



# WASH YOUR HANDS FOR 20 SECONDS

**That's about the time it takes to say the Lord's Prayer**

Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power and  
the glory are yours,  
now and for ever. Amen.

THE BEST  
OF ALL IS,  
GOD  
is with US.

The **Methodist** Church   
[www.methodist.org.uk](http://www.methodist.org.uk)