

AN AT HOME RETREAT
WITH THE LORD'S PRAYER

Session 1 Practices

“The Lord’s Prayer”

Consider making space for one or more of the following practices today and throughout your at-home retreat. You may discover something you wish to continue even after the retreat is finished!

1. Pray the Lord’s Prayer

-The prayer can be found in Matthew 6:9-13 and Luke 11:2-4

-This retreat is based upon the longer version found in Matthew 6

Take a few minutes to pray through the Lord’s Prayer.

Stop after each line to consider what that line means to you and to the world around you.

Ask God to reveal what each line means for you and expound upon each line in prayer back to God.

Examples:

Give us this day our daily bread - How can you praise God for God’s provision? What do you need to ask God for?

Forgive us our sins - Is there anything you need to confess and repent of?

As we forgive those who sin against us - Do you need to forgive someone else?