The Prayer Inspired by the Our Father
St. Francis of Assisi

O OUR most holy FATHER,
Our Creator, Redeemer, Consoler and Saviour

WHO ARE IN HEAVEN:
in the angels and in the saints,
enlightening them to love, because You, Lord, are light,
inflaming them to love, because You, Lord, are love,
dwelling (in them) and filling them with happiness,
because You, Lord, are the Supreme Good,
the Eternal Good from Whom comes all good,
without Whom there is no good;

HALLOWED BE YOUR NAME:
may our knowledge of You become ever clearer,
that we may know the breadth of Your blessings,
the length of Your promises,
the height of your majesty,
the depth of Your judgments.

YOUR KINGDOM COME:
So that You may rule in us through Your grace,
and enable us to come to Your kingdom
where there is an unclouded vision of You,
a perfect love of You,
a perfect companionship with You,
an eternal enjoyment of You;

YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN:
that we may love You
with our whole heart by always thinking of You,
with our whole soul by always desiring You,
with our whole mind by directing all our
intentions to You
and by seeking Your glory in everything,
and with our whole strength
by spending all our energies and affections
of soul and body in the service of Your love
and of nothing else.

And may we love our neighbours as ourselves
by drawing them all with our whole strength to Your love,
by rejoicing in the good fortunes of others
as well as our own,
and by sympathizing with the misfortunes of others,
and by giving offense to no one.

GIVE US THIS DAY:
in memory and understanding and reverence
of the love which our Lord Jesus Christ had for us,
and of those things which He said and did and suffered for us;

OUR DAILY BREAD:
Your own Beloved Son, our Lord Jesus Christ;

AND FORGIVE US OUR TRESPASSES:
through Your ineffable mercy,
through the power of the Passion of Your Beloved Son,
    together with the merits and intercession
    of the Blessed Virgin Mary
    and all Your chosen ones;

AS WE FORGIVE THOSE WHO TRESPASS AGAINST US:
and whatever we do not forgive perfectly,
do You Lord, enable us to forgive to the full,
so that we may truly love our enemies
and fervently intercede for them before You,
returning no one evil for evil
and striving to help everyone in You.

AND LEAD US NOT INTO TEMPTATION:
hidden or obvious,
sudden or persistent,

BUT DELIVER US FROM EVIL,
past, present and to come.

Glory to the Father and to the Son and to the Holy Spirit,
as it was in the beginning, is now, and will be forever. Amen.