

Our Father

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.

Simplified Commentary for the "Our Father"

Our Father,	- "Father" - the word Jesus used was more like "papa" or "dada"
who art in heaven,	- God the Father is in heaven now
hallowed be thy name.	- this is praise: God, you (and your name) are holy!
Thy kingdom come,	- I pray, God, you will be obeyed just as a king is obeyed.
thy will be done on earth	- I hope everyone on earth will do the loving things you want them to do on earth,
as it is in heaven.	- just as loving things are already being done in heaven.
Give us this day our daily bread	- Please give us the important basic things we need to keep us going today.
and forgive us our trespasses,	- Please forgive our sins and bad choices
as we forgive those who trespass against us.	- just as we forgive people who hurt us.
Lead us not into temptation,	- Please don't let us be tempted to make bad choices
but deliver us from evil.	- instead keep us safe from all evil.
Amen.	"Amen" is an ancient way of saying 'I agree to this prayer!'

(This prayer was taught by Jesus over 2000 years ago in his own language, Aramaic. It can be found in Matthew's and Luke's Gospels. This translation was made under King Henry VIII in 1549 and that's why the language sounds so old fashioned.)