

June 18, 2020-Reflections for Ordinary Time

In the name of the Father, Son, and Holy Spirit. Amen.

Dear God, I acknowledge the Mississauga's of the Credit First Nation for being the ongoing stewards of this traditional territory.

A reading from the Gospel of Matthew

“Jesus said to His disciples: ‘In your prayers do not babble as the pagans do, for they think that by using many words they will make themselves heard. Do not be like them; your Father knows what you need before you ask him. So you should pray like this; Our Father ...’ (Matthew 6:7-10)

As you get older, you do not realize the power and strength that lives in the Lord's prayer. Most Christians learn this prayer by rote. Meaning to say, you learn how to say the words, but don't fully understand what you are saying. As you get older, you don't take the time to ponder and reflect on these words. But in this prayer, everything we know to be true about God and how that relationship influences how we relate to each other.

Though I cannot fully explain the power in this prayer, here are the highlights. When you say Our Father, it is a term of endearment, which is beyond our human understanding. It honours the magnitude and power of God, that we can come to him in humble adoration, but one which acknowledges our invitation to be in an intimate relationship with God. It is a prayer which asks for God's blessings because we trust God will provide everything we need to know about him. We acknowledge our imperfection and brokenness and ask for help in areas of our life that need work. We ask for his forgiveness for our failings. Then, we make a promise grow in our relationship with others seeking reconciliation with all those we have hurt. We ask for help because we know we cannot live without God's grace and mercy. We need God's help to know Him better and to live in peace with others. In short, there is no problem I can solve without the guiding hand of my Lord who governs my heart to do what is right and there is nothing I can not ask him he will not provide what I need to do it.

Today, I pray you ponder each word of the Lord's prayer. In each nuance is an additional layer of understanding God and our relationship with Him in others. When you say each word, reflect on what you truly want God to provide for you, pausing after a word or two. May it give you the peace you seek and the trust to know that God has already given you everything you need. With Christ's words in our hearts, “Remember I am with you always till the end of days.” Amen. In the name of the Father, Son, and Holy Spirit. Amen.



(This is way to reflect on the Lord's Prayer)

Our Father who art in heaven

- Do I trust in the Almighty God who calls me into an intimate relationship?
- Do I allow the Holy Spirit to work in me to see who I call, I can trust with my desires and suffering?
- Do I feel safe and loved by the one who created me to be his beloved Child?

Hallowed by thy Name

- Do I trust in your divinity to trust that what you have given me everything I need?
- Your name is so Holy am I worthy to speak it?

Thy Kingdom come, thy will be done on earth as it is heaven

- Do I believe that heaven is here in my relationship with you and others?
- Is it possible that in my life, I will find the peace and love you have promised?

Give us this day our daily bread

- How are you nourishing my soul and mind today?
- Am I grateful for the blessings you have given to me?

And forgive us our trespasses

- What are the sins which are keeping me from knowing your better?

As we forgive those who trespass against us

- Have I forgiven others who have hurt me?
- Can I pray and reconcile with those I have offended?

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

- God, I know _____ in my life is keeping me from you? Please help me.
- Can I pray and reconcile with those I have offended

Amen.

- So be it. Here I am Lord, I come to do your will.