WORKSHEET

Prayer reflection worksheet

For: individuals, families and prayer groups

Find a quiet ten minutes. Read each passage twice, slowly, then write a few words for each prompt. Nothing here needs to be eloquent.

1. The prayer Jesus taught

MATTHEW 6:9–13

9 Pray like this: “‘Our Father in heaven, may Your name be kept holy. 10 Let Your Kingdom
come. Let Your will be done on earth as it is in heaven. 11 Give us today our daily bread.
12 Forgive us our debts, as we also forgive our debtors. 13 Bring us not into temptation, but
deliver us from the evil one. For Yours is the Kingdom, the power, and the glory forever.
Amen.’

Our Father: what does it mean to you to call God “Father” today?

Your kingdom come: where do you long to see things set right?

Our daily bread: what do you need for today — only today?

Forgive us… as we forgive: is there someone to forgive, or something to confess?

Scripture: adapted from the World English Bible, Catholic Edition (public domain, eBible.org), with pronouns referring to https://bibleversesguide.com/resources/prayer-reflection-worksheet/
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2. Prayer with thanksgiving

PHILIPPIANS 4:6–7

6 In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your
requests be made known to God. 7 And the peace of God, which surpasses all understanding,
will guard your hearts and your thoughts in Christ Jesus.

Name what is weighing on you.

Name three things you are grateful for, however small.

Write a one-sentence prayer handing the first list to God.

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