

# The Sources of The Lord's Prayer

## The Gethsemane Prayer

Mark 14:32-42

<sup>32</sup>They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." <sup>33</sup>He took Peter, James and John along with him, and he began to be deeply distressed and troubled. <sup>34</sup>"My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch."

<sup>35</sup>Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him.

<sup>36</sup>**"Abba, Father," he said,**

**"everything is possible for you.**

**Take this cup from me.**

**Yet not what I will, but what you will."**

<sup>37</sup>Then he returned to his disciples and found them sleeping. "Simon," he said to Peter, "are you asleep? Could you not keep watch for one hour?"

<sup>38</sup>**Watch and pray so that you will not fall into temptation.**

The spirit is willing, but the body is weak."

<sup>39</sup>Once more he went away and prayed the same thing. <sup>40</sup>When he came back, he again found them sleeping, because their eyes were heavy. They did not know what to say to him. <sup>41</sup>Returning the third time, he said to them, "Are you still sleeping and resting? Enough! The hour has come. Look, the Son of Man is betrayed into the hands of sinners. <sup>42</sup>Rise! Let us go! Here comes my betrayer!"

## From the Jewish Talmud: The 'Kaddish'

(2<sup>nd</sup> Century A.D.)

Our Parent which art in heaven,  
be gracious to us, O Lord, our God; hallowed be thy name,  
and let the remembrance of thee be glorified  
in heaven above and in the earth here below.

Let thy kingdom reign over us now and forever.

The holy men of old said,

Remit and forgive unto all men whatsoever they have done against me.

And lead us not into temptation, but deliver us from the evil thing.

For thine is the kingdom,  
and thou shalt reign in glory  
for ever and for evermore.

## The Didache (late 1<sup>st</sup> to early 2<sup>nd</sup> Century)

8:3-10 And do not pray as the hypocrites, but as the Lord commanded in his Gospel, pray thus:

“Our Father, who art in Heaven, hallowed be thy Name, thy Kingdom come, thy will be done,  
as in Heaven so also upon earth; give us to-day our daily bread, and forgive us our debt as we  
forgive our debtors, and lead us not into trial, but deliver us from the Evil One, for thine is the  
power and the glory for ever.”

8:11 Pray thus three times a day.