



# Going Deeper: The Our Father

One of the first prayers we learn is often the "Our Father," also known as the Lord's Prayer. In fact, when Jesus' disciples asked him how to pray, Jesus responds by teaching them the "Our Father." It can be so familiar to us that we often forget the significance of the prayer and the meaning of the words we're praying.

This month, commit to praying the "Our Father" together as a family. It's a simple prayer to pray on the way to school or work, before bed, after prayers of intercession, or when someone asks us to pray for them.

To take a deeper dive into the "Our Father," watch these videos (roughly 8 minutes each) sometime this month.

What it really means to pray the words, "Our Father..."

- This video looks at the significance of those first two words of the Lord's Prayer, "Our Father."
- [https://www.youtube.com/watch?v=QstnmA3KoAE&ab\\_channel=AscensionPresents](https://www.youtube.com/watch?v=QstnmA3KoAE&ab_channel=AscensionPresents)

Bishop Barron on the Lord's Prayer

- Bishop Barron looks at the entire Lord's Prayer, breaking it down line by line to deepen our understanding.
- [https://www.youtube.com/watch?v=-mmPI-SYBE&ab\\_channel=BishopRobertBarron](https://www.youtube.com/watch?v=-mmPI-SYBE&ab_channel=BishopRobertBarron)