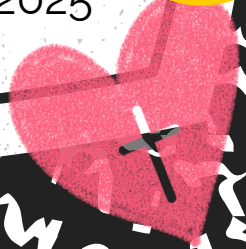




OFFICE OF
Youth Ministry
DIOCESE OF HAMILTON

Guide to the Our Father

Preparation for the Jubilee of Hope 2025
A Pocket Guide for Teens



Our Father

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.



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;

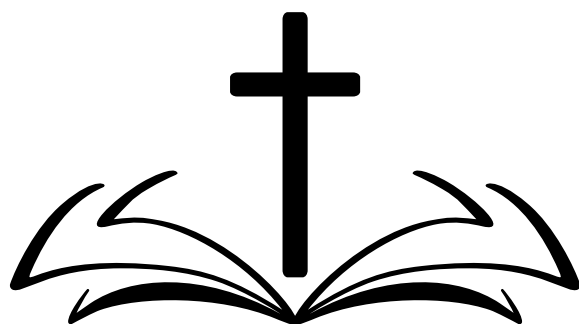
and lead us not into temptation,

but deliver us from evil.

Amen.



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 Lectio/ "Read"



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

2 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 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?





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Year of Prayer
Resource

