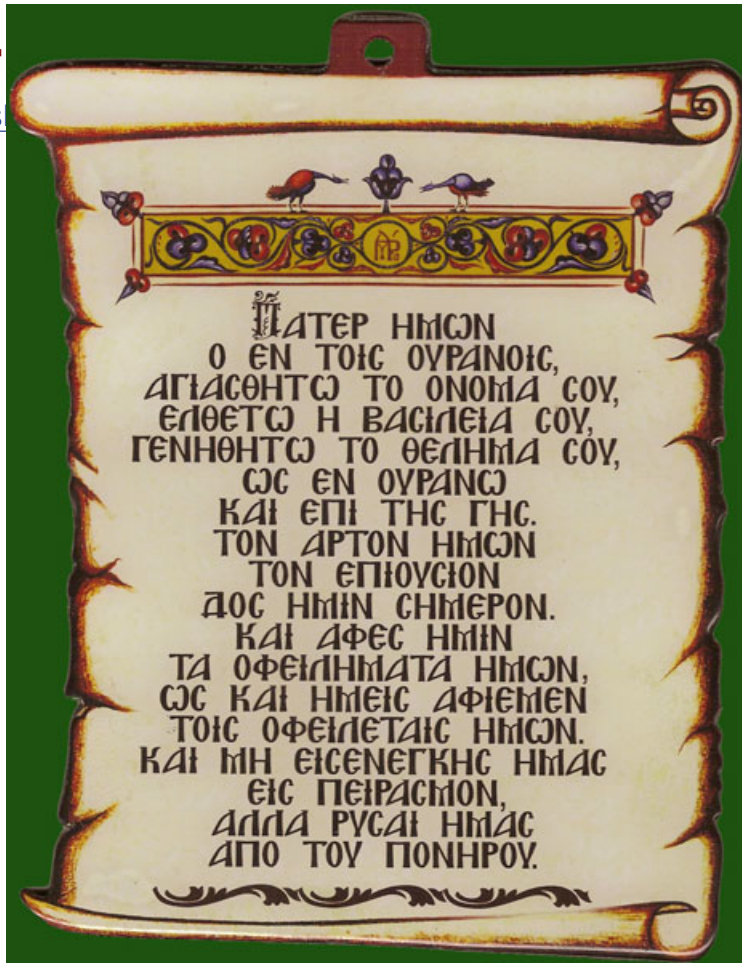


'Our
[In English](#)



by Archimandrite Vassileios,

ex Abbot of the Iveron Monastery

Our Father who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done on earth as it is in heaven, give us this day our daily bread, and forgive us our transgressions, as we forgive those who transgress against us, and lead us not into temptation, but deliver us from the evil one. Amen.

I have selected a passage from the Gospel, the prayer known as 'The Lord's Prayer', since I believe it is the most representative prayer - the prayer handed down to us by the Lord Jesus Christ.

I believe that the Lord has taught us the prayer He has created; He gave us the life He has lived and taught us how He was. And this is Jesus' truth. He had said once: "I am the vine; you are the branches" (John 15, 5). Just as the relationship between the vine and the branches is organic and the juice flows easily from the vine to the branches, in the same way Jesus flows in our existence by giving us His entire

being. Therefore, I believe that through this prayer we live in Jesus Christ, provided we consciously pray and experience the prayer.

Let us begin by reciting this prayer and studying it piece by piece.

The first phrase says:

“Our Father who art in heaven”

I believe we commit one major sin. We sometimes become demoralized and forget one thing: the Lord loves us even though we are weak. If we hold on to just one thought this is it: that the Lord loves us and that the Lord is our Father.

We normally say that the parents love their child not because it is a good child but because it is their child. Therefore it is a major consolation to us if we manage to consciously accept and feel that we too could call the Lord “Father”.

[\(περισσότερα...\)](#)