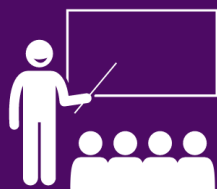




DIOCESE OF SCRANTON

ROOTED IN CHRIST

LENT 2022



TEACHING *tuesday*



In the Gospel for Tuesday in the First Week in Lent, Jesus instructs his followers, "do not babble like the pagans" and proceeds to teach them how to pray using the words that we refer to today as the Lord's Prayer or the Our Father. Praying this text, while memorized and deeply treasured by Christians from denominations all over the world, can sometimes become routine and commonplace to the point that we simply "babble" the words without giving much thought to the immense beauty and wisdom of this prayer that is given to us by the Divine Teacher himself.



Our Father who art in Heaven

Today or during this season of Lent, consider spending some time meditating on the individual phrases of the Lord's Prayer:

Our Father—Do I trust in God like a loving parent who cares for me unconditionally, listens to me, forgives me, and challenges me to become all that I can be?

hallowed be thy name—Do I show reverence for the Lord's holy name? Do I make God the center of my life? Do I praise and glorify God through my life?

Thy kingdom come, thy will be done—Do I ponder what God's dream and desire is for the entire human family? Do I work daily to accomplish this will of God?

Give us this day our daily bread—Do I place complete trust in the Lord's providence, or am I burdened by the cares and worries of this world? Do I rely more on myself and my own merits than God?

And forgive us our trespasses, as we forgive—Just as the Father is merciful, so are we to show mercy—think of all the times that you have received mercy, especially when you did not deserve it. When have you

withheld forgiveness in sudden anger or a long-term grudge?

And lead us not into temptation—Even Jesus was tempted, but he resists the devil through his own faith and trust in the Father. Ask the Father for the strength to resist those things to pull you away from his love.



Frank Sinatra "The Lord's Prayer"

In addition to meditating on the individual phrases of the Lord's Prayer, consider modeling your own spontaneous prayer after the pattern that Jesus has given us by following the formula, **YOU—WHO—DO—THROUGH:**

YOU—address the prayer to God the Father using some divine *attribute* (example: *Almighty God, Loving God, Good and Gracious God, etc.*)

WHO—recall and express some act that God has already accomplished, whether in the Bible or in your own personal faith journey (*example: who has given life to all creation and sustains it daily; you have blessed my family with health and firm foundation, etc.*)

DO—offer your request or petition to God (*example: hear the intentions I place before you; grant healing to my friend who is recovering from surgery, etc.*)

THROUGH—conclude the prayer by offering it through Jesus who intercedes for us before the Father (*example: through Christ our Lord or we pray in Jesus' name, etc.*)

Consider meditating on the words of the Lord's Prayer by listening to musical settings of the prayer:

"Thy Will Be Done" by Joyce Elaine Eilers—

<https://www.youtube.com/watch?v=w47HBm6AiRs>

The Lord's Prayer—Stephen Warner/Karen Schneider Kirner

<https://www.youtube.com/watch?v=QGOPk7g9Xgo>

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Diocese of Scranton
2021 **DIOCESAN**
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