

The Communion Rite focuses on peace, unity and forgiveness. The Christian family comes to the Lord's table united in love of Jesus and of one another. They pray the 'Our Father' between the Eucharistic prayer and the giving of Holy Communion. It sums up everyone's prayers and hopes. It is addressed to 'Our Father', not 'my Father', so it unites everybody into the love of the Father. It was the prayer that Jesus himself gave us. The disciples asked Jesus for help to pray and he gave them that prayer. It is the prayer which unites all Christians, whatever their denomination.

- The first part of this prayer is addressed to God: honouring and longing for the coming of God.
- The second part asks for our needs: food, forgiveness, avoidance of difficulty.
- The last part applies to our daily lives: forgiving others.

#### The Lord's Prayer

Our Father, who art in Heaven,  
hallowed be thy name:  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass  
against us;  
and lead us not into temptation,  
but deliver us from evil  
Amen.

- Why do you think the Christian family says this prayer before receiving Jesus in Holy Communion?
- What challenges you most in the prayer and why?