Meditation on the Lord's Prayer
by St. Francis of Assisi

OUR FATHER
most holy,
our Creator and Redeemer,
our Saviour and our Comforter.

WHO ART IN HEAVEN
in the angels and the saints,
giving them light to know you,
since you, Lord, are light;
setting them afire to love you,
since you, Lord, are love;
dwelling in them
and giving them fullness of joy,
since you, Lord,
are the supreme, eternal good,
and all good comes from you.

HALLOWED BE THY NAME,
may we grow to know you better and better
and so appreciate the extent of your favors,
the scope of your promises,
the sublimity of your majesty,
and the profundity of your judgements.

THY KINGDOM COME,
so that you may reign in us by your grace,
and bring us to your kingdom,
where we shall see you clearly,
love you perfectly and,
happy in your company, enjoy you forever.

THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN,
so that we may love you with all our heart,
by always having you in mind;
with all our soul,
by always longing for you;
with all our mind,
by determining to seek your glory in everything;
and with all our strength,
of body and soul,
by lovingly serving you alone.
May we love our neighbors as ourselves,
and encourage them all to love you,
by bearing our share
in the joys and sorrows of others,
while giving offence to no one.

GIVE US THIS DAY OUR DAILY BREAD,
your beloved Son, our Lord Jesus Christ,
so that we may remember and appreciate
how much He loved us,
and everything He said and did and suffered.

AND FORGIVE US OUR TRESPASSES,
in your immeasurable mercy,
by virtue of the passion of your Son,
and through the intercession of Mary,
and all your saints.

AS WE FORGIVE THOSE WHO TRESPASS AGAINST US,
and if we do not forgive perfectly,
Lord, make us forgive perfectly,
so that, for love of you,
we may really forgive our enemies,
and fervently pray to you for them,
returning no one evil for evil,
but trying to serve you in everyone.

AND LEAD US NOT INTO TEMPTATION,
be it hidden or obvious,
sudden or persistent.

BUT DELIVER US FROM EVIL,
past, present or future.