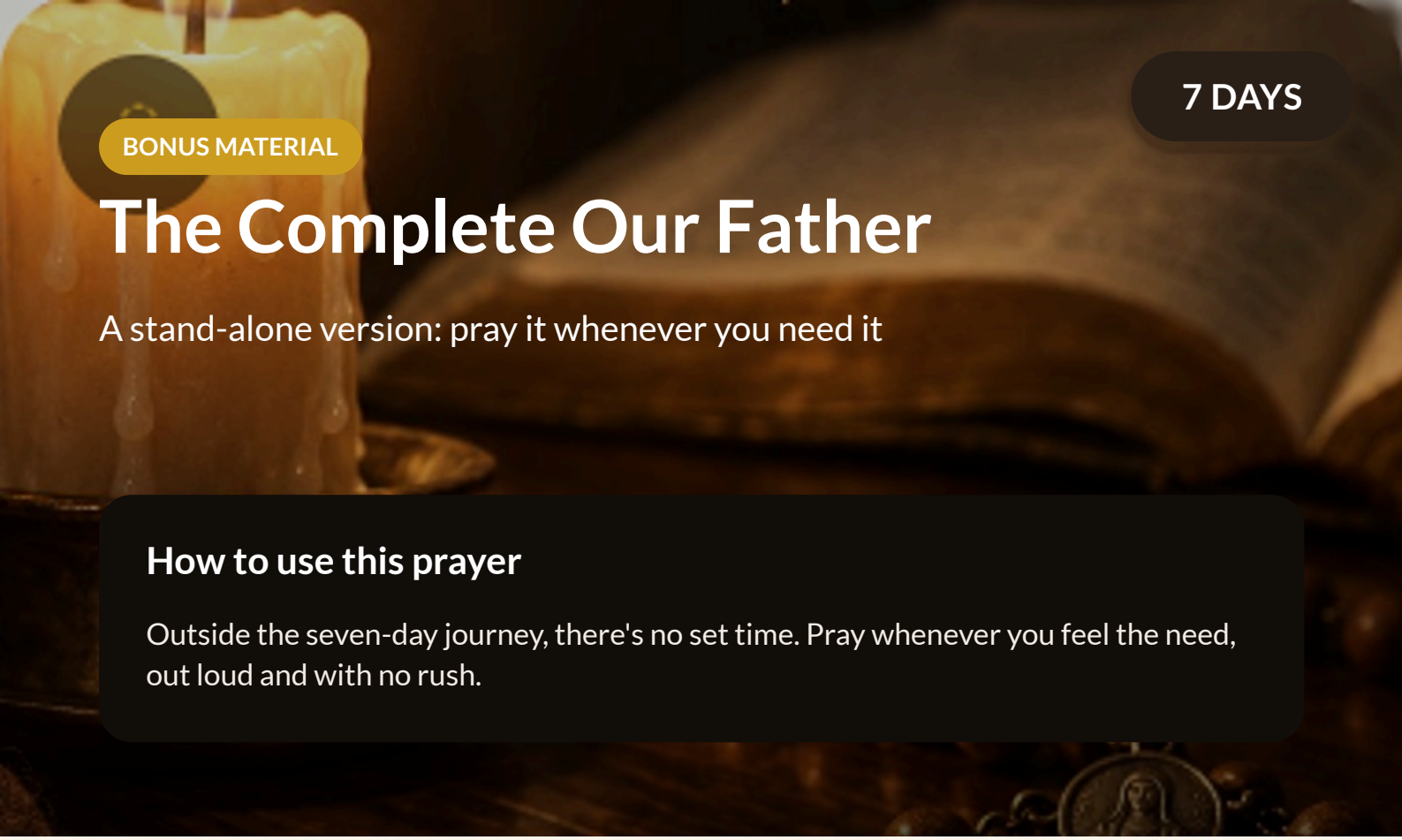


7 DAYS

BONUS MATERIAL

# The Complete Our Father

A stand-alone version: pray it whenever you need it

### How to use this prayer

Outside the seven-day journey, there's no set time. Pray whenever you feel the need, out loud and with no rush.

## Before you begin

1. **Choose a quiet place**
   Be alone, with no interruptions.
2. **Take three deep breaths**
   Silently hold close the intention of your heart.

### Now, begin slowly.

Don't rush through the words. Let yourself hear each line before you move on to the next.

THE PRAYER

# The Complete Our Father

Pray out loud, with no rush.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

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 trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.

**Continued on the next page.**

The prayer isn't over yet.

THE PRAYER

# Continue to the Amen

Keep the same pace: one line at a time.

For the kingdom, the power, and the glory are Yours, now and forever.

I receive, Lord, the blessings You have already prepared for me.

I open my heart to all that comes from Your love.

Today I stop asking halfheartedly. I receive fully.

May Your peace dwell in me, today and every day of my life.

I surrender. I trust. I receive.

**Amen.**

### When you finish

Don't get up right away. Stay in silence for a few moments before you finish.

AFTER YOU PRAY

# Stay in silence for a few moments

Use this moment to bring before God the intention you've held in your heart.

1. **Remain in silence**
   Don't be in a hurry to leave this moment.

2. **Bring your intention to God**
   Speak simply about what's in your heart.

## When to come back to this prayer

**Pray it whenever you need to restore your connection with God.**

It's a stand-alone version. Outside the seven-day journey, you can pray it whenever you feel the need.

### Keep this PDF.

That way, whenever you want to come back to the Complete Our Father, you'll have the prayer in order and ready to keep you company.

## 7 Amens Before Dawn