

Chapter 6

Taught in the Sermon on the Mount (see Matthew 6:5–15), the Lord’s Prayer instructs you to pray with childlike faith and sincerity. Because the Our Father is so familiar, Christians may at times pray it without reflecting on its profound meaning. Try praying the Our Father slowly, reflecting on the questions given.

Our Father in heaven, hallowed be your name,

- How are you like your heavenly Father?
- Calling God “our Father” means that others are your brothers and sisters. How do you see others as your brothers and sisters?
- How do you “hallow” God’s name—that is, how do you honor your loving Creator in your actions? How do you adore and worship God?

Your Kingdom come, your will be done, on earth as in heaven.

- God’s Kingdom is a reign of justice, love, and peace. How are you helping to work for the Kingdom by treating others with justice?
- Where in your life can love be found? How are you a person of peace?

Give us today our daily bread;

- What do you really need to live a full life—physically, emotionally, spiritually?
- What are you doing to be bread for others—especially the poor, the lonely, and needy people you meet each day?

And forgive us our debts, as we forgive our debtors;

- How do you acknowledge that you are a sinner? How do you ask for God's forgiveness?
- Who are your enemies? How can you, with God's help, forgive them?

And do not subject us to the final test, but deliver us from the evil one.

- How do your friends, the media, and today's culture tempt you?
- How do you avoid situations and people who lead you to sin?
- How do you ask for God's help when you need it?

Amen.

- "So be it." Do you affirm wholeheartedly what Jesus teaches in the Lord's Prayer, (called the summary of the Gospel)?
- *Reflection:* Meditate on this prayer daily for the next three days.
- *Resolution:* Taking one of the questions above, write out a concrete plan to improve, with the Lord's help, your own loving response to God.