

The Lord's Prayer

Just as we eat every day to nourish our bodies, we must pray every day to nourish our souls. Prayer for our soul is as natural as food for our body; it is a necessity to sustain our life. Many people mistakenly think that prayers should be long and repetitious. However, Jesus said: "But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him" (Matthew 6:7-8).

God already knows the things that we need in this lifetime. For this reason, Jesus taught us to pray saying:

"Our Father which art in heaven, Hallowed be thy name.

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

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen" (Matthew 6:9-13).