



Mt. 6: 9-13
Part 2

Give us this day our daily bread:

Let us look at the image of God as our Provider. We need to have enough trust in God that he is providing us with what we need.

- How much trust am I putting in God when I pray to Him for certain needs?

The Eucharist is the true daily bread that sustains our spiritual life. *“I am the living bread which came down from heaven; if any one eats of this bread, he will live forever; and the bread which I shall give for the life of the world is my flesh”* (Jn 6: 50-51).

Reflect on how a life focused on the Eucharist leads to a deep life of prayer, detachment from things and a desire to provide for the needs of others. Reflect also on how the Eucharist transforms us into great lovers.

And forgive us our trespasses as we forgive those who trespass against us:

God gives us everything out of His loving mercy: life, the material world, and redemption. When our repentance is complete so His forgiveness. However, God demands that we act like Him by forgiving those who have offended us. He knows that forgiveness liberates the wounded heart and removes the poison that endangers us.

- In which areas of my life do I need forgiveness?
- Who needs forgiveness from me?

Forgiveness is very hard, especially when we feel deeply hurt and betrayed. Yet it is essential that we forgive from our hearts because forgiveness is woven into the very fabric of our relationship with our Heavenly Father.

And lead us not into temptation but deliver us from evil:

We ask the grace to unmask the lie in temptations so we can see its evil. Recall Jesus' words "*apart from me you can do nothing*" (Jn 15: 5).

- Where in my life can I sense that the evil spirit is working through his tactics? How do I overcome temptations?

We ask the Father to make us humble relying on His strength and protection. We ask Him to keep us from becoming overconfident, complacent, self-seeking and boastful.

Amen:

At the conclusion of Christian prayer, the 'Amen' expresses our complete trust and surrender to God's will. At the end of this prayer time, take your time to express your thoughts and feelings to God...

