

## **Francis' Exposition of the Our Father**

### **O, Most Holy "Our Father":**

Creator, Redeemer, Consoler and our Saviour.

### **"Who is in Heaven"**

In the Angels and in the Saints; enlightening them unto  
Knowledge, because You, Lord, are Light; inflaming them  
Unto love, because you Lord, are love; indwelling and  
Filling them unto blessedness, because You, Lord, are the  
Highest Good, the Eternal One, from whom is every good  
Without whom nothing is good.

### **"Hallowed be Your Name"**

May the knowledge of You in us be made bright, so that we  
May know, what is the breadth of Your benefactions, the  
Length of Your promises, the sublimity of Your Majesty and  
The depth of Your judgements.

### **"Your Kingdom come:"**

So that You may reign in us by grace and make us come  
Unto Your kingdom, where vision of You is made manifest,  
Love of You made perfect, company with You blessed,  
Enjoyment of You everlasting.

### **"Your will be done on earth as it is in Heaven:"**

So that we may love You with our whole heart by thinking

Of You always, with our whole soul by desiring You always,  
With our whole mind directing unto You all our intentions, by  
Seeking Your honour in all things,  
And with all our strength by expending all our strength and  
Sense of soul and body in submission to Your love and not  
In anything else;  
And may we love our neighbours even as our very selves by  
Drawing all to Your love to the extent of our strength, by  
Rejoicing over the good things of others just as over our own  
And by compassionating them in evils and by giving offence  
To no one.

**“ Give us this day,”**

Your beloved Son, Our Lord Jesus Christ,

**“ Our daily bread”** to remember and understand and

Reverence the love, which He had for us, and those things,

Which He, said, did, or endured on our behalf.

**“And forgive us our debts:”**

By your ineffable mercy, through the virtue of the Passion of

Your beloved Son and by the merits and intercessions of The

Blessed Virgin and all Your elect.

**“ As we also forgive our debtors:”**

And what we do not fully forgive, Lord make us fully

Forgive, so that we may truly love our enemies for the sake

Of You and intercede devoutly on their behalf with you,

Rendering to none evil for evil and striving in all things to

Advance unto You.

**“ And lead us not into temptation:”**

Hidden or manifest, sudden or importune.

**“ But deliver us from evil:”**

Past present and future.

**For the Kingdom, the power and the glory are yours, now**

**And for ever. Amen.**