

Our Father Break Down

1. Our Father, Who art in heaven

We start by professing our core belief that God is our heavenly Father—He is all knowing and all powerful. Notice Jesus didn't ask us to say, "My Father" but "Our Father." In God's kingdom, we don't live as isolated individuals but "we experience God's fatherhood as members of the church, the family of Jesus the Son." This reminds us that we recognize all those around us as children of God and treat them accordingly.

2. Hallowed be Thy Name

Hallowed is another word for holy. When we say "hallowed be Thy name," we are not only telling God "I recognize that you are holy," but more importantly, we're asking that His name be recognized as being the ultimate holy power—that one day all will know Him to be righteous, powerful, and the one true God.

3. Thy Kingdom come

This petition has a two-fold meaning. First, we are asking that God's kingdom (where there's only goodness, honesty, and love for one another) surround us in our everyday life. Secondly, we are praying for the fulfillment of the Lord's promise that He will return at the end of time and grant us eternal life.

4. Thy will be done, on earth as it is in Heaven

We pray these words asking for God's grace to move us to do His will. That means doing things that will please him — even the difficult things, whether it's something big such as volunteering our time once a week at the soup kitchen, to something as small as giving up a parking space or not calling a best friend to spread gossip. In committing ourselves to Christ, we can become one spirit with him, and thereby accomplish his will..."

5. Give us the day our daily bread

Here we're recognizing that all things we need come to us from God. We're asking that God continue to give us not only the food we need for nourishment, but also the Bread of Life, the Eucharist.

6. And forgive us our trespasses, as we forgive those who trespass against us

This is a tough one. It may be easy for us to ask God to forgive us our "trespasses" or sins, but God teaches us that in order for Him to forgive our wrongdoings, we must first forgive those who've hurt us. God is teaching us that when there is bitterness and anger in our hearts, there's no room for His love to fill them. How can we ask God to be merciful and forgive our sins, if we're holding a grudge or refuse to forgive someone who's wronged us? Forgiving someone is often easier said than done. God can give us the strength to do it through prayer.

7. And lead us not into temptation,

Temptation and sin go hand in hand. When we come face to face with temptation, it can sometimes be difficult to resist. That's why we need our Father to set up the road blocks and lead us far from the path of temptation.

8. But deliver us from evil.

Evil is an unfortunate reality in our world. We will always be tempted and steered from the right path and onto the wrong one. When we pray to God for protection against all that is evil, He will shield us — always.