

The Paraphrase of the Our Father

by St. Francis of Assisi

Our Father:

Most Holy, our Creator and Redeemer, our Savior and our Comforter.

Who art in Heaven:

in the angels and the saints. Who gives them light so that they may have knowledge, because Thou, Lord, are Light. Who inflames them so that they may love, because Thou, Lord, are Love. Who lives continually in them and who fills them so that they may be happy, because Thou, Lord, are the Supreme Good, the Eternal Good, and it is from Thee that all good comes, and without Thee there is no good.

Hallowed be Thy Name:

May our knowledge of Thee become ever clearer, so that we may realize the extent of Thy benefits, the steadfastness of Thy promises, the sublimity of Thy Majesty and the depth of Thy judgments.

Thy Kingdom come:

so that Thou may reign in us by Thy grace and bring us to Thy Kingdom, where we shall see Thee clearly, love Thee perfectly, be blessed in Thy company and enjoy Thee forever.

Thy Will be done on earth as it is in Heaven:

so that we may love Thee with our whole heart by always thinking of Thee; with our whole mind by directing our whole intention towards Thee and seeking Thy glory in everything; and with all our strength by spending all our powers and affections of soul and body in the service of Thy Love alone. And may we love our neighbors as ourselves, encouraging them all to love Thee as best we can, rejoicing as the good fortune of others, just as it were our own, and sympathizing with their misfortunes, while giving offense to no one.

Give us this day our daily bread:

Thy own beloved Son, our Lord Jesus Christ, to remind us of the love He showed for us and to help us understand and appreciate it and everything that he did or said or suffered.

And forgive us our trespasses:

in Thy infinite Mercy, and by the power of the Passion of Thy Son, our Lord Jesus Christ, together with the merits and the intercession of the Blessed Virgin Mary and all your saints.

As we forgive those who trespass against us:

and if we do not forgive perfectly, Lord, make us forgive perfectly, so that we may indeed love our enemies for love of Thee, and pray fervently to Thee for them, returning no one evil for evil, anxious only to serve everybody in Thee.

And lead us not into temptation:

hidden or obvious, sudden or unforeseen. But deliver us from evil: Present, past, or to come.

Amen.