



Mt. 6: 9-13
Part 1

Preparatory Prayer:

Become aware that God is with you and within you throughout this moment of prayer. Pray to Him to grant you the grace to open up completely to Him and to listen to what He wants to tell you.

Our Father, who art in Heaven:

The very first two letters of this prayer – *Our Father* – show us what type of relationship there is between us and God. Through this relationship, God invites us to get closer to Him because He always wants to offer His love to us.

- Reflect on being able to call God our Father and not just Father, but Abba, which is even more tender, intimate, respectful and affectionate.
- Are you feeling God accompanying you in your life experiences, as a father accompanies his son/daughter?

Hallowed be Thy Name:

Jesus himself, through his life on earth, showed us how God's name can be hallowed. Every moment of Jesus' life, be it a joyful or a sorrowful moment, shows who God really is.

- Reflect that we have moments in our life when we lose courage and think that we take actions that do not glorify God. However, despite these circumstances and our

limitations that God himself is aware of, it is with our own life that we can give glory to God.

- Name the instances in your life right now with which you are glorifying God?

Thy Kingdom come, Thy will be done:

When we pray to God for His Kingdom to come, we are inviting God to enter more fully into our lives and that His will be done with us.

- Take a glance at your life... is there something that God is calling you for?
- Are you ready to accept His will? Is there anything that is hindering you from accepting His will?

It is only in the full submission to the Father's will that we are truly free and at peace.

On earth as it is in Heaven:

Let us continue to reflect on our availability to do the Father's will. Sometimes, we need to surrender to what God wants of us, though this may be hard for us. It is through prayer that we can fully submit ourselves to God's will.

- Which were the moments in your life that now you can say that you did God's will in them?
- Are you having a hard time to surrender to God's will?

End your prayer by speaking to God about all that you reflected upon during this prayer period. Stay with Him and listen to Him...

A series of 20 horizontal lines provided for writing a response to the prayer instruction.