



Praying Hands - a sketch by Albrecht Durer c1500 (Albertina Museum, Vienna)

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Durer's well-known image was a sketch for an altar piece in Frankfurt, destroyed by fire in the 18th century. It was thought to depict the hands of his brother Albert - hands worn and arthritic from years working in the mines near Nuremburg but whose labours had paid for Albrecht's studies.

Jesus' disciples would often see Jesus praying privately: *When he finished one of the disciples said to him, teach us to pray (v1)*. Now they wanted know how to pray themselves. Rabbis would often teach their followers a prayer that they could use and repeat. These prayers would encapsulate the rabbi's distinctive teaching and their disciples would learn them by heart.

Jesus' answer to his disciples' request was the Lord's Prayer. Luke gives us a cut-down version of the familiar prayer but it manages to pack an awful lot into three verses. Here are some key points:

- 1. Intimacy:** Jesus invites them to address God as father, just as he himself addresses God as father. By teaching them this prayer Jesus is inviting the disciples to share in this special relationship and to be able to look on God as father and themselves as his children.
- 2. God-centred:** The prayer is not man-centred: each of the first two petitions relate to God, not to the disciples' own needs.
- 3. God's name:** We are asked to pray that God's name must be hallowed, that is sanctified, honoured and respected. Much that had happened in Israel's past history had neither honoured nor respected God's name. In this prayer we are reminded that what **we** do must honour God's name.
- 4. Commitment:** By praying "*Your kingdom come*" we are committing ourselves to playing our part in bringing his kingdom about, in partnership with God, here on earth.
- 5. Past, present and future needs:** Finally the prayer deals with our needs in three stages:
 - For the *past* we ask for forgiveness of sin
 - For the *present* we ask for God to meet our current needs, our bread **for the day** – just sufficient for what we need now, without worrying about possible future needs.
 - For the *future* we pray not to be led into temptation. Here temptation probably means trial and testing, which the disciples were already experiencing. Our prayer should be seen as asking God not to test us beyond what we can take.
- 6. Community.** The Lord's Prayer uses **we** and **us**, not **I** and **me**. It is a prayer emphasising community, not individuality.

Silence, Prayer, And Communion Ending 9.30 a.m.

Silence

A time for thought...reflection...prayer

Prayer

Prayer - John Wesley's Meditation on the Lord's Prayer

"Our Father"

Who art good and gracious to all, our Creator, our preserver;
The Father of our Lord Jesus and of us in Him,

Your children by adoption and grace.

Not my Father only, but the Father of the universe, of angels and human beings.

"Who art in heaven"

Filling heaven and earth and beholding all things in heaven and earth;
Knowing every creature and all their works,

And every possible event from everlasting to everlasting.

The Almighty Lord and ruler of all, superintending and disposing all things.

"Hallowed be Thy name"

May You, O Father, be truly known by all intelligent beings
And with affections suitable to that knowledge!

May You be duly honoured, loved, feared,

by all in heaven and in earth, by all angels and all people!

"Thy kingdom come"

May Your kingdom come quickly and swallow up all the kingdoms of the earth!

May all people revere You, O Christ, for their King
and truly believe in Your name.

May they be filled with righteousness, peace, joy, holiness, and happiness

Till they are removed into Your kingdom of glory to reign with You forever.

"Thy will be done in earth, as it is in heaven"

May all inhabitants of the earth do Your will as willingly as the holy angels!

May these do it continually... without any interruption of their willing service...

O Spirit of grace... make them perfect in every good work to do Your will,

And work in them all that is well pleasing in Your sight!

"Give us today our daily bread"

O Father, for we claim nothing of right; only of Your free mercy;
For we take no worry for tomorrow.

We trust you for all things needful for our souls and bodies,

Not only the meat that perishes, but the sacramental bread,

And Your grace, the food which endures to everlasting life.

"And forgive us our debts, as we also forgive our debtors"

Give us, O Lord, redemption in Your blood, the forgiveness of sins.

As you enable us freely and fully to forgive, so forgive us all our trespasses.

“And lead us not into temptation, but deliver us from evil”

Whenever we are tempted, O Lord who helps our infirmities,
Do not allow us to be overcome or suffer loss by it,
**But make a way for us to escape so that we may be more than conquerors,
Through Your love, over all sin and the consequences of it.**

“For Thine is the kingdom, the power, and the glory”

Yours is the sovereign right of all things that are or ever were created.

Yours is the executive power, whereby You govern all things
in Your everlasting kingdom.

**Yours is the praise due from every creature... for all your wondrous works...
Which endure through all ages, even forever. Amen.**

A prayer for this week from the Diocesan Briefing, *said together*

**Creator God, may every breath we take be for your glory,
may every footstep show you as our way,
that, trusting in your presence in this world,
we may, beyond this life, still be with you
where you are alive and reign for ever and ever. Amen**

And

Please stay for the communion even if not taking the bread and wine. You can come forward for a blessing (a brief prayer) – simply carry this sheet.

Communion

A moment to reflect on the times when we have not been loyal to God and His ways and have not cared for others.

In God’s holy presence we call to mind our need for forgiveness.

Silence

We say together:

**Father, our sin has brought you sorrow,
has harmed those who share our life,
has been hurtful to ourselves.
We dare not say we have only lightly sinned;
Yet Christ has taken to himself the burden of it all.**

In Jesus’ name may we be freed from the penalty and power of sin. **Amen.**

God of love and wonder, we sing your praises: with the great company of people,
past and present, here and everywhere. We adore you, saying:

**Holy, holy, holy Lord, God of power and might.
Heaven and earth are full of your glory. Hosanna in the highest.**

You are indeed holy, eternal God and Father;
in love greater than we can imagine you gave your only Son,
that everyone who has faith in him may not die but have eternal life.
Not as we would, but as we are able, we praise and thank you
for the reality of his birth, the glory of his humanity, the generosity of his life:

for his sacrifice on the cross, the wonder of his resurrection,
and the assurance that he lives for ever to save us; for the gift of the Holy Spirit,
for our calling to be his people, for the hope all can find in him.

We say together:

**Remembering his life and sacrifice
we now come to his table as he has invited us to do.
Send to us now, we pray, the Holy Spirit
so that we may indeed be your people,
and that as we share the bread and wine
we may share in the body and blood of Jesus Christ. Amen**

These are the gifts of God
for the people of God.

*Please come to the rail now. We suggest you stand to receive communion and keep a
suitable distance from fellow communicants.*

Ending

As our Saviour taught us, so we pray:
**Our Father in heaven,
hallowed be your name, your kingdom come,
your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Lead us not into temptation but deliver us from evil.
For the kingdom, the power, and the glory are yours
now and for ever. Amen.**

A post-communion prayer, said together:

**Father of all,
we thank you that you have shared this feast of your kingdom with all peoples
and have united all races in your Son Jesus Christ:
may the unity we have known here
give us a joyful anticipation of the fullness of life to which you call us;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen**

The blessing

May God keep you in all your days.
May Christ shield you in all your ways.
May the Spirit bring you healing and peace.
May God the Holy Trinity drive all darkness from you
and pour upon you blessing and light. **Amen.**

The next S.P.A.C.E. will be on 6th July

Jesus' Teaching on Prayer

11 One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples."

² He said to them, "When you pray, say:

"Father,
hallowed be your name,
your kingdom come.

³ Give us each day our daily bread.

⁴ Forgive us our sins,
for we also forgive everyone who sins against us.
And lead us not into temptation."

⁵ Then Jesus said to them, "Suppose you have a friend, and you go to him at midnight and say, 'Friend, lend me three loaves of bread; ⁶ a friend of mine on a journey has come to me, and I have no food to offer him.' ⁷ And suppose the one inside answers, 'Don't bother me. The door is already locked, and my children and I are in bed. I can't get up and give you anything.' ⁸ I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity^[e] he will surely get up and give you as much as you need.

⁹ "So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ¹⁰ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

¹¹ "Which of you fathers, if your son asks for^[l] a fish, will give him a snake instead? ¹² Or if he asks for an egg, will give him a scorpion? ¹³ If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"

Luke 11:1-12 – a lectionary reading for today