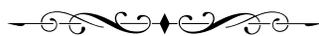


A paraphrase of Jesus' Lord's Prayer in the form of an affirmation

by Mary Jo Disler



Matthew 6:9-13 • Luke 11:1-4

O Source and Nurturer of all the world,

In You we live and move and have our being.

“I AM” whole, complete, perfect.

I rest within Your Kingdom.

I hear and heed Your direction – Your voice – to be a vessel for bringing Heaven to earth.

I listen for and receive your direction and provision for this day.

Release us from our mistakes, that we may empathize and release others.

Direct us away from distractions, presumption, feeble, futile attempts to override your will for us.

I affirm only Your presence in all experience.

You, Lord, are my complete Source, power, and glory, now and forever.

So be it, here and now.

| | |
|--|---|
| O Source and Nurturer of all the world, | Our Father, |
| In You we live and move and have our being. | Who art in heaven, |
| “I AM” whole, complete, perfect. | Hallowed be Thy Name. |
| I rest within Your Kingdom. | Thy kingdom come, |
| I hear and heed Your direction – Your voice – to be a vessel for bringing Heaven to earth. | Thy will be done on earth, as it is in heaven. |
| I listen for and receive your direction and provision for this day. | Give us this day our daily bread, |
| Release us from our mistakes, that we may empathize and release others. | And forgive us our trespasses, as we forgive those who trespass against us. |
| Direct us away from distractions, presumption, feeble, futile attempts to override your will for us. | Lead us not into temptation, |
| I affirm only Your presence in all experience. | But deliver us from evil. |
| You, Lord, are my complete Source, power, and glory, now and forever. | For Thine is the kingdom, the power and the glory, for ever and ever. |
| So be it, here and now. | Amen. |

Originally written November, 2003