

## ***The Lord's Prayer***

### *Contemporary*

Our Father in heaven,  
hallowed be your name,  
your kingdom come, your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours now and for ever.  
Amen.

### *Traditional*

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.  
For thine is the kingdom,  
the power and the glory, for ever and ever.  
Amen.

### **Ending**

*A time of silence may be kept followed by:*  
May God who made both heaven and earth bless us. **Amen.**

**St Michael's Lichfield & St John's Wall**

# **Prayer at Home**



**A resource for when you can't  
get to Church**

## Daily Prayer

*This is a form of prayer, sometimes called an 'office', which you can use on its own, or use to expand your daily 'quiet time' with the Bible. If you are doing the latter, then replace the suggested readings with the ones your Bible notes/ plan suggest.*

*You might also choose to use the "Daily Eucharistic Lectionary" readings, or the readings for Morning or Evening Prayer, which are available online (<http://almanac.oremus.org>). You should always say a Psalm and the simplest way is to work through the Book of Psalms using a Psalm a day (perhaps splitting some of them).*

*If you are using these prayers on Sunday the readings for the day and the Prayer for the Day (Collect) will be on our website and emailed out to those on our list.*

*When saying this office alone, say both the parts in plain and in bold.*

*This, or another Collect is said:*

O Lord our God,  
grant us grace to desire you with our whole heart;  
that so desiring, we may seek and find you;  
and so finding, may love you;  
and so loving, may hate those sins from which you have delivered us;  
through Jesus Christ our Lord. Amen.

## A Form of prayer to be used at Home

O God, make speed to save us.

**O Lord, make haste to help us.**

My heart tells of your word, 'Seek my face.'

**Your face, Lord, will I seek.**

**Praise** - you could sing a hymn, listen to music, or say

We praise you, O God,  
we acclaim you as the Lord;  
all creation worships you,  
the Father everlasting.

To you all angels, all the powers of heaven,  
the cherubim and seraphim, sing in endless praise:  
Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.

**Read a Psalm** (see table)

*End the Psalm with:*

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

**Bible Reading**, eg

*Sunday: From the notice sheet or Revelation 21.1-4, Monday: Isaiah 49.1b-4, Tuesday: Deuteronomy 28.1-6, Wednesday: Matthew 9.35-end, Thursday: John 17.18-23, Friday: Luke 9.22-25, Saturday: John 11.17-26a.*

**Intercessions:**

*pray for the Church, the world, for individuals. and for yourself*