

A Prayer inspired by the Our Father
by St. Francis of Assisi

O Our Father most holy:
Our Creator, Redeemer, Consoler, and Saviour

Who are in heaven:

In the angels and the saints,
enlightening them to know, for You, Lord,
are light;
inflaming them to love, for You, Lord, are
love;
dwelling in them and filling them with
happiness,
for You, Lord, are Supreme Good, the
Eternal Good,
from Whom all good comes
without Whom there is no good.



Holy be Your Name:

May knowledge of You become clearer in us
that we may know
the breadth of Your blessings,
the length of Your promises,
the height of Your majesty,
the depth of Your judgements.



Your kingdom come:

That You may rule in us through Your
grace
and enable us to come to Your kingdom
where there is clear vision of You,
perfect love of You,
blessed companionship with You,
eternal enjoyment of You.



Your will be done on earth as in heaven:

That we may love You
with our whole heart by always thinking of
You,
with our whole soul by always desiring You,
with our whole mind by always directing all
our intentions to You,
and by seeking Your glory in everything



with all our whole strength
by exerting all our energies and
affections of body and soul
in the service of Your love and of
nothing else;
and we may love our neighbour as
ourselves
by drawing them all to Your love with
our whole strength,
by rejoicing in the good of others as in
our own



by suffering with others at their
misfortunes,
and by giving offence to no one.

Give us this day:

in remembrance, understanding and
reverence



of that love which our Lord Jesus
Christ had for us
and of those things that He said and
did and suffered for us.



Our daily bread:

Your own beloved Son, our Lord Jesus Christ.

Forgive us our trespasses:



through Your ineffable mercy
through the power of the passion of Your beloved Son
and through the merits and intercession of the ever blessed Virgin and all Your elect.

As we forgive those who trespass against us:



And what we do not completely forgive, make us, Lord, forgive completely that we may truly love our enemies because of You and we may fervently intercede for them before You, returning no one evil for evil and we may strive to help everyone in You.

And lead us not into temptation:

hidden or obvious,
sudden or persistent.

But deliver us from evil:
past, present and to come.

Glory to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now, and will be forever.

Amen.

