

**THE LORD'S PRAYER**  
**Readings and Meditations II**

**Give Us This Day Our Daily Bread**

1 Cor. 11:20; 10: 16-17.

John 2: 1-12; 6: 1-14, 35; Mark 6: 31.

Proverbs 30: 7-9. Psalm 103.

Meditation: Quietly meditate on the question: If you had to pray for your essential needs today, what would they be?

**Forgive us our sins as we also forgive those who sin against us**

-Trespass: Rom. 1: 18-24; 3: 23.

-God's Forgiveness: Col. 2: 13-14; Matt. 5: 23-24.

-Forgiveness received: 2 Cor. 5: 17-21.

-Forgiving others: Matt. 18: 21-35; Rom. 12: 18; Rom. 13:8; Mark 11: 25.

Meditation: Recall any relationship or situation, past or present, where you have been hurt or where you have hurt others. If you have smoldering inside something that others have done to you or you to them, bring these out into the open and be frank with God, and ask for his healing. That is what this prayer demands. Ask for and experience God's forgiveness.

**Lead us not into Temptation but Deliver Us from evil**

-Temptation: Proverbs 1: 8-19; James 1: 14-15.

-Source of temptation: 1 John 2: 15-17; Galatians 5: 16-21.

-Avoid temptation: 2 Cor. 12: 9-10; Ephesians 6: 13-17.

-Tested: Matt. 4: 1-14; James 1: 2-8; James 4: 7; Hebrews 2: 18; Hebrews 4: 15-16; 1 Cor. 10: 13; 1 Peter 5: 8-9.

-Evil: Genesis 3: 1-19; Genesis 6:5; Ecclesiastes 7: 29.

-Satan: Luke 8: 26-39; John 8: 42-47.

-Deliver: Psalm 23.

Meditation: Read Jas. 1: 13-15 and recognize the stages: desire, sin, and death. In prayer, allow God to speak to you about the areas where you are struggling. Ask the Lord for help to resist temptation.

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**Follow-Up:** After today's quiet day, if you receive answers to your prayer, consider sharing with a friend, telling us about it at lunch on a Sunday, or sending the details for inclusion (anonymously if you wish) in our Warden's Wire (Contact Alison Buffet abuffett30@gmail.com) By doing so you will be an encouragement to others.