



WORD OF LIFE CHURCH  
FORMATION SCHOOL

**The Lord's Prayer, The Jesus Prayer, & Silence**

We know from early church history that the earliest Christians prayed the Lord's Prayer as a *prayer* three times a day. While it is true that the Lord's Prayer gives us a pattern for prayer it is also a prayer to be prayed.

Let's pray the Lord's Prayer together followed by the Jesus Prayer and then we will sit silently in the presence of Jesus. Prayer is not only talking using sacred words. Prayer also includes holy listening, the kind of listening that is comfortable with silence.

This kind of listening has no boxes to check, no agenda to push, and no spoken or unspoken expectations. Holy listening as prayer is content with resting in God's presence.

If you sense your mind wandering during the silence, slowly pray the Jesus prayer in your head. Focus your attention on Jesus.

Let's pray.

***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  
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 and the power and the glory forever.  
Amen.***

***Lord Jesus Christ, Son of God, have mercy on me.***

(Silence 2-3 minutes)

Lord let the words of our lips and the meditation of our hearts be pleasing in your sight. **Amen.**