

One of the best prayers to pray for healing is “**The Lord’s Prayer**”, “**The Our Father**”

We need to say it slowly and carefully, not quickly

We need to remember why we say “**our** Father” and not “**my** Father”: because Jesus, the Father’s Beloved Son, our Brother, **is praying with us!**

So, if I am praying, say, for Adam who is sick, I can pray:

Jesus, please heal Adam.
Please let him be well again soon.
Jesus, for Adam I now pray together **with you:**

*Our Father in heaven
may everyone love and honor you.
Your kingdom come.
Your will be done
on earth as in heaven.
Thank you for enough food for today.
Forgive us as we forgive others.
Save us in time of trial.
Protect us from evil*