



## The "Our Father" Prayer: Do I really mean what I pray?

Prepare: Read Matt 6:7-15



Our Father, Who art in heaven  
Hallowed be Thy name.  
Thy kingdom come, Thy will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our sins  
As we forgive those who sin against us.  
And lead us not into temptation  
But deliver us from evil.

**Mother Teresa of Calcutta once said, "Praying the Our Father and living it will lead us toward saintliness. The Our Father contains everything: God, ourselves, our neighbors...."**

**Examine how well you live what you pray by meditating on the following:**

I cannot say **OUR** if I keep my faith only to myself and never share it with others.

I cannot say **FATHER** if I do not trust in His loving and complete concern for me, forgetting that He always answers prayers how and when He knows is best.

I cannot say **WHO ART IN HEAVEN** if I am so attached to the ways of this world that I neglect to seek God first in everything.

I cannot say **HALLOWED BE THY NAME** if I am unwilling to let His holiness penetrate my life and help me grow in my own holiness.

I cannot say **THY KINGDOM COME** if I am not using my life to bring His love into the world.

I cannot say **THY WILL BE DONE** if I live by my own ideas of morality or choose to follow the world's standards.

I cannot say **ON EARTH AS IT IS IN HEAVEN** if I am not devoting my life to serving Him here on earth.

I cannot say **GIVE US THIS DAY OUR DAILY BREAD** if I am not willing to be generous with whatever God gives me.

I cannot say **FORGIVE US OUR TRESPASSES** if I don't want to put forth enough effort to change.

I cannot say **AS WE FORGIVE THOSE WHO TRESPASS AGAINST US** if I still hold a grudge, if I'm still angry, or if I still insist that other people change.

I cannot say **LEAD US NOT INTO TEMPTATION** if I deliberately or knowingly place myself in a position to be tempted.

I cannot say **DELIVER US FROM EVIL** if I'm not actively fighting against evil through deeds of love and service for everyone in my life, especially those who cause problems.

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