THE LORD'S PRAYER

"Give Us This Day"

A Retreat Based upon the Spiritual Exercises of Saint Ignatius

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2026

Introduction

About This Retreat

St. Ignatius invites us to pray in different ways. This retreat follows his Second Method of Prayer, in which we pray slowly, staying with each word or phrase: sitting with it, savoring it, listening to it, coming to understand it, and responding to it. Here we take the Lord's Prayer phrase by phrase, our praise, our requests, and our petitions, to discover the deeper meaning God holds for us in each one.

The Lord's Prayer — CCC 2759

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.

Amen.

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Prayer Period Day 1 — Our Father

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"Our Father…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "Our Father…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

Speak to God as if a friend. *What would you like to say to Jesus, who taught you how to pray this prayer? What would you like to say to God the Father or to the Holy Spirit?*

CONCLUSION

Finish your prayer time with praying the entire Lord's Prayer.

EVENING EXAMEN

1. DISPOSE YOURSELF TO BE ATTENTIVE TO GOD'S PRESENCE

Gaze at God gazing lovingly at me.

What is it like for me to sit under God's loving embrace and God's tender, loving eyes upon me?

2. ASK FOR GUIDANCE FROM THE HOLY SPIRIT TO SHOW YOU THE DAY AS IT WAS

What do I desire from the Holy Spirit?

3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. HOPE — WHERE DO I NEED GOD FOR TOMORROW?

Prayer Period Day 2 — Who Art in Heaven

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…Who art in heaven…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…Who art in heaven…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

Speak to God as if a friend. *What would you like to say to Jesus, who taught you how to pray this prayer? What would you like to say to God the Father or to the Holy Spirit?*

CONCLUSION

Finish your prayer time with praying the entire Lord's Prayer.

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Where am I called to make amends?

5. HOPE — WHERE DO I NEED GOD FOR TOMORROW?

Prayer Period Day 3 — Hallowed Be Thy Name

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…hallowed be Thy name…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…hallowed be Thy name…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

Speak to God as if a friend. *What would you like to say to Jesus, who taught you how to pray this prayer? What would you like to say to God the Father or to the Holy Spirit?*

CONCLUSION

Finish your prayer time with praying the entire Lord's Prayer.

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4. LISTENING FOR THE GIFTS

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Where am I called to make amends?

5. HOPE — WHERE DO I NEED GOD FOR TOMORROW?

Prayer Period Day 4 — Thy Kingdom Come

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…Thy kingdom come…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…Thy kingdom come…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

Speak to God as if a friend. *What would you like to say to Jesus, who taught you how to pray this prayer? What would you like to say to God the Father or to the Holy Spirit?*

CONCLUSION

Finish your prayer time with praying the entire Lord's Prayer.

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3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. HOPE — WHERE DO I NEED GOD FOR TOMORROW?

Prayer Period Day 5 — Thy Will Be Done

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…Thy will be done…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…Thy will be done…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

Speak to God as if a friend. *What would you like to say to Jesus, who taught you how to pray this prayer? What would you like to say to God the Father or to the Holy Spirit?*

CONCLUSION

Finish your prayer time with praying the entire Lord's Prayer.

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What do I desire from the Holy Spirit?

3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. HOPE — WHERE DO I NEED GOD FOR TOMORROW?

Prayer Period Day 6 — On Earth as It Is in Heaven

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…on earth as it is in heaven…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…on earth as it is in heaven…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

Speak to God as if a friend. *What would you like to say to Jesus, who taught you how to pray this prayer? What would you like to say to God the Father or to the Holy Spirit?*

CONCLUSION

Finish your prayer time with praying the entire Lord's Prayer.

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What do I desire from the Holy Spirit?

3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. HOPE — WHERE DO I NEED GOD FOR TOMORROW?

Prayer Period Day 7 — Give Us This Day

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"Give us this day…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "Give us this day…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

Speak to God as if a friend. *What would you like to say to Jesus, who taught you how to pray this prayer? What would you like to say to God the Father or to the Holy Spirit?*

CONCLUSION

Finish your prayer time with praying the entire Lord's Prayer.

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What is it like for me to sit under God's loving embrace and God's tender, loving eyes upon me?

2. ASK FOR GUIDANCE FROM THE HOLY SPIRIT TO SHOW YOU THE DAY AS IT WAS

What do I desire from the Holy Spirit?

3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. HOPE — WHERE DO I NEED GOD FOR TOMORROW?

Prayer Period Day 8 — Our Daily Bread

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…our daily bread…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…our daily bread…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

Speak to God as if a friend. *What would you like to say to Jesus, who taught you how to pray this prayer? What would you like to say to God the Father or to the Holy Spirit?*

CONCLUSION

Finish your prayer time with praying the entire Lord's Prayer.

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What do I desire from the Holy Spirit?

3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. HOPE — WHERE DO I NEED GOD FOR TOMORROW?

Prayer Period Day 9 — Forgive Us Our Trespasses

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…forgive us our trespasses…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…forgive us our trespasses…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

Speak to God as if a friend. *What would you like to say to Jesus, who taught you how to pray this prayer? What would you like to say to God the Father or to the Holy Spirit?*

CONCLUSION

Finish your prayer time with praying the entire Lord's Prayer.

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What do I desire from the Holy Spirit?

3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. HOPE — WHERE DO I NEED GOD FOR TOMORROW?

Prayer Period Day 10 — As We Forgive Those Who Trespass against Us

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…as we forgive those who trespass against us…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…as we forgive those who trespass against us…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

Speak to God as if a friend. *What would you like to say to Jesus, who taught you how to pray this prayer? What would you like to say to God the Father or to the Holy Spirit?*

CONCLUSION

Finish your prayer time with praying the entire Lord's Prayer.

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What do I desire from the Holy Spirit?

3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. HOPE — WHERE DO I NEED GOD FOR TOMORROW?

Prayer Period Day 11 — And Lead Us Not into Temptation

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…and lead us not into temptation…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…and lead us not into temptation…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

Speak to God as if a friend. *What would you like to say to Jesus, who taught you how to pray this prayer? What would you like to say to God the Father or to the Holy Spirit?*

CONCLUSION

Finish your prayer time with praying the entire Lord's Prayer.

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3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. HOPE — WHERE DO I NEED GOD FOR TOMORROW?

Prayer Period Day 12 — Deliver Us from Evil

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…deliver us from evil."

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…deliver us from evil"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

Speak to God as if a friend. *What would you like to say to Jesus, who taught you how to pray this prayer? What would you like to say to God the Father or to the Holy Spirit?*

CONCLUSION

Finish your prayer time with praying the entire Lord's Prayer.

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What am I most grateful for?

Where am I called to make amends?

5. HOPE — WHERE DO I NEED GOD FOR TOMORROW?

GATHERING THE GRACES

On the last day of the retreat, gather the graces you have received.

How has the Lord spoken to you during this time?

How has your experience deepened your relationship with God the Father and with Jesus, who offered us this prayer?

How have you been attentive to the Holy Spirit speaking to you through these words?

Summary

The Lord's Prayer: Catechism of the Catholic Church, no. 2759 (see Matthew 6:9–13; Luke 11:2–4).

The Second Method of Prayer: St. Ignatius of Loyola, The Spiritual Exercises, nos. 249–257.

Companion: *Ways of Praying: A Companion Booklet for Ignatian Retreats* by Gregory Vigliotta and Karen Shields Wright, IgnatianRetreats.com (2026), on how to set up the retreat day, the Ignatian prayer period, praying with Scripture, and the Evening Examen.