

An Examination of Conscience using The Lord's Prayer

a commentary for adults

based on the Catechism of the Catholic Church

Here is the prayer Jesus taught us. He said that God is his Father and our Father.

And so we pray with Jesus and with people everywhere:

Our Father,

We cannot see God with our eyes. God is far beyond us, in heaven. But God hears us and wants us to come near.

And so we pray:

who art in heaven,

We honor God's name as holy. When we hear the name of God we should be happy because God made all things. God made us and loves us.

And so we pray:

hallowed be thy name.

God wishes to bring good things to our world. And we can help by doing good things every day.

And so we pray:

Thy kingdom come. Thy will be done on earth as it is in heaven.

God is like a kind father. We need food to be strong; clothes to be beautiful and warm, and so many things more.

And so we pray:

Give us this day our daily bread

God forgives us when we do something wrong. But then we must forgive those who do something wrong to us.

And so we pray:

Forgive us our trespasses as we forgive those who trespass against us.

Wherever we go, God is there to take our hand and guide us. Even in danger, God will help us to know what to do.

And so we pray:

Lead us not into temptation but deliver us from evil.

Amen.