray to God to avoid situations that will lead us to
	call upon God for

#### Petition 7 But deliver us from evil

When we turn to God in moments of temptation, he will protect us from evil awaiting us. We trust God will be there when we need Him the most.	in moments of temptation, he will protect us from evil awaiting us. We trust God will be there when	in moments of temptation, he will protect us from evil awaiting us. We trust God will be there when	He will protect us from evil.
God will be there when	God will be there when	God will be there when	in moments of temptation, he will protect us from evil
			God will be there when
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