Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE DIOCESE OF ABERDEEN AND ORKNEY

Matthew 6:9-13

Jesus said
'Pray then in this way:
Our Father in heaven,
hallowed be your name.
Your kingdom come.
Your will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And do not bring us to the time of trial,
but rescue us from the evil one.'

Wesley, Frank, 1923-2002. Your Kingdom Come, from Art in the Christian Tradition, a project of the Vanderbilt University Divinity Library, Nashville, TN. https://act.library.vanderbilt.edu/artworks/59266 [retrieved May 21, 2026]. Original source: Estate of Frank Wesley, http://www.frankwesleyart.com/main_page.htm.

COLLECT

Almighty God, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven. Mercifully give us faith to know that, as he promised, he abides with us on earth to the end of time; who is alive and reigns with you and the Holy Spirit, one God, now and for ever.
Amen.

Trinity Church, Boston - Peacocks

""Part of what [Ascension] means is that all the stuff that mattered about God becoming one of us still matters. His whole self, divine and human, ascends to the Father, and so Jesus is still God for us, fully God and fully human."
– Beth Felker Jones

"While in heaven he is also with us; and we while on earth are with him." – Augustine of Hippo

"Lord beyond our mortal sight, Alleluia
raise our hearts to reach thy height, Alleluia
there thy face unclouded see, Alleluia
find our heaven of heavens in thee, Alleluia."
– Charles Wesley

Can you remember when you learnt to recite the Lord's Prayer? Is there a version of it that you pray in your own personal devotions?

The Lord's Prayer is the prayer Jesus taught the disciples as part of the Sermon on the Mount (it is in Luke 11 in Luke's account of the Sermon on the Plain). We use the Lord's Prayer in many services (if not all) in the Scottish Episcopal Church and are encouraged to use it in our personal devotions.

Today you're invited to reflect on how you use the Lord's Prayer. Perhaps you might try saying it as part of morning and evening prayers, or perhaps saying it each day at noon - wherever you find yourself.

Our Father *by Malcolm Guite*

I heard him call you his beloved son
And saw his Spirit lighten like a dove,
I thought his words must be for you alone,
Knowing myself unworthy of his love.
You pray in close communion with your Father,
So close you say the two of you are one,
I feel myself to be receding further,
Fallen away and outcast and alone.

And so I come and ask you how to pray,
Seeking a distant supplicant's petition,
Only to find you give your words away,
As though I stood with you in your position,
As though your Father were my Father too,
As though I found his 'welcome home' in you

To Listen:

The Lord's Prayer by James MacMillan
The Lord's Prayer by Keith Getty & Stuart Townend

A playlist of music suggestions for the course can be found at
https://open.spotify.com/playlist/3pJcG5xA1xzhL2Aolau0Q4?si=582cd1f921ae4fb1