

In today's gospel, the disciples ask Jesus to teach them to pray. In those days each sect had their own prayer to show that they were followers of that particular Rabbi or that way. So the disciples were asking Jesus for a prayer that would show others that they belonged to Jesus.

This prayer, the Lord's Prayer, has been passed on through the ages and gives voice to the desire of our hearts - to be in relationship with God and one another. Through this prayer we give praise, align our will with God's, ask that our basic needs be met, ask for forgiveness and the grace to forgive... This prayer calls us to live what we say and communicates our deepest desires to the One who receives both our words and our very selves.

This week let us take time to pray this prayer ...slowly, stopping at the end of each phrase.... repeat that phrase...see what thoughts come...what feelings, what memories.... add your own particular requests....allow this prayer to be alive in you....

May this prayer open our hearts to transform our attitudes, our behaviors, our very selves into a grateful, forgiving and merciful people - a true sign that we are Jesus's own.