

# JESUS AND YOU IN 2022

## A Guide for Daily Devotions: May 1 thru August 31, 2022

The Saints are encouraged to fast and pray, especially Wednesday evening and Sunday morning.

The Hymnal used is the 2007 edition of "Hymns of the Restoration"

- Day 1      Sunday, MAY 1, 2022 **SACRAMENT OF THE LORD'S SUPPER**  
Moroni 2, 4,5, and 10:27-30  
Hymn: 170 "Come, O My People"  
Prayer Thought: O Father, stir us to repentance and cleanse us.
- Day 2      Monday, May 2, 2022                      Enos 1:24-46  
Hymn: 405 "Open Our Eyes, Lord"  
Prayer Thought: Dear God, may we seek Thee with all our hearts.
- Day 3      Tuesday, May 3, 2022                      Genesis 4:4-10  
Hymn: 391 "My Times re in Thy Hand"  
Prayer Thought: Lord, help us always to think of Thee.
- Day 4      Wednesday, May 4, 2022                      Genesis 6:22 and 27-43  
Hymn: 338 "Touch Me Lord, With Thy Spirit Eternal"  
Prayer Thought: Yea, Lord, touch us and stir us to do Thy will.
- Day 5      Thursday, May 5, 2022                      Joshua 24  
Hymn: 499 "A Charge To Keep I Have"  
Prayer Thought: Father, may we always remember the Sacrament prayers.
- Day 6      Friday, May 6, 2022                      Judges 6:11-22  
Hymn: 471 "O God, Give strength to all Thy Saints"  
Prayer Thought: May we hear You call and respond as did Gideon.
- Day 7      Saturday, May 7, 2022                      I Samuel 3  
Hymn: 209 "Lord, Speak to Me That I May Speak"  
Prayer Thought: Holy Father, may we always be listening for your voice.
- Day 8      Sunday, May 8, 2022                      **MOTHER'S DAY!** Luke 1:26-38  
Hymn: 371 "Faith of Our Mothers"  
Prayer Thought: Bless our dear mothers all day, every day."
- Day 9      Monday, May 9, 2022                      Esther 4  
Hymn: 481 "Am I a Soldier of the Cross?"  
Prayer Thought: Good followers of Jesus are on call 24/7
- Day 10     Tuesday, May 10, 2022                      Psalm 19  
Hymn: 326 "Oh, for a Closer Walk With God"  
Prayer Thought: God, give us determination to walk in Thy ways.

- Day 11      Wednesday, May 11, 2022      Psalm 46  
Hymn: 77 “Jesus is Calling”  
Prayer Thought: Lord, open our ears to hear you.
- Day 12      Thursday, May 12, 2022      Psalm 62  
Hymn: 81 “Jesus Calls Us”  
Prayer Thought: Father, help us to discern your call.
- Day 13      Friday, May 13, 2022      Psalm 91  
Hymn: 410 “Jesus, Savior, Pilot Me”  
Prayer Thought: God, we need your protection 24/7.
- Day 14      Saturday, May 14, 2022      Psalm 104  
Hymn: 414 “Keep Your Eyes Upon Jesus”  
Prayer Thought: Lord, open our spiritual and physical eyes.
- Day 15      Sunday, May 15, 2022      Psalm 116  
Hymn: 349 “Savior, Thy Dying Love”  
Prayer Thought: Father, strengthen us to be able to follow you.
- Day 16      Monday, May 16, 2022      Psalm 139  
Hymn: 94 “Jesus My Shepherd”  
Prayer Thought: God, inspire us to be obedient sheep.
- Day 17      Tuesday, May 17, 2022      Psalm 145  
Hymn: 17 “Jesus Shall Reign”  
Prayer Thought: O Lord, all honor and glory be Thine.
- Day 18      Wednesday, May 18, 2022      Proverbs 8 and James 1:1-8  
Hymn: 379 “Where Wilt Thou Put Thy Trust?”  
Prayer Thought: Lord, there is no other one we can really trust. Only You.
- Day 19      Thursday, May 19, 2022      Isaiah 6  
Hymn: 357 “Speak, Lord, in the Stillness”  
Prayer Thought: May we always say, “Here am I, send me.”
- Day 20      Friday, May 20, 2022      Isaiah 53  
Hymn: 125 “In Garden of Gethsemane”  
Prayer Thought: Let us never forget the great sacrifice of our Lord and God.
- Day 21      Saturday, May 21, 2022      Jeremiah 1:1-10  
Hymn: 362 “Savior, I Follow On”  
Prayer Thought: Grant us Thy Spirit that we may be by your side.
- Day 22      Sunday, May 22, 2022      Daniel 3:12-30  
Hymn: 348 “Jesus, I My Cross Have Taken”  
Prayer Thought: Father, stay with us so we do not bow or bend to anyone but YOU.

- Day 23      Monday, May 23, 2022                      Hosea 14  
Hymn: 327 “Here We Have Come”  
Prayer Thought: Change our hearts, O Lord, help us become like Thee.
- Day 24      Tuesday, May 24, 2022                      Habakkuk 3  
Hymn: 420 “Come Ye that Know and Fear the Lord”  
Prayer Thought: Help us greatly enhance our relationship with You.
- Day 25      Wednesday, May 25, 2022                      Zephaniah 1  
Hymn: 443 “Israel, Israel God is Calling”  
Prayer Thought: Lord, thank you for your patience.
- Day 26      Thursday, May 26, 2022                      Zechariah 8  
Hymn: “O Zion Haste”  
Prayer Thought: May we rise up and take a stand for God.
- Day 27      Friday, May 27, 2022                      Matthew 4:1-10  
Hymn: 187 “The Holy Scriptures”  
Prayer Thought: May we study to show ourselves approved of God.
- Day 28      Saturday, May 28, 2022                      Matthew 16:14-21  
Hymn: 83 “Jesus, Mighty King in Zion”  
Prayer Thought: As we live in the Kingdom, may we always honor our King.
- Day 29      Sunday, May 29, 2022                      Matthew 25:1-12 and DC 45:10  
Hymn: 70 “Invitation to the Supper of the Lamb”  
Prayer Thought: Check your oil and make sure it is the right kind.
- Day 30      Monday, May 30, 2022 **MEMORIAL DAY USA**  
Doctrine and Covenants (DC) 42:12 c-13:b  
Hymn: 132 “I Know That My Redeemer Liveth”  
Prayer Thought: Help us trust you for all, both here and beyond.
- Day 31      Tuesday, May 31, 2022                      Mark 4:1-17  
Hymn: 243 “Shout the Tidings of Salvation”  
Prayer Thought: Lord, may we produce 100-fold in service to thee.
- Day 32      Wednesday, JUNE 1, 2022                      Mark 7:1-21  
Hymn: 182 “Word of Wisdom”  
Prayer Thought: Stir us to greater obedience to your Word.
- Day 33      Thursday, June 2, 2022                      Mark 10:15-26  
Hymn: 501 “With My Substance, I Will Honor”  
Prayer Thought: Help us remember that we have nothing except your blessings.

- Day 34      Friday, June 3, 2022                      Luke 1:1-6  
Hymn: 358 “Plea for a Sanctified People”  
Prayer Thought: God, strengthen us that we may be totally submissive to You.
- Day 35      Saturday, June 4, 2022                      Luke 11:1-11  
Hymn: 315 “The Lord’s Prayer”  
Prayer Thought: May we live this as well as pray it.
- Day 36      Sunday, June 5, 2022 **SACRAMENT OF THE LORD’S SUPPER** Luke 22:7-20  
Hymn: 270 “Draw Near in Faith”  
Prayer Thought: Let us repent so we may partake worthily.
- Day 37      Monday, June 6, 2022                      John 1:1-18  
Hymn: 90 “O For a Thousand Tongues to Sing”  
Prayer Thought: Let us be mindful to thank God as much as we ask of Him.
- Day 38      Tuesday, June 7, 2022                      John 6:28-69  
Hymn: 89 “O Savior, Precious Savior”  
Prayer Thought: Father, may our lips always speak Thy praise”
- Day 39      Wednesday, June 8, 2022                      Mosiah 8:70-91  
Hymn: 130 “We Serve a Risen Savior”  
Prayer Thought: May we experience “new life in Christ” our risen Lord.
- Day 40      Thursday, June 9, 2022                      John 10  
Hymn: 95 “Dear to the Heart of the Shepherd”  
Prayer Thought: Father, may we, as your sheep, never stray.
- Day 41      Friday, June 10, 2022                      John 15  
Hymn: 322 “O Master, Let Me Walk With Thee”  
Prayer Thought: Help us to be worthy to walk with you.
- Day 42      Saturday, June 11, 2022                      Acts 2  
Hymn: 242 “When Holy Ghost Shall Come in Power”  
Prayer Thought: Lord, we need another Pentecostal experience.
- Day 43      Sunday, June 12, 2022                      Acts 17:16-31  
Hymn: “O God, Our Help in Ages Past”  
Prayer Thought: Let us not be fooled by the world, there is only one GOD.
- Day 44      Monday, June 13, 2022                      Acts 21:37thru Acts 22:1-21  
Hymn: 236 “I’ve a Story to Tell”  
Prayer Thought: Father, may we change “we’ve” to “I’ve” to make it personal.
- Day 45      Tuesday, June 14, 2022      **FLAG DAY USA**                      Alma 21:27-60  
Hymn: 76 “Hark! Listen to the Trumpeters”  
Prayer Thought: May we bold and brave like Moroni.

- Day 46      Wednesday, June 15, 2022      Romans 1:1-20  
Hymn: 239 “The Voice of God is Calling”  
Prayer Thought: Lord, may we be bold to witness for thee.
- Day 47      Thursday, June 16, 2022      Romans 5  
Hymn: 390 “Jesus, the Very Thought of Thee”  
Prayer Thought: No tongue or pen can ever fully express our love for Jesus.
- Day 48      Friday, June 17, 2022      Romans 10  
Hymn: 251 “Men/Saints of God, Go Take Your Stations”  
Prayer Thought: God, lead us to obey your Word/Jesus.
- Day 49      Saturday, June 18, 2022      I Corinthians 9  
Hymn: 482 “Fight the Good Fight”  
Prayer Thought: May we be valiant in living our faith.
- Conference of Restoration Elders (CRE)/Pastors of Zion (POZ) Reunion/Conference June 19-24, 2022.  
Theme: “Take Upon You the name of Christ and Run the Race”
- Day 50      Sunday, June 19 (Conference/Reunion begins) **FATHER’S DAY**  
Hebrews 12:1-2 and Alma 8:91-107  
Hymn: 293 “Our Father, By Whose Name”  
Prayer Thought: As we honor our earthly fathers, may we honor our heavenly Father.
- Day 51      Monday, June 20, 2022      Luke 10:26-38  
Hymn: 418 “Love Divine, All Love Excelling”  
Prayer Thought: Jesus said, “Love as I have loved you.”
- Day 52      Tuesday, June 21, 2022      Psalm 20 and Exodus 17:8-16  
Hymn: “God is Marshaling His Army”  
Prayer Thought: As a banner is also an ensign, may we hold high our Lord Jesus.
- Day 53      Wednesday, June 22, 2022      Matthew 28:17-19; DC 76:6 and 85:22a  
Hymn: 237 “Are You Witnessing for Him?”  
Prayer Thought: May we be ready to tell of the hope that is within us.
- Day 54      Thursday, June 23, 2022      I Nephi 3:188; 2 Nephi 13:30; 3 Nephi 7:10  
Hymn: 354 “O Jesus, I Have Promised”  
Prayer Thought: Give us strength to endure
- Day 55      Friday, June 24, 2022      DC 17:3b; 24:4b; 59:1a; 101:1e  
Hymn: 346 “The Old Rugged Cross”  
Prayer Thought: May we seek His will more than a crown
- Day 56      Saturday, June 25, 2022      I Corinthians 15  
Hymn: 134 “Yes, the Redeemer Rose”  
Prayer Thought: Thanks to God for the victory in Jesus!

- Day 57      Sunday, June 26, 2022                      Galatians 5  
Hymn: 479 “Stand Up, Stand Up for Jesus”  
Prayer Thought: Thank you God for sustaining us. May we go forth in your power.
- Day 58      Monday, June 27, 2022                      Ephesians 2 and 3  
Hymn: 225 “The Church’s One Foundation”  
Prayer Thought: Help us make sure we are on the ROCK/JESUS!
- Day 59      Tuesday, June 28, 2022                      Ephesians 6:1-18  
Hymn: 474 “Soldiers of Christ ARISE!”  
Prayer Thought: Remind us to put on your whole armor.
- Day 60      Wednesday, June 29, 2022                      Philippians 2 and 3  
Hymn: 394 “Guide Me to Thee”  
Prayer Thought: Lead us on to the kingdom.
- Day 61      Thursday, June 30, 2022                      Colossians 2 and 3  
Hymn: 489 “My Master Was a Worker”  
Prayer Thought: May we work as Jesus worked.
- Day 62      Friday, JULY 1, 2022                      I Thessalonians 5  
Hymn: 93 “Stepping in the Light”  
Prayer Thought: I hae decided to follow Jesus...all the way.
- Day 63      Saturday, July 2, 2022                      II Thessalonians 1-3  
Hymn: 487 “Let us Brothers, Let Us Gladly”  
Prayer Thought: may we give to God, our best, our all.
- Day 64      Sunday, July 3, 2022 **SACRAMENT OF THE LORD’S SUPPER**  
3 Nephi 8:27-49 Hymn: 271 “Jesus, Thou Joy of Loving Hearts”  
Prayer Thought: Read the prayers on the emblems and pray.
- Day 65      Monday, July 4, 2022 **INDEPENDENCE DAY USA** dc 95:1-4; dc 98:10  
Hymn: 521 “America” applicable to all nations.  
Prayer Thought: Freedom isn’t free unless we abide in Jesus.
- Day 66      Tuesday, July 5, 2022                      3 Nephi 11:30 thru chapter 12  
Hymn: 219 “I Have Found the Glorious Gospel”  
Prayer Thought: If it is so glorious, let us share it with all we can.
- Day 67      Wednesday, July 6, 2022                      DC 1  
Hymn: 189 “Lamp of Our Feet”  
Prayer Thought: Yea, Lord Thy Word is a lamp unto our feet and a light to our path.
- Day 68      Thursday, July 7, 2022                      DC 2  
Hymn: 186 “A Glory Gilds the Sacred Page”  
Prayer Thought: Help us, Lord, to appreciate the beauty of Thy Word.

- Day 69      Friday, July 8, 2022                      DC 6  
Hymn: 185 "O Word of God Incarnate"  
Prayer Thought: May the scriptures come alive in us.
- Day 70      Saturday, July 9, 2022                      DC 10  
Hymn: 450 "A Call to Zion"  
Prayer Thought: May each second, minute and hour be a time of preparation."
- Day 71      Sunday, July 10, 2022                      DC 17  
Hymn: 511 "Awake! Ye Saints of God"  
Prayer Thought: Help us wake up, shake ourselves and help bring forth Zion.
- Day 72      Monday, July 11, 2022                      DC 28  
Hymn: 172 "A Voice of Warning"  
Prayer Thought: Father, prick our hearts and minds to respond to you.
- Day 73      Tuesday, July 12, 2022                      DC 42  
Hymn: 174 "Come Up Higher"  
Prayer Thought: Help us Lord to continually press on the upward way.
- Day 74      Wednesday, July 13, 2022                      DC 76  
Hymn: 177 "I Have Listened to Your Pleadings"  
Prayer Thought: Even while we cry out unto Thee, please continue to listen to us.
- Day 75      Thursday, July 14, 2022                      DC 81  
Hymn: 178 "Hymn of Urgent Admonition"  
Prayer Thought: With your coming near, Dear Jesus, help not delay.
- Day 76      Friday, July 15, 2022                      DC 83:1-17  
Hymn: "O Church of God, Arise"  
Prayer Thought: Lord, direct our path each day for your Glory.
- Day 77      Saturday, July 16, 2022                      DC 84  
Hymn: 496 "O Reapers of Life's Harvest"  
Prayer Thought: May we live so as to be considered wheat and not tares.
- Day 78      Sunday, July 17, 2022                      DC 90  
Hymn: 171 "Admonition"  
Prayer Thought: May we set our lives and the lives of our families in order for Zion.
- Day 79      Monday, July 18, 2022                      DC 95  
Hymn: 332 "My Dear Redeemer and My Lord"  
Prayer Thought: Eternal Creator, may we love you with our whole soul.
- Day 80      Tuesday, July 19, 2022                      DC 105  
Hymn: 508 "Loving each Other"  
Prayer Thought: Peace in the Church=peace in the world=ZION!

- Day 81      Wednesday, July 20, 2022      DC 137:6; 138:3; 140:5; 141:5 and 7  
Hymn: 335 “What a Strong and Happy People”  
Prayer Thought: Help us insist on YOUR WAY and not ours.
- Day 82      Thursday, July 21, 2022      II Corinthians 4 thru 6  
Hymn: 214 “Walk in The Light”  
Prayer Thought: YOU are the Light O Lord. May we follow Thee.
- Day 83      Friday, July 22, 2022      Ephesians 3 and 4  
Hymn: 207 “The Gospel Ladder”  
Prayer Thought: May each day find us climbing higher and higher.
- Day 84      Saturday, July 23, 2022      Colossians 1  
Hymn: 183 “How Firm a Foundation”  
Prayer Thought: We stand on Jesus the Rock. All else is sinking ground.
- Day 85      Sunday, July 24, 2022      II Nephi 1:1-40  
Hymn: 170 “Come, O My People”  
Prayer Thought: May we always run into your arms O Lord.
- Day 86      Monday, July 25, 2022      II Nephi 13 and 14  
Hymn: 331 “O Lord of Light and Love”  
Prayer Thought: Father, may we, in every hour, live and move with Thee.
- Day 87      Tuesday, July 26, 2022      Enos 1  
Hymn: 497 “Workers for the Master”  
Prayer Thought: Inspire us, Lord, to pursue Thee.
- Day 88      Wednesday, July 27, 2022      Words of Mormon 1  
Hymn: 372 “With Eyes of Faith”  
Prayer Thought: May all our senses be open to Thee.
- Day 89      Thursday, July 28, 2022      Mosiah 1:39-69  
Hymn: 364 “His Word is Written in My Heart”  
Prayer Thought: Help us open our hearts to receive your Spirit.
- Day 90      Friday, July 29, 2022      Mosiah 1:93-116  
Hymn: 29 “O Jesus, Our Lord”  
Prayer Thought: Thank you Jesus! Praise be unto Thee.
- Day 91      Saturday, July 30, 2022      Mosiah 7:40-94  
Hymn: 404 “Teach Me Thy Way, O Lord”  
Prayer Thought: Help us to be good students of Thy Word”
- Day 92      Sunday, July 31, 2022      Mosiah 8:70-91  
Hymn: 403 “Teach Me, My God and King”  
Prayer Thought: May we be submissive to your Spirit that we may learn of Thee.



- Day 93      Monday, AUGUST 1, 2022      `Mosiah 11:179-204  
Hymn: 12 “Sacrifice of Praise”  
Prayer Thought: Father, may we cry out unto Thee and not have a stone do our job.
- Day 94      Tuesday, August 2, 2022      Jeremiah 7  
Hymn: 485 “Work for the Night is Coming”  
Prayer Thought: May we remember that with the coming of the night, also the judgment.
- Day 95      Wednesday, August 3, 2022      Jeremiah 31  
Hymn: 457 “Triumphant ZION! Lift Thy Head  
Prayer Thought: Father, cleanse us so that we have on the right garments.
- Day 96      Thursday, August 4, 2022      Ezekiel 2 and 3  
Hymn: 471 “O God, Give Strength to All Thy Saints”  
Prayer Thought: Guide us as we go forth and guard us as well.
- Day 97      Friday, August 5, 2022      Ezekiel 17  
Hymn: 524 “Aide With Me”  
Prayer Thought: May Thy good seed grow within us.
- Day 98      Saturday, August 6, 2022      Ezekiel 36 and 37  
Hymn: 507 “Teach Us, O Lord, True Brotherhood”  
Prayer Thought: Help us love as you love us.
- Day 99      Sunday, August 7, 2022      Joel 1-3  
Hymn: 455 “ZION”  
Prayer Thought: Help us to stop talking about Zion, and live it.
- Day 100      Monday, August 8, 2022      Alma 3  
Hymn: 224 “Church of Christ, in Latter Days”  
Prayer Thought: May we meet the challenge of the hour and serve in love and unity.
- Day 101      Tuesday, August 9, 2022      Alma 14:11-47  
Hymn: 478 “Yield Not to Temptation”  
Prayer Thought: Father, if they can do it, we can do it.
- Day 102      Wednesday, August 10, 2022      Alma 26:1-66  
Hymn: 473 “Onward, Christian Soldiers”  
Prayer Thought: May we make sure we’re following the right Commander.
- Day 103      Thursday, August 11, 2022      Helaman 2:18-60  
Hymn: 173 “Cleave to the Lord”  
Prayer Thought: May we not just be “hanging in there,” BUT holding to Thee.
- Day 104      Friday, August 12, 2022      III Nephi 1:1-32  
Hymn: 402 “Pour Down Thy Spirit”  
Prayer Thought: O reign among us, O Prince of Peace”

- Day 105      Saturday, August 13, 2022      III Nephi 10  
Hymn: 36 “Jesus, Stand Among Us”  
Prayer Thought: May our faith in Thee sustain us to the end.
- Day 106      Sunday, August 14, 2022      Luke 7  
Hymn: 388 “Never Be Discouraged”  
Prayer Thought: Strength for the journey Jesus the Guide.
- Day 107      Monday, August 15, 2022      Luke 12:1-52  
Hymn:413 “Zion Prepare”  
Prayer Thought: Father, may we learn obedience by choice and not force.
- Day 108      Tuesday, August 16, 2022      Matthew 14:19-30  
Hymn: 476 “We Have An Anchor”  
Prayer Thought: Guide us Lord, that we may be grounded firm and deep in YOU.
- Day 109      Wednesday, August 17, 2022      John 9  
Hymn: 208 “Open My Eyes, That I My See”  
Prayer Thought: May we keep our eyes upon Jesus.
- Day 110      Thursday, August 18, 2022      John 17  
Hymn: 505 “Come, Let Us Join with Faithful Souls”  
Prayer Thought: Direct us Lord, that we may be one in the spirit and one with Thee.
- Day 111      Friday, August 19, 2022      Acts 10  
Hymn: 157 “Come, Holy Ghost, Our Hearts Inspire”  
Prayer Thought: Holy Ghost, Thou art welcome in our lives.
- Day 112      Saturday, August 20, 2022      Acts 27 and 28  
Hymn: 422 “Let the Lower Lights be Burning”  
Prayer Thought: Let us trust God in every situation.
- Day 113      Sunday, August 21, 2022      I Corinthians 13  
Hymn: 345 “My Jesus, I Love Thee”  
Prayer Thought: Help us truly love as you love is and all people.
- Day 114      Monday, August 22, 2022      II Corinthians 13  
Hymn: 368 “With a Steadfast Faith”  
Prayer Thought: Increase our faith, O Lord.
- Day 115      Tuesday, August 23, 2022      I Timothy 1 thru 4  
Hymn: 337 “My God, My Father”  
Prayer Thought: May we heed Thy counsel.
- Day 116      Wednesday, August 24, 2022      Hebrews 6  
Hymn: 235 “We Come With Joy, the Truth to Teach You”  
Prayer Thought: Lord, we thank you for the precious Gospel.

- Day 117      Thursday, August 25, 2022      Hebrews 11  
Hymn: 370 Faith of Our Fathers'  
Prayer Thought: May we have the faith to carry on forever.
- Day 118      Friday, August 26, 2022      Genesis 1 and 2  
Hymn: 69 "All Creatures of our God and King"  
Prayer Thought: Thank you God for all the beauties of your creation.
- Day 119      Saturday, August 27, 2022      Genesis 8:16-56  
Hymn: Amazing Grace (not in this hymnal)  
Prayer Thought: Truly, an amazing sound that saves us.
- Day 120      Sunday, August 28, 2022      Deuteronomy 28  
Hymn: 336 "Trust and Obey"  
Prayer Thought: You make it so plain, Lord. Grant us understanding.
- Day 121      Monday, August 29, 2022      Job 38 thru 42  
Hymn: "How Great Thou Art" (not in this hymnal)  
Prayer Thought: We acknowledge your greatness and our nothingness.
- Day 122      Tuesday, August 30, 2022      Psalms 25 thru 27  
Hymn: 92 "Redeemer of Israel"  
Prayer Thought: We have no Redeemer save Jesus Christ!
- Day 123      Wednesday, August 31, 2022  
Exodus 20:1-22; Psalm 23; Matthew 5:1-18; Matthew 6:6-15  
Hymn: 1 "Let Us Praise the Lord"  
Prayer Thought: May we keep the commandments, follow the Good Shepherd, be blessed by the Beatitudes and live the Lord's Prayer.