



Video and Reflection

SHARE IN CHRIST'S PRAYER LIFE

Opening Prayer:

Say the Our Father together as a group.

Watch:

After watching the video "Share in Christ's Prayer Life," which can be found on the United States Conference of Catholic Bishops' YouTube channel (www.youtube.com/watch?v=gzcpYHpqISQ&list=PLpTzvCOJa7DB05OcU7BmBeU-l9gCp5xQD&index=18), allow for quiet time as the words of Archbishop Robert Carlson sink in. You may choose to watch the video a second time, before moving on with the reflection.

Reflect:

How can you more regularly make prayer a part of your daily life? What are the challenges to praying daily? What supports the practice of daily prayer?

How has your prayer life cultivated a deeper relationship with Jesus?

In the Gospel of Matthew, Jesus teaches his disciples how to pray. How can you heed Jesus' instructions?

Read:

Matthew 6:7-15

Jesus said to his disciples:

"In praying, do not babble like the pagans, who think that they will be heard because of their many words.

Do not be like them.

Your Father knows what you need before you ask him.

"This is how you are to pray:

'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 trespasses,

as we forgive those who trespass against us;

and lead us not into temptation,

but deliver us from evil.'

"If you forgive others their transgressions,

your heavenly Father will forgive you.

But if you do not forgive others,

neither will your Father forgive your transgressions."

Closing Prayer:

Close the reflection with another Our Father, saying the prayer slowly and deliberately, letting Jesus' teachings sink in.