

Guided by a cloud 6 (Exodus 13:21-22)

This week our focus is the prayer that we were taught by Jesus in Matthew 6

Hope you are all doing OK in this strange time. I have completely lost track of what day of the week I am on and at times even which month we are in! Sometimes I find it hard to think what to do and my emotions fluctuate up and down. At times like this I have found myself saying the Lord's Prayer which I find helpful. Love Carole x



Worship time – if you are able click choruses below to listen and worship

[O Lord my God \(How great Thou art\)](#)

[All my days \(beautiful saviour\)](#)

[Oceans \(Where feet may fail\)](#)

Our Father, who art in heaven, hallowed be thy name;

At the centre of the universe is a God who cares. He is a God of love and power and honour. He is more wonderful than words can possibly describe and his goodness is beyond all that we can imagine. As we think of God the Father, as we think of Jesus, everything else pales in comparison.

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

God has infinite wisdom and knowledge. His will is defined by his character which is good. We are called to work with God in seeing his good will impact our world. We can allow God's will to be visible on Earth through us. We can demonstrate, by how we live our lives and treat others, that God values the Earth and everything/everyone in it.

Give us this day our daily bread.

We are sustained not just by the food we put in our mouths but spiritually. We can experience God's Spirit through prayer, reading, other people, communion, worship.

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

We have all been selfish and hurt other people and we have all experienced the selfishness of others. God's love shown through the death of Jesus on the cross means forgiveness is possible.

And lead us not into temptation; but deliver us from evil.

Whatever our temptation we can be honest with God and ask for his strength to resist but we are concerned not just for ourselves but for the world. In our communities, city, country we can pray and stand against greed, poverty, indifference and intolerance.

For thine is the kingdom, the power and the glory, for ever and ever.

Amen

Why not recite the Lord's Prayer a few times and focus on what God is saying to you through it.

Click the link to listen/worship [O Lord hear my prayer](#)

“Cast all your anxiety on Him because he cares for you” 1Peter 5:7